

Feelings Associated With The Fight/Flight Pathway

Elementary Text Set

Fight/Flight Pathway

The Sympathetic Nervous System Pathway that supports survival through adaptive action towards the threat (fight) or away from the threat (flight).

What is a Text Set?

A collection of texts organized for a specific purpose to develop knowledge in a concept, theme, or conceptual concept



Reflection:



How can you use these books to introduce, model, & talk about autonomic nervous system states, feelings, sensations, thoughts, behaviors, stressors, triggers, anchors, coping/resilience strategies, & non-verbal body language?

"If you want to improve the world, start by making people feel safer."

Dr. Stephen Porges