



Health and Wellbeing September Focus at KPS



During September, our Health and Wellbeing focus will be on **Survival Responses**. Survival responses are the body's natural reactions to stress or danger, helping us to stay safe. These include **fight, flight, and freeze** — when our bodies prepare to stand up to a challenge, move away from it, or pause to assess the situation.



To help children understand these ideas, each class designed and voted for animals that best represent these responses, and we are excited to launch the winning illustrations as the official **KPS Survival Response Animals**. These will be displayed in classrooms and can also be a useful reference point at home. (These are attached below)

In addition, we have created a script with simple ways to explain survival responses, along with some activities to try at home. This document is called 'Fight, Flight and Freeze – A Guide for Parents/ Carers'. Attached are some information videos to watch together.