**intention**

**repetition**

**imagination**

**persistence**

**behaviour**

**thinking**

**curiosity**

**choice**

**control**

**time limit**

**Fun to feel scared**

**Risking on purpose**

**Feeling unsafe**

**Feeling safe**

**early warning signs**

**triune**

**brain**

**feelings**

**awareness**

**self & others**

**safe place**