



Fight, Flight, and Freeze A Guide for Parents/ Carers



KPS Survival Response Animals



Flight response -
a clownfish



Freeze response -
a tortoise



Fight response - a
wolf

This guide provides a series of simple activities and explanations to help children aged 5-12 understand their body's automatic survival responses. The goal is to demystify these feelings, reduce shame or confusion, and provide practical strategies for coping with them. We use the idea of our brain's "superpower button" to make the concepts feel safe and relatable.

Our Brain's "Superpower Button" - To introduce the concepts of fight, flight, and freeze in a simple way.



What to Say:

"Our brain is super smart and has a special job: to keep us safe. Sometimes, when it thinks we are in danger, it presses a 'superpower button' to make our bodies do amazing things! This button has three settings: fight, flight, and freeze."