

Behind the Behavior: Understanding Fear & Stress in Children

Workshop Overview

Children who experience fear, anxiety, or stress may appear withdrawn, explosive, rigid, or avoidant. These behaviors are often **protective nervous system responses** that keep the child stuck in survival mode. In this workshop, you'll learn how to recognize and respond to these patterns using the Thrive Method's practical, body-based strategies that help children feel **safe, supported, and regulated**, without relying on talk-based tools alone.

Who Should Attend?

- ✓ Occupational Therapists
 - ✓ Educators & School Support Staff
 - ✓ Mental Health Professionals
 - ✓ Parents & Caregivers
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What You'll Learn

-  How anxiety, fear, and stress responses show up in behavior
 -  Why traditional discipline can escalate fear-based responses
 -  Practical strategies to calm the nervous system and reduce reactivity
 -  How to help children feel safe enough to connect, learn, and regulate
 -  Techniques to decrease controlling, avoidant, or frozen behaviors in daily life
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Workshop Details

-  Duration: Customizable (typically 2–6 hours)
-  Format: In-person or virtual
-  Email: info@thethrivegroup.co
-  Websites: www.thethrivegroup.co | www.otinyourpocket.com

 *Help children move from fear to freedom—with strategies that calm the nervous system and build emotional resilience.*