



Flexible ♂

Social Engagement



Safe 🗝️

Curious ❓

Joyful 😊

Focused 🔍

Calm 😌

Interested 🗣️❓

Mindful 🧘

Playful 🎈

Empathetic ❤️

Happy 😄

Creative ✍️



Alert 🔔

Lively 😄

Blended Pathways



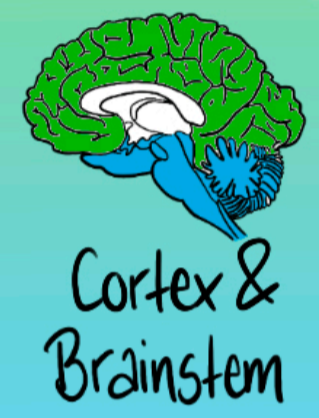
Relaxed 🧘

Laid back 🤚

Energetic 🔋

Active 🏃

Outgoing 🗣️



Tired 😴

Lazy 🪑

Tranquil 🧘❤️



move away from threat →

Flight & Fight



← move towards threat

Panicked 😱

Fearful 😨

Worried 😟

Furious 🤡

Anxious 😰

Nervous 😰

Frustrated 😡

Angry 😡



Shameful 😞

Depressed 🧘

Freeze

collapse / immobilize from threat

Trapped 🚪

Stuck 🚪

Sad 😞

Shut down 🧘

Helpless 🧘



Adapted from the work of Polyvagal Institute
Revelations in Education
Created From the Work of Dr. Stephen Porges & Deb Dana