



THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Education

**Master of
Educational
Technology
Program**



**Fight, Flight, Freeze, Fawn
& The Zones of Regulation**

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An Inclusive Makerspace Provocation

Overview of the provocation

Our bodies respond to stress and anxiety with intense emotions. Many children grow up learning about the Zones of Regulation. With this provocation, students will extend their thinking on self-regulation by understanding how our emotions are connected to the natural fight, flight, freeze, or fawn response we have towards negative situations and triggers.

Materials and Resources Required

<i>No-tech</i>		<i>Low-tech</i>
4Fs Animal Poster Zones of Regulation Images Scissors Glue	Red Marker Yellow Marker Blue Marker Green Marker Chart Paper Whiteboard	Padlet Google Jam Board Google Docs Miro

4F Animal Poster	Padlet	Jam Board	GoogleDocs	Miro
				
Zones of Regulation				
				

Inclusive Maker Provocation Instructions




An angry bear. A leaping rabbit. A frozen deer. A submissive wolf. What emotions could these animals be feeling?

Using the 4Fs Animal Poster and Zones of Regulation, organize the emotions in the zones with the body's natural stress response of Fight, Flight, Freeze, and Fawn.

Critical Questions for Consideration

1. Why do we experience intense emotions during times of stress and anxiety?
2. How might our bodies react to stress, anxiety, and depression?
3. How can we recognize when we are experiencing moments of stress and anxiety?

Background/ Additional Information

Wellness 101 Jr. - How to Control Our Emotions and the Zones of Regulation	
AnxietyCanada - Fight, Flight, Freeze video	
AnxietyCanada - The Physical Symptoms of Stress article	

Inclusivity Focus

It's really important when talking about this topic that we do so fairly and listen to everyone's ideas, respecting all points of view. Creating space and opportunities to be open and honest can really help to get the conversation going, help us understand each other better, and make sure everyone feels included. Everyone should feel valued and a part of the group. Having a safe and accepting space where everyone feels they can share, take risks, and learn new things is key for our discussion. Remember, it's okay and even good to change our minds and learn more - that's what discussions are all about!

No-Tech, Low-Tech, High-Tech Options

See the materials list for no-tech and low-tech options for this provocation.

Extension

- Improvisation activities where students portray an animal/emotion and they have to put themselves in the appropriate categories of fight, flight, freeze, and fawn.