

Self Success K-2 Lesson 1

Worksheet: "Fight or Flight!"

Name:

Learning Objectives:

By the end of this lesson, students will be able to **recognize** the flight or flight response, **identify** the chain of reactions of the flight or flight response, and **understand** how breathing and movement (Shaking and Dancing) help calm and relax the nervous system.

Instructions:

1. Circle the emoji that matches how you feel!
2. Color in that emoji.
3. Color in the other emojis.

