|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Adaptive Response*** | **REST** | **VIGILANCE** | **FREEZE** | **FLIGHT** | **FIGHT** |
| **Predictable De-escalating Behaviors** *(behaviors of the staff member when a child is in various states of arousal)* |  |  |  |  |  |
| **Predictable Escalating Behaviors** *Behaviors of the staff member when a child is in various states of arousal)* |  |  |  |  |  |
| **Regulating Brain Region** | **Neocortex**Cortex | **Cortex**Limbic | **Limbic**Midbrain | **Midbrain**Brainstem | **Brainstem**Autonomic |
| **Cognition** | **Abstract** | **Concrete** | **Emotional** | **Reactive** | **Reflexive** |
| **STATE** | **CALM** | **ALERT** | **ALARM** | **FEAR** | **TERROR** |

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