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IO5

My Map Worksheets

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INNOQUALITY
SYSTEMS



Draw a difficulty that happened to everyone in your school community next to the roots of your tree.



Draw a difficult circumstance that happened to just you next to the leaves of your tree.



Draw a scary thing that made you feel unsafe next to the leaves of your tree.



Draw a time you became disconnected from someone you love next to the leaves of your tree.



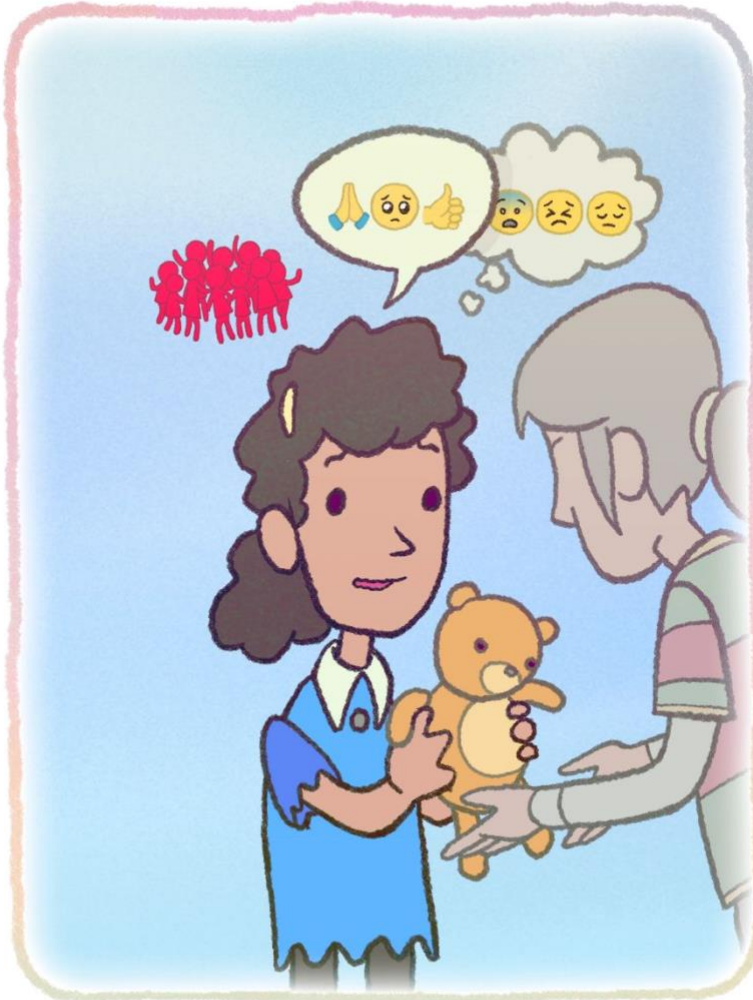
Draw a difficulty that happened to everyone in your school community next to the roots of your tree.



This is what Stan looks like when he is triggered into a freeze state and feeling spaced out and numb.



Draw what you look like when you're triggered into a freeze state and spaced out and numb.



This is what Sandra looks like when she is triggered into a fawn state, treating other people's needs as more important, even when it hurts her.



Draw what you look like when you're triggered into a fawn state treating other people's needs as more important, even when it hurts you.



This is what Sandra looks like when she is triggered into a fight state getting into arguments and fights.



Draw what you look like when you're triggered into a fight state getting into arguments and fights.



This is what Stan looks like when he is triggered into a flight state just wanting to leave and run away.



Draw what you look like when your triggered into a flight state just wanting to leave and run away.



What are your three favourite regulating things to do?

- 1.
- 2.
- 3.



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A large, empty rounded rectangle with a thin, multi-colored border (rainbow colors) intended for drawing.

Draw some other things you like to do to feel regulated.