

Feelings Associated With The Freeze Pathway

Elementary Text Set

Freeze Pathway

The Dorsal Vagal System Pathway that helps protect us against threat through collapse, immobility or shut down.

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

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