

States of Being - Arousal Continuum

Green

Experience – SAFETY
Social engagement on

Amber

Experience – THREAT
Fight or Flight (mobilisation response)
So sensory input switched on but human voice not tuned into

RED

Experience – OVERWHELMING THREAT
Immobilisation, freeze
Dissociated – don't feel what doing (put self at risk)
Impact of trauma – mind and body are not connected.

CALM - ALERT - ALARM - FEAR- TERROR

The earlier the trauma/loss the greater the impact.

Children who have experienced trauma/loss spend most of their time in the alarm state and move quickly into fear and terror.

Terror – no context of time and no access to thinking brain – cannot process language.

Sensory breaks sooth the lower part of the brain and free the thinking cortex.

Give the child/do something to shift state – smell, sensory toy, rub back when in alert/alarm.

Use rhythm – tapping, drumming, walking, dancing

**KNOW THE CHILD'S INTERNAL STATE
(KEY WORKER)**