

## SEL 6–8 Lesson 2

# Worksheet: “Fight, Flight, or Freeze Scenarios Answer Key”

Name: \_\_\_\_\_

### Directions:

- For the scenarios below:
  - ◊ Identify if the person’s response is fight, flight, or freeze.
  - ◊ Answer the additional prompts under the scenario.

### Scenario #1:

During a class presentation, Jada realizes that she forgot her notes at home. As she stands in front of the class, feeling nervous and unprepared, she starts to panic. Without thinking, Sarah rushes out of the classroom and hides in the bathroom, hoping to avoid the embarrassment of giving her presentation without any notes. Despite her teacher’s attempts to find her, Sarah stays hidden until the class is over.

1. What type of response did Jada have (circle one):

Fight      **Flight**      Freeze

2. What is one coping strategy she could use in the moment to complete her presentation?

Box breathing.

### Scenario #2:

During a fire drill, the loud alarm startles Mia, causing her heart to race and her mind to go blank. As everyone else calmly exits the classroom, Mia finds herself unable to move. She stands frozen in place, unable to think or react. It's only when a teacher gently guides her out of the classroom that Mia snaps out of her daze and follows the rest of the students outside.

1. What type of response did Jada have (circle one):

Fight

Flight

Freeze

2. How might the 5 senses exercise help Mia at this moment?

The 5 senses exercise might help Mia feel less trapped in her fear and allow her to think more clearly.

### Scenario #3:

During lunchtime, a group of students starts teasing Johan, calling him names and making fun of his clothes. Feeling angry and embarrassed, Johan decides to confront them. He stands up tall and tells them to stop, but the teasing only gets worse. Johan's frustration boils over, and he pushes one of the students who was teasing him. A scuffle breaks out, and the teacher quickly intervenes to stop it.

1. What type of response did Jada have (circle one):

Fight

Flight

Freeze

2. What is one piece of advice you would give to Johan to prevent him from pushing the other student?

I would tell Johan to focus on his breathing to allow his heart rate and breathing to slow down. This would help him to calm down and release tension from the anger he is feeling.