Fight, Flight or Freeze? Spotter Card

Behaviour is often a stress signal before it's a choice.

Fight

LOOKS LIKE

Hitting, throwing, kicking, shouting, arguing

HELPS

Get low. Give space. Move hazards. "You're safe."

SKIP

Standing over, threats, arguing back

Flight

LOOKS LIKE

Running, hiding, covering ears, wild silliness

HELPS

Keep safe from danger. Follow calmly. A quiet place.

SKIP

Chasing, shouting, cornering

Freeze

LOOKS LIKE

Staring, still, silent, floppy, head down

HELPS

Sit nearby. Drop words. Blanket if welcome. Time.

SKIP

"Look at me! Answer me!" Pulling up

My child's early signs _____

What helps my child most _____