Fight Or Flight

When we encounter something scary or dangerous our bodies try to be helpful by getting us ready to **fight** or **run away**.

This **fight-or-flight reaction** might make you feel strong feelings in your body and mind.

Feeling dizzy

Get cross or short-tempered

Breathe quickly

Feeling scared or nervous

Feeling hot or sweaty

'Butterflies' in my tummy

Body or muscles feel tight

Want to get out, run away, or hide

Legs shake

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Fight Or Flight

In scary or dangerous situations our bodies and minds can react all by themselves to help us get ready.

Write down a time you felt scared: _____

What feelings did you notice in your body and mind?

_____

_____

_____

_____

_____

_____

_____

_____

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