

Worksheet 22: Times when your child's threat system is activated

Threat factors	Tick/cross	Threat factors	Tick/cross
Being late		Getting sick	
School		Others getting sick	
Getting lost		Tests	
Injuries		Being around unfamiliar people	
Homework		Gaming	
People shouting		Changes to routine	
Sports		Being told off	
Getting things wrong		Untidiness	
Sensory overload		Other:	