



# FEAR

## STEP 1

### WHAT IS FEAR?

*Fear is when we have a physical or mental reaction to something we are afraid of.*

### WHAT ARE THE THREE (3) FEAR TIPS TEAM LEADERS CAN USE TO HELP THEIR PEERS THROUGH ANY FEAR?

*1. Identifying the fear, 2. understanding body reactions, and 3. learning skills to overcome the fear.*

### LET'S REVIEW THE THREE TIPS BY USING THE SOCCER PLAYER SCENARIO FROM THE VIDEO.

#### FOR TIP #1, IDENTIFYING THE FEAR, WHAT WAS THE SOCCER PLAYER'S FEAR?

*Falling down, not making the team, missing a pass.*

#### FOR TIP #2, UNDERSTANDING OUR BODY'S REACTION, HOW DID THE SOCCER PLAYER'S BODY REACT TO THE FEAR?

*Heart pounding, muscles are tight, wants to run.*

#### FOR TIP #3, LEARNING SKILLS TO CONQUER THE FEAR, WHAT SKILL DID THE SOCCER PLAYER LEARN?

*Humming to calm your body, deep breathing.*

## STEP 2

### WHICH A4L CLUB FEATURES WILL TEAM LEADERS USE TO HELP KIDS WITH CONQUERING THEIR FEARS?

- KITS
- ACTIVITY GROUPS
- SERVICE PROJECT
- QUOTES
- TOURS

**ADVISERS, ASSIST TEAM LEADERS IN ROLE PLAYING DIFFERENT SKILLS THEY CAN USE TO ASSIST THEIR PEERS IN DEALING WITH FEAR.**