

Caregiver Support Corner

May 2024 Edition

Reducing our flight/fight/freeze responses

Mentally:

Referring back to Dan Siegel's Window of Tolerance. Understanding our own Window of Tolerance, and implementing strategies to help widen our window can reduce these types of responses.

Physically:

Activities such as running and walking. Think of our children when they are inside all day, with little movement we notice increase of dysregulation. Same goes for adults! Get outside, move! Daily exercise is essential, ALSO to help reduce fight/flight/freeze responses when we notice our window is closing, doing a quick burst of movement can help regulate the mind and body.

Tips: Movement for yourself in the school day

- Jumping jacks
- Bathroom break (walk)
- Reach up to the ceiling & reach to the floor with a breath
- Join in on child's movement break
- Run around the playground once or twice with the children. (you may feel tired, yet it will help you and the children!)



What are some other ways you can add movement in your day. little or big?