

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**

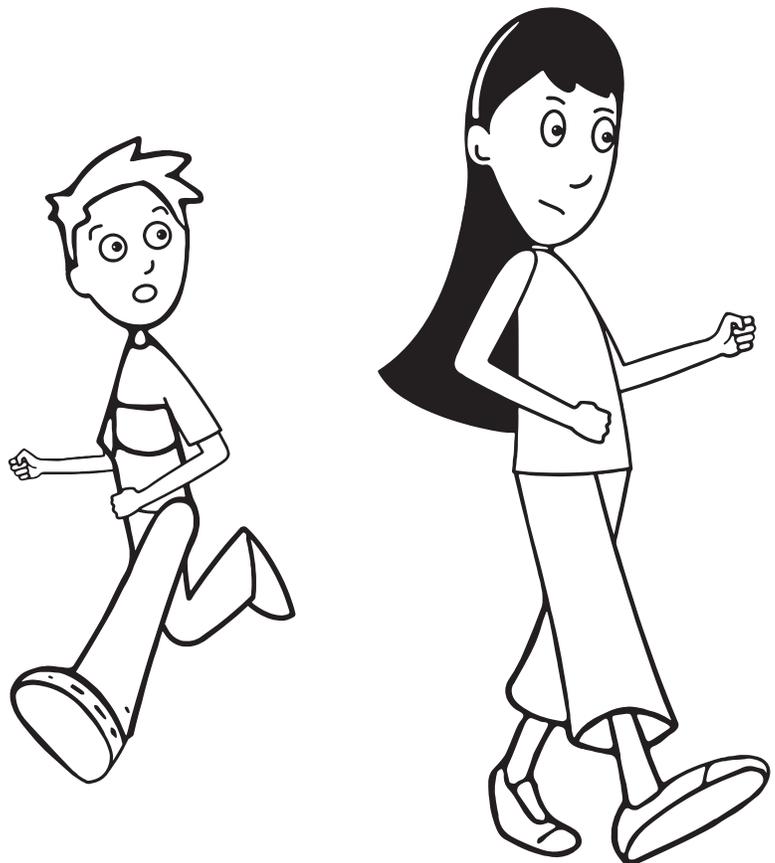
For today's activity, we're going to read some situations on the template and choose between fight or flight. Explain your choice in the lines below each question.

**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.)

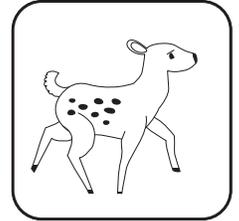
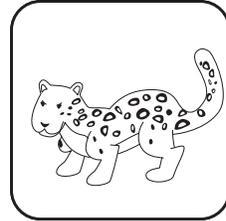


**DO I CHOOSE FIGHT OR FLIGHT?**

*Example:*

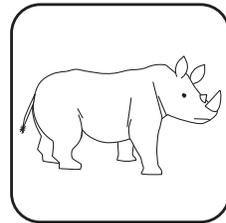
You hear a horn honk as you start to cross the street. What do you do?

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.



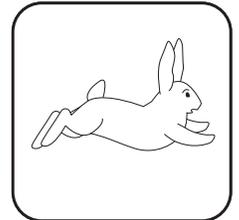
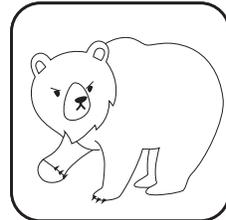
You are taking a test and question 5 is really hard. What do you do?

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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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