

## Overcoming challenges

If you were a character from a book or film, who would it be and why?

Think about that character's story. What challenges do they face and how do they overcome them?

What qualities does that character have that help them to overcome their challenges?

Think of a time when you have used those same qualities to overcome a challenge.



## The fight, flight, freeze response

Watch this video: <https://www.youtube.com/watch?v=rpolpKTWrp4>

### Key Facts for Life

Does everybody experience feeling anxious?

Which part of the brain triggers the fight, flight or freeze responses?

How do those responses keep us safe from danger?

What sort of things can trigger anxiety even when there is no physical danger?

What are the physical signs of feeling anxious? What are those physical sensations getting the body ready to do?

Do you think that understanding what causes anxiety can help people to deal with it better? Explain your answer.

### Further thoughts: Coping with anxiety

What ideas have you heard of that help people to cope with anxiety?

Which of those ideas or strategies work best for you?

## Puzzle Time – Trackword

How many words of three letters or more can you find by tracking from one square to the next going up, down, sideways or diagonally in order? You may not use the same letter square twice in any word.

What is the nine letter word?

|   |   |   |
|---|---|---|
| I | E | S |
| T | A | N |
| E | I | X |

Well done if you can find 10 words or more!

Make up your own word puzzle (trackword, wordsearch, crossword etc.) using words from today's theme e.g.

- Anxiety
- Fight
- Flight
- Freeze
- Amygdala

## Your safe place

Think of a place where you feel safe, calm, relaxed and happy – this can be real or imaginary.

- What sounds do you associate with your safe place?
- What colours make up your safe place?
- What are the comforting smells in your safe place?

Draw a picture of your safe place, take a photo of it (if it's real) or create a model showing its comforting features.



If you feel anxious about something, stop, take a deep breath and think of the sounds, colours and smells of your safe place. This will help to calm your brain.