

BASIC INSTINCTS

Fight or flight— what do I do?

Materials: Worksheets, fight or flight templates, pencils, markers, crayons, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

During situations of high stress, excitement or fear, our bodies produce a hormone called adrenaline. This powerful hormone is part of our body's response system, which is also called the fight or flight instinct.

All humans and animals have a fight or flight instinct.

What is an instinct? It's a need or urge to behave in a certain way in a certain situation. When that situation is fear, this natural instinct tells us either to stay and battle it out, or to run away.

STEP ONE

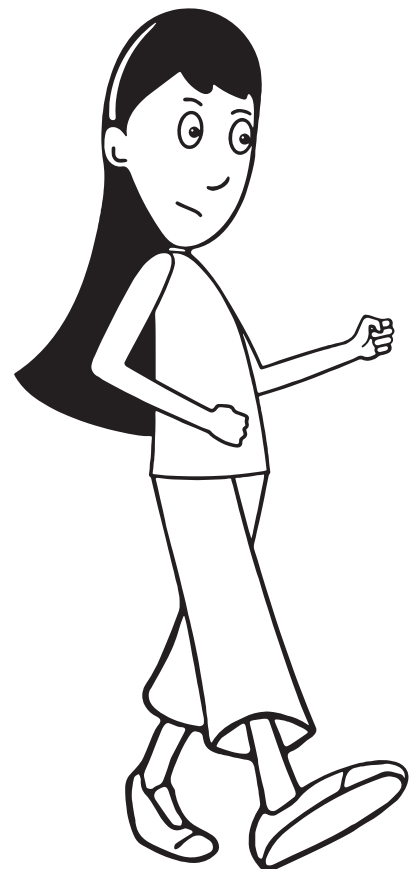
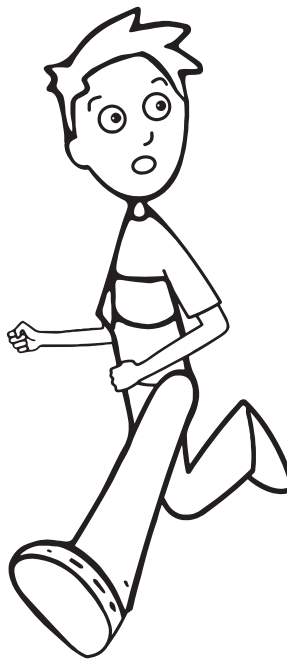
For today's activity, we're going to read some situations on the template and choose between fight or flight. Explain your choice in the lines below each question.

STEP TWO

After writing down why you chose fight or flight, color the animal that matches your choice.

We'll set the timer for 8 minutes. When it sounds, let's share what we wrote. Start now!

(Set the timer for 8 minutes.)

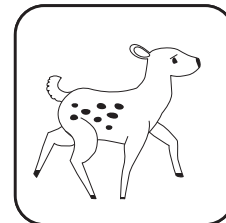
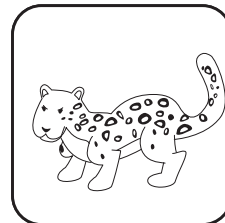


DO I CHOOSE FIGHT OR FLIGHT?

Example:

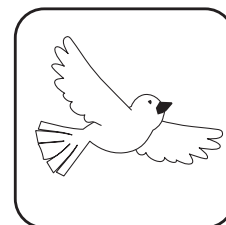
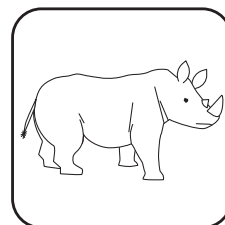
You hear a horn honk as you start to cross the street. What do you do?

I choose flight, because if I hear a car honking when I'm
crossing the street, I'm going to run and not get hit.



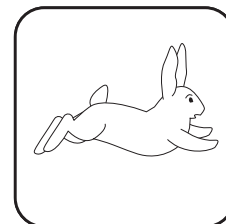
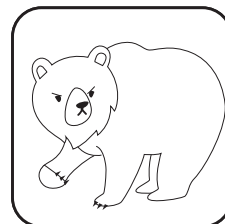
You are taking a test and question 5 is really hard. What do you do?

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You're the last player left on your dodgeball team and there are no more balls on your side of the court. What do you do?

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You're at a fancy restaurant and the waiter brings you raw octopus. What do you do?

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