

Teacher's notes

Activity 3.3 **My fears**

Duration guide

20 minutes

Students will need

- to sit with a partner
- a piece of card.

You will need

- a copy of the Facing fears sheet for each pair of students, page 57 or Activity 3.3 from the Appendix.

The purpose of this session is to introduce the idea that we all have fears. Once we talk about our fears and understand our reactions, we can make different choices about how we cope with them. The more persistent and resilient we are in the face of fear, the more we build our confidence.

First, talk about what you fear and how you react to it, and maybe about how you overcome it.

For example: I am afraid of heights and I react to this fear by feeling paralyzed when I am on top of a building or cliff. I am terrified as I feel drawn to the edge and am afraid that I might fall. I try to avoid situations like that. If that isn't possible, then I tell people about my fear and ask for their help.

The more open you are about what you fear and about your own reactions, the more involved and open the students will be.

Student activity

Activity 3.3 **My fears****You will need**

- to sit with a partner
- a piece of card.



The purpose of this session is to understand that we all have fears and we all react to our fears in some way.

**Action**

Talk with your partner or as a group about what makes you afraid. It may be:

- reading out loud in class
- heights
- horror films
- looking silly
- spiders, snakes, rats, dogs etc
- being in water
- wearing the wrong clothes
- new situations, meeting new people
- changes in family or in friendships
- being left out, not being picked
- going outside, or being in too small a space
- anything else?

Everyone is afraid of something but we react in different ways. Think of the last time you were afraid. How did you act? Did you:

run away?	avoid getting into the situation?	get angry?
eat something?	scream?	blame someone else?
tell someone?	have a go anyway?	ask for help?

Discuss your different reactions with your partner.

Here are some thoughts about fear. What do you and your partner think of them? What do they have in common?



Choose your favourite one and write it carefully on a piece of card. Your group may choose to display the cards to remind each other that overcoming fear is possible.

Student sheet

Facing fears

Activity 3.3 My fears

Fear is my greatest tool. I turn fear into courage, courage into strength. I use that tool to help me overcome the many obstacles I face in my sport. I use my fear to help me meet the challenges in my life.

Kevin Alderton, British skier who holds the world record for blind downhill speed skiing

Mr Alderton lost his sight when he was punched and kicked and had his eyes gouged by a group of about 30 men during an attack in Islington, North London.

All life is an experiment. The more experiments you make the better.

Ralph Waldo Emerson, American poet

To fear is one thing. To let fear grab you by the tail and swing you around is another.

Katherine Paterson, children's author

Try a thing you haven't done three times. Once, to get over the fear of doing it. Twice, to learn how to do it. And a third time to figure out whether you like it or not.

Virgil Thomson, music critic and composer

I have accepted fear as a part of life – specifically the fear of change... I have gone ahead despite the pounding in the heart that says: turn back.

Erica Jong, writer

Many of life's failures are people who did not realise how close they were to success when they gave up.

Thomas Edison, inventor of the light bulb

Another way of seeing the word FEAR:

F – false

E – evidence

A – appearing

R – real



Food for thought

Next time you are feeling afraid, remember the thought you chose today. If you give up in the face of fear, the fear increases. Every time you accept your fear and move towards it, you build your confidence.