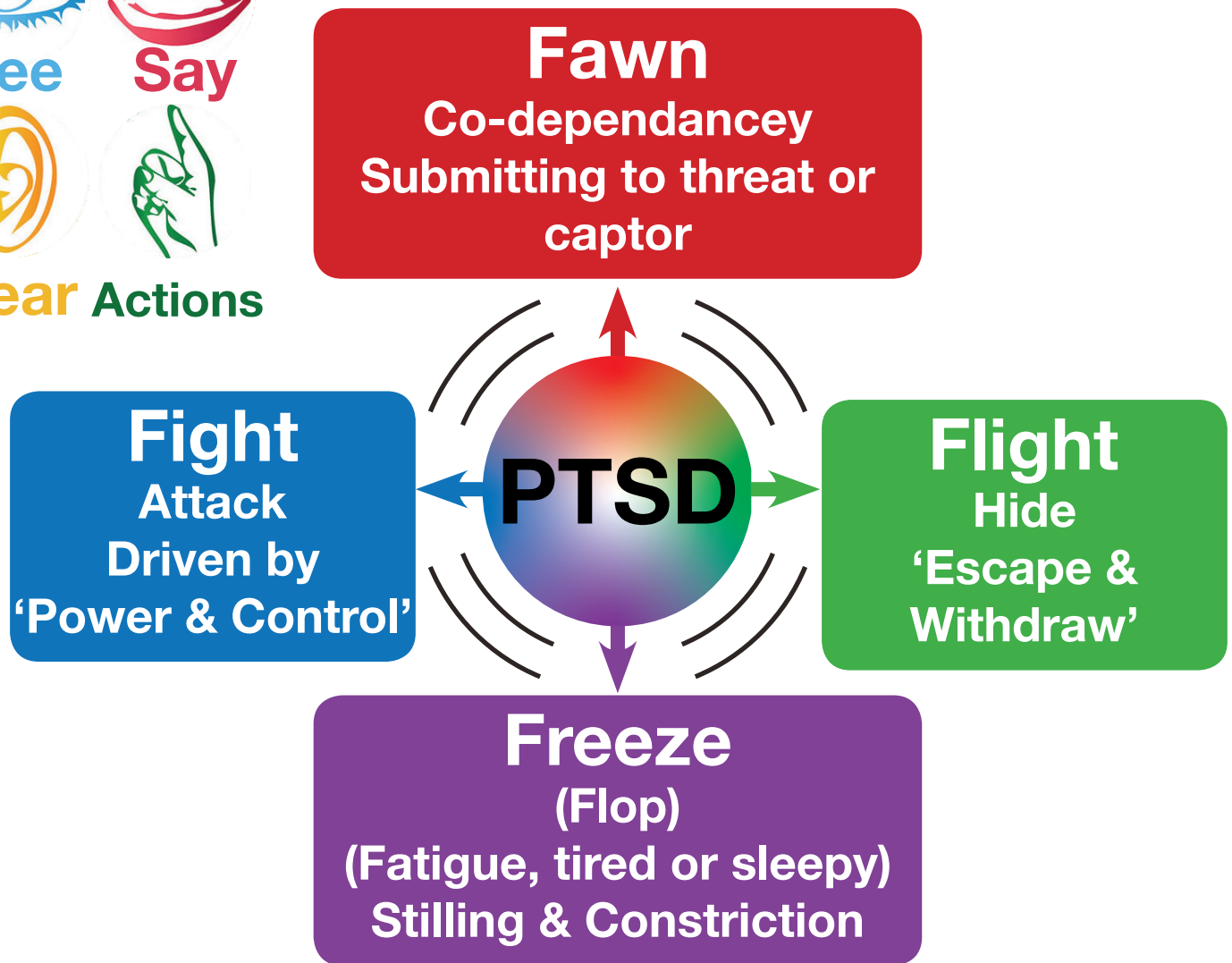


Observable Actions



Hear Actions

Compass of Arousal to Perceived Threat



What helps - Friendships

Flock - Closeness, warmth, connection, caring, reassurance
Emotional/ Relational Connection & Fulfillment

Brain

Lowest part of the brain needs to be regulated first.
Rhythmic, Pattern, Repetitive, Rhythmic, Somatosensory activities
Fight - Pushing, Deep pressure touch
Flight - Running, Jumping, Proprioceptive activities (walking & running)



Neurosequential Development & Therapy

Touch massage at birth, Rhythm, Regular sleep & pattern, Rock & Soothing to calm, Dance, Sing, Movement to keep beat & learn rhythm, Parallel play to relate to others.

Therapy - Need control of interactions first, Safe space and no demands, Explicit social coaching, Observing, Modelling, Mastery Generalisation, Adaptation, Practice, Eye contact, Handshaking, Putting people at ease. Conversations have rhythm & dance