

# Wellbeing Wednesday

13th March 2024

## Window of Tolerance

|                                                                                                                                                                                                                                                                                      |             |
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| <b>Flight/Fight</b><br>During extreme stress you move out of your window of tolerance and into fight or flight mode.<br>Anxiety   Panic   Fear   Anger   Aggression                                                                                                                  | Overloaded  |
| <b>Window of Tolerance</b><br>Where you can handle and process your feelings in a healthy way while being able to function and thrive.<br>You increase your tolerance with coping skills.<br>Safe   Capable   Grounded   Self-Aware<br>Mindful   Engaged   Self-Soothing   Connected | Comfortable |
| <b>Freeze</b><br>During extreme stress you just completely shut down and withdrawal physically/emotionally.<br>Depression   Fatigue   Numb   Disconnected<br>Disassociated   Checked Out   Unfocused                                                                                 | Shut Down   |

Dear parents/ carers,

For our children, there are times at home and at school when they can physically display that they have reached their limit. We have found that a great way to help explain/ illustrate what this can look like is through the concept of *The Window of Tolerance*.

Everyone has a different range for what they can tolerate. Some of us have quite a big range for tolerance, while for others it may only take a small stressor to push them into either flight/fright or freeze. It is our job as educators and parents to help children stay within their window of tolerance.

This can be done by teaching children to recognise when they are close to the boundary of their window or for us as the adult to recognise when we can see they are coming close to the window and make small adjustments to help them stay within that healthy range. These could be small things such as: a snack, more sleep, movement breaks, exercise, fidget aid or weighted blanket.

The clip below explains the importance recognising our children's window of tolerance.

YouTube clip: Explaining 'The Window of Tolerance' - [EMOTIONAL REGULATION | Window of Tolerance Explained \(youtube.com\)](https://www.youtube.com/watch?v=EMOTIONAL_REGULATION_Window_of_Tolerance_Explained)