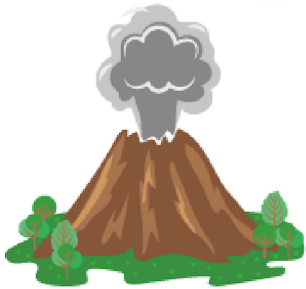


Four stages of trauma behaviour



CHILLED

When kids are **CHILLED** or regulated, their heart rates are in the normal range and the complex parts of their brains are working well. They have an internal state of calm and can sit quietly in the classroom, concentrate, play happily, eat a pleasant family meal or complete their household jobs. They are able to manage their emotions and their behaviour.



HEATING UP

When a trigger appears — perhaps the sound of someone's voice, an anniversary date or being redirected — kids can begin **HEATING UP**. They become hypervigilant, and shift their focus from what they were doing to the perceived source of threat. Their body starts to prepare for a survival response. They may experience rapid breathing, an increased heart rate and muscle tension. As emotions expand, they might become intensely angry or fearful, or emotionally numb and shut down.



BOILING

If kids cannot calm down, and no one can help them feel safe, they may escalate quickly to **BOILING**. This is when they face the greatest risk of harming themselves or others. Kids in this state may be unaware of what they or others around them are doing, meaning they may not be able to remember all or some of the details later.



COOLING

Eventually when the perceived danger has passed, kids will begin **COOLING**. Here they can start to manage their emotions and settle back into their environment. This can be a particularly vulnerable time, as kids are easily retriggered while they calm.