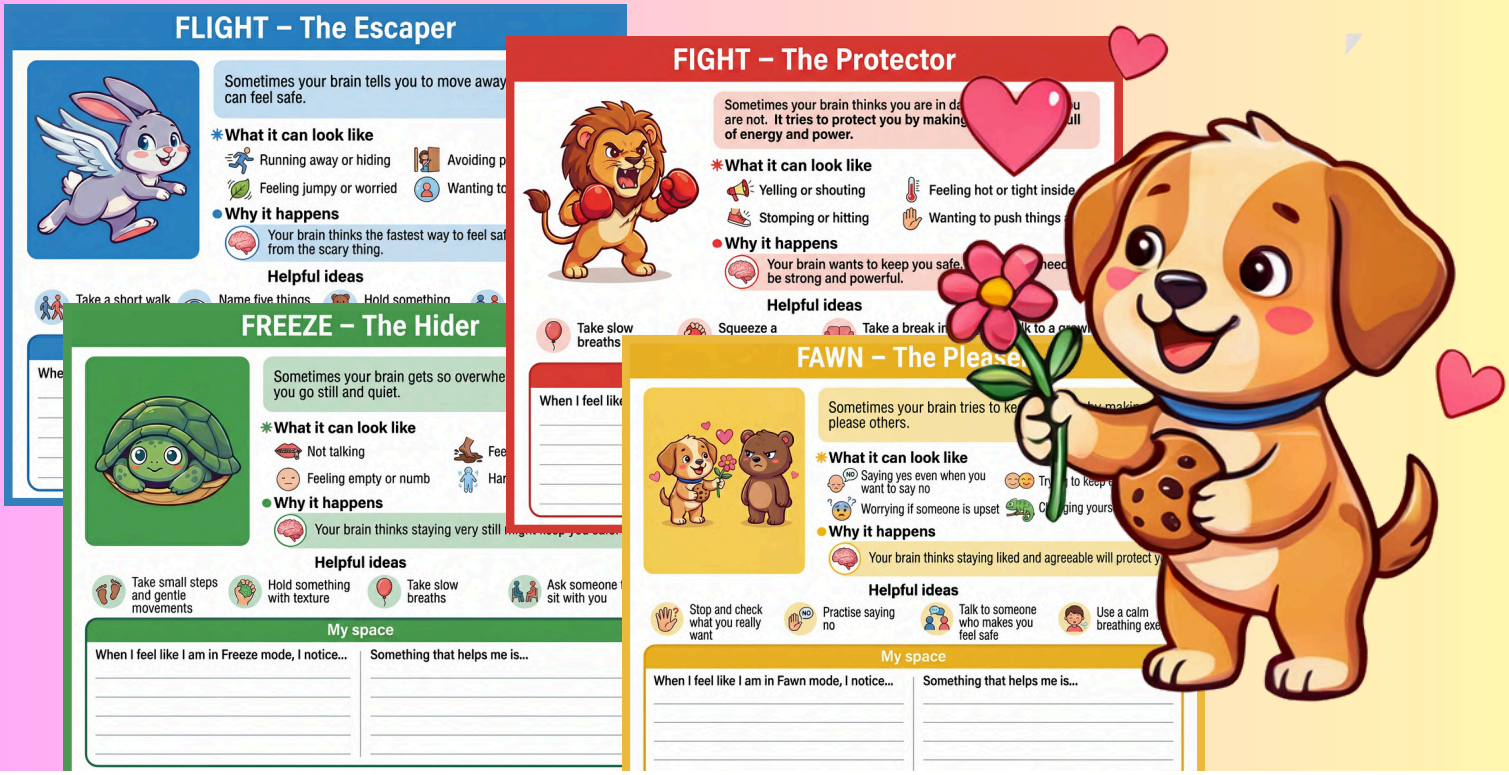
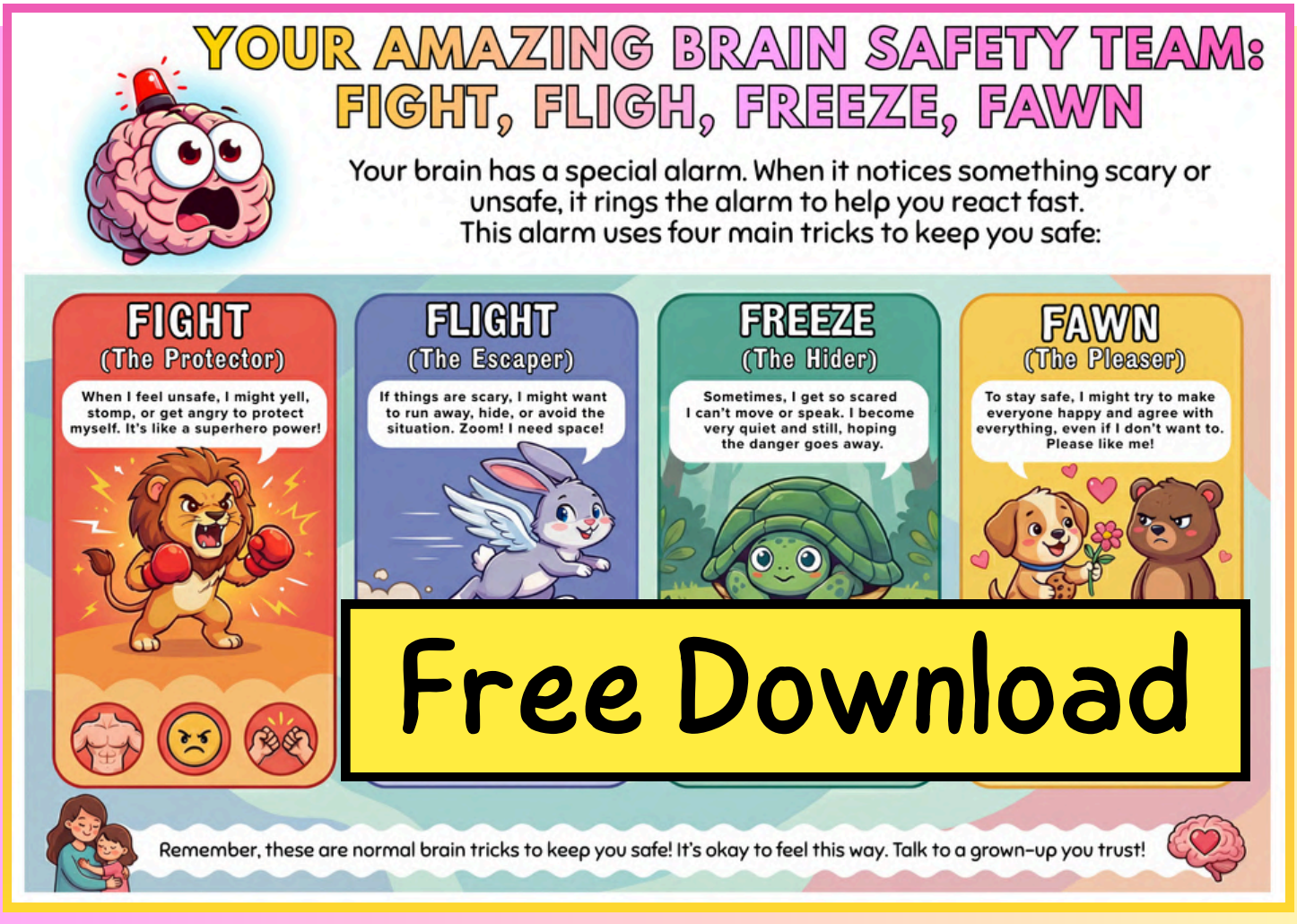


FIGHT, FLIGHT, FREEZE, FAWN Worksheets

www.SocialWorkersToolbox.com



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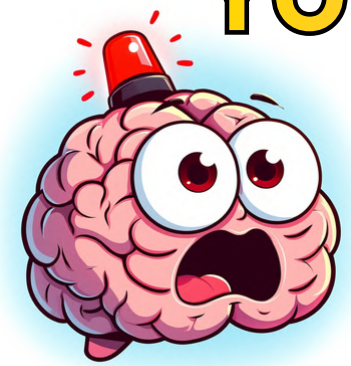

YOUR AMAZING BRAIN SAFETY TEAM: FIGHT, FLIGH, FREEZE, FAWN

Your brain has a special alarm. When it notices something scary or unsafe, it rings the alarm to help you react fast.
This alarm uses four main tricks to keep you safe:

FIGHT
(The Protector)

When I feel unsafe, I might yell, stomp, or get angry to protect myself. It's like a superhero power!

FLIGHT
(The Escaper)

If things are scary, I might want to run away, hide, or avoid the situation. Zoom! I need space!

FREEZE
(The Hider)

Sometimes, I get so scared I can't move or speak. I become very quiet and still, hoping the danger goes away.

FAWN
(The Pleaser)

To stay safe, I might try to make everyone happy and agree with everything, even if I don't want to. Please like me!

Remember, these are normal brain tricks to keep you safe! It's okay to feel this way. Talk to a grown-up you trust!

FIGHT – The Protector

Sometimes your brain thinks you are in danger, even when you are not. **It tries to protect you by making your body feel full of energy and power.**

What it can look like

- Yelling or shouting
- Stomping or hitting
- Feeling hot or tight inside
- Wanting to push things away

Why it happens

Your brain wants to keep you safe. It thinks you need to be strong and powerful.

Helpful ideas

- Take slow breaths
- Squeeze a stress ball
- Take a break in a calm space
- Talk to a grown up you trust

My space

When I feel like I am in Fight mode, I notice...

Something that helps me is...

FLIGHT – The Escaper

Sometimes your brain tells you to move away fast so you can feel safe.

What it can look like

- Running away or hiding
- Avoiding people or places
- Feeling jumpy or worried
- Wanting to be alone

Why it happens

Your brain thinks the fastest way to feel safe is to get away from the scary thing.

Helpful ideas

- Take a short walk with an adult
- Name five things you can see
- Hold something comforting
- Ask someone to stay with you

My space

When I feel like I am in Flight mode, I notice...

Something that helps me is...

FREEZE – The Hider

Sometimes your brain gets so overwhelmed that it makes you go still and quiet.

What it can look like

- Not talking
- Feeling stuck
- Feeling empty or numb
- Hard to move or decide

Why it happens

Your brain thinks staying very still might keep you safe.

Helpful ideas

- Take small steps and gentie movements
- Hold something with texture
- Take slow breaths
- Ask someone to sit with you

My space

When I feel like I am in Freeze mode, I notice...

Something that helps me is...

FAWN – The Pleaser

Sometimes your brain tries to keep you safe by making you please others.

What it can look like

- Saying yes even when you want to say no
- Trying to keep everyone happy
- Worrying if someone is upset
- Changing yourself to fit in

Why it happens

Your brain thinks staying liked and agreeable will protect you.

Helpful ideas

- Stop and check what you really want
- Practise saying no
- Talk to someone who makes you feel safe
- Use a calm breathing exercise

My space

When I feel like I am in Fawn mode, I notice...

Something that helps me is...

About this Resource

This free Fight, Flight, Freeze, Fawn worksheet pack is a child friendly, printable PDF that helps children, kids and young people understand how their brain and body react when they feel unsafe, stressed or overwhelmed. The resource explains the four main survival responses in simple language: Fight, Flight, Freeze and Fawn. Each response is supported by colourful illustrations and clear examples that make the concepts easy to understand.

The worksheets show what each response can look like, such as yelling, running away, going quiet or trying to please others. They also explain why these reactions happen, helping children understand that these behaviours are automatic safety responses rather than something they choose. Each page includes helpful coping ideas and a My Space section where children can write or draw how the response feels in their own body and what helps them calm down. This supports emotional literacy, trauma awareness and self regulation.

These worksheets are useful for parents, carers, teachers, social workers, therapists and other professionals. They can be used during direct work, emotional wellbeing sessions, behaviour support, trauma informed work, early help, life story work or classroom activities. The resource helps children notice body cues, understand their feelings and develop safer ways to cope during stressful moments.

This downloadable PDF is ideal for anyone searching for trauma response worksheets, fight flight freeze fawn printables, emotional regulation tools for kids, coping skills worksheets, behaviour support resources or child friendly explanations of stress and survival responses.