GROWING YOUR WINDOW · YOUR CARD

Your window of tolerance

OUTSIDE AND ABOVE YOUR WINDOW	Fight or flight: on edge, snappy, racing, shouting
WITHIN YOUR WINDOW	**Calm enough to think, feel and connect**
OUTSIDE AND BELOW YOUR WINDOW	Shut down: numb, foggy, far away, flat

SMALL THINGS THAT GROW IT

- Five minutes of slow breathing: in for 5, out for 5
- Small doses of green space
- A cuppa with someone who gets it
- Protecting sleep where you can
- Your own thing: the one you'll actually do

Your calm is the child's anchor. · Window of tolerance: Siegel (1999)