

THE FUNHOUSE

Adrenaline

is such a rush!

Materials: Worksheets, chalkboard or whiteboard, funhouse templates, pencils, markers, crayons

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

When we're scared, our body produces a substance called adrenaline. What is adrenaline? It's a hormone our body creates in situations of stress, excitement or fear. Adrenaline can help us do amazing things, like lift heavy objects and run faster than normal.

However, our bodies need a healthy dose of stress, excitement or fear in order to make adrenaline.

Being fearful can make us uncomfortable. But discomfort to fear is a healthy and normal reaction everyone experiences.

Let's read aloud a story about a trip to an amusement park called Loco Land.

The not-so-funny funhouse

As the sun was setting on Loco Land, Jack and Skye looked around for one more ride before the amusement park closed. That's when they came to the funhouse.

"Oh look, it's a funhouse," Skye said. "Let's go inside."

"I don't know, it looks weird," Jack said, scratching his head.

"How bad can it be?" Skye asked. "Come on."

Jack and Skye bought tickets and walked through the funhouse entrance — a gigantic mouth with icky green and black teeth. The first room was filled with trick mirrors that gave Jack and Skye big heads and skinny legs.

"Lame!" Jack said. "This place isn't scary. It's putting me to sleep."

Then the pair came to a doorway with a sign saying, "The Skeleton Room."

"O-o-o-h, s-c-a-r-y! The Skeleton Room!" Skye said, trying to give Jack the creeps.

They walked through a heavy curtain into a dark room. The only light came from a red exit sign.

"Looks like someone forgot to pay the light bi..."

But before Jack could finish his sentence, a bright light came on exposing hundreds of skulls. Some of the skulls were laughing, some were angry, others were moaning. Jack jumped two feet into the air and screamed. He ran from the Skeleton Room, out of the funhouse, and down a sidewalk toward the Loco Land exit.

Skye found him a few minutes later eating a chili-cheese hotdog with raspberry jelly.

"Did the funhouse finally wake you up?" Skye teased.

"I have no idea what you're talking about," Jack said, taking a big bite out of his hotdog.

Now that we've read the story, let's brainstorm things that make us feel scared. Raise your hand if you have an idea and we'll write all the suggestions on the board. After we finish brainstorming, we'll follow the activity instructions.

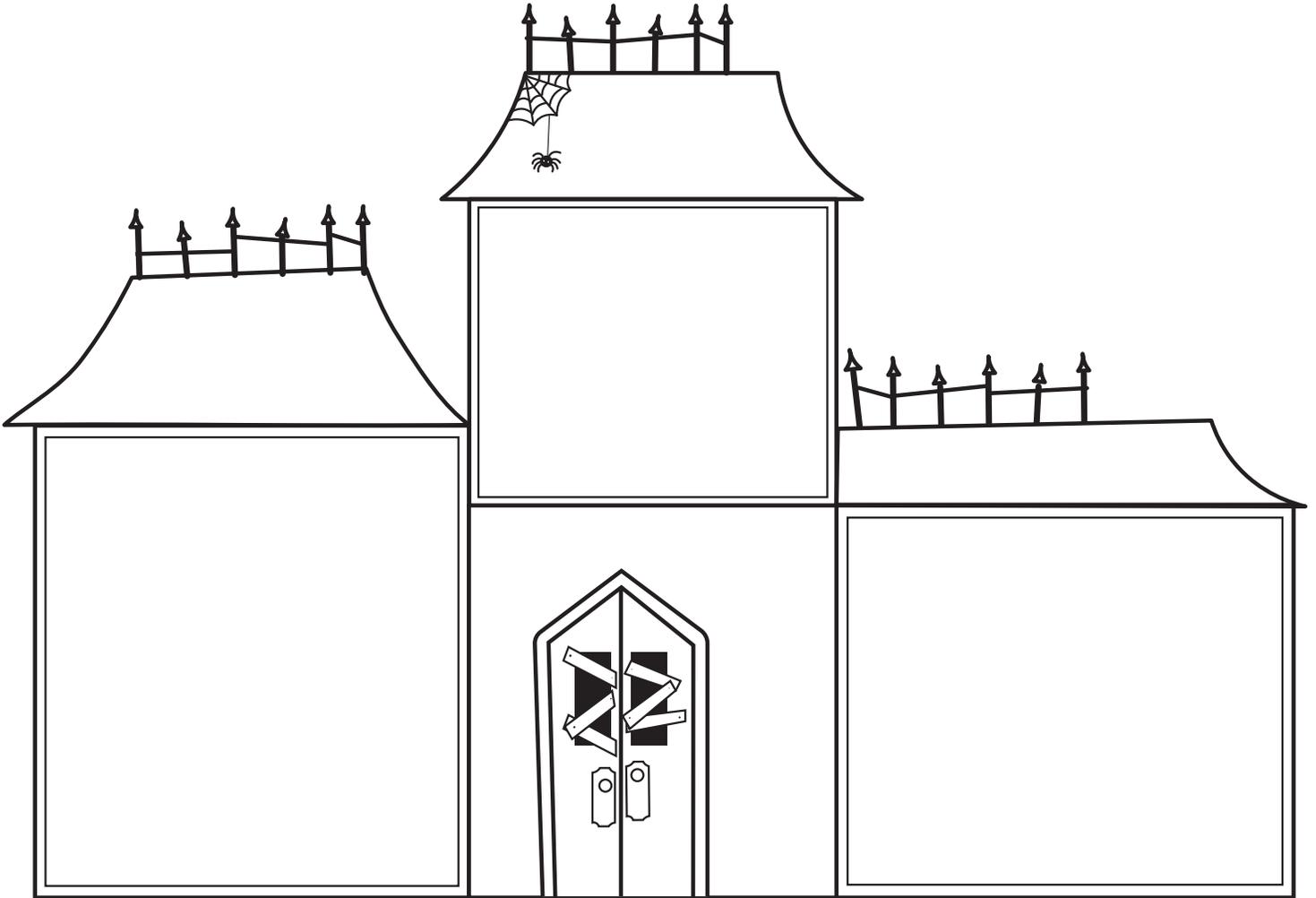
ACTIVITY INSTRUCTIONS

- 1 Pick a name for your funhouse and write it at the top of the template.
- 2 Using the ideas we brainstormed, select three things that make you feel scared. You'll use these three things to name and decorate each of the three rooms on your funhouse template.
- 3 Write the name of each room and draw what's inside it. For example, you might name one of the rooms, "Slimy Slithering Snakes" and draw it filled with reptiles. If you draw a room filled with coffins, you could name it, "The Dead Zone."
- 4 When everyone is finished, let's have fun sharing our funhouses!

This activity will help us identify our fears. By knowing and understanding what scares us, we can begin to problem-solve how to get over our fears so they don't take over our lives.



MY FUNHOUSE



.....
Funhouse name

Room 1 name:

Room 2 name:

Room 3 name: