



SEL 3–5 Lesson 1

Worksheet: “Fight, Flight, or Freeze: An Introduction to Brain Science”

Name: _____

Instructions:

- Read the three definitions (fight, flight, freeze).
- Think of a time when you felt like fighting, running away, or freezing.
- Draw a picture or write a short story about it.

Definitions:

- **Fight:** When you stand up for yourself or protect someone
- **Flight:** When you run away from something scary
- **Freeze:** When you feel really scared or surprised