



**Learning Intension:** *To be able to manage my feelings*

**Context:** *Fearlessness – Not being afraid when I don't need to be*

**Key Words:** *fearless, reflection, disappear.*

## QUOTATION/THEME FOR THE WEEK

### FACE YOUR FEAR AND IT WILL DISAPPEAR

Discuss what this means and see if there are any examples in your life when this has happened.

### SILENT SITTING

*Step 1:* Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

*Step 5:* Now imagine something that troubles you ...

As you look at whatever troubles you, imagine you are safe inside a golden bubble of light ... Imagine what your bubble is like ...

It is big enough for you to stretch comfortably without touching its sides ...

It is very strong and nothing bad can come inside it ...

You feel very safe ...

The thing that troubles you is getting smaller and smaller as you look at it ... You feel stronger and stronger ... See what you need to do about this thing ... Perhaps you need to tell someone ...

The thing that has been troubling you disappears as you look at it ...

You know it has gone, but if it comes back, it will never frighten you as much again.

*Step 6:* Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you.

How do you feel?

### ALTERNATIVE EXERCISE

*Step 1:* Firstly, sit in a comfortable position on your chairs, or cross legged on the floor. Make sure your back is straight and head is upright. Take a deep breath and relax as you breathe out.

Take another deep breath ... and another ...

*Step 5:* Think, I will keep myself happy, be careful what I do, and not be afraid when there is no need to.

*Step 6:* Now bring your attention back to the classroom, open your eyes and stretch, as the exercise has finished. Smile at the person next to you. How do you feel?

## STORY TELLING

### FREDDIE BECOMES FEARLESS

*by Carole Alderman (adapted from a traditional story from India)*

Once upon a time, there was a little boy who was always afraid. He cried every morning when his mother took him to school. In lessons he wouldn't answer questions in case he got the wrong answer and felt foolish. And if anyone spoke to him, he answered in a tiny voice. At break time he hung about in the corner of the playground near the door. His teacher saw him and wondered if he was being bullied while at school and called him in, but he said he wasn't. Indeed bullying had never been a problem in the small village school.

"Wouldn't you like to play with the other children?" his teacher asked him gently.

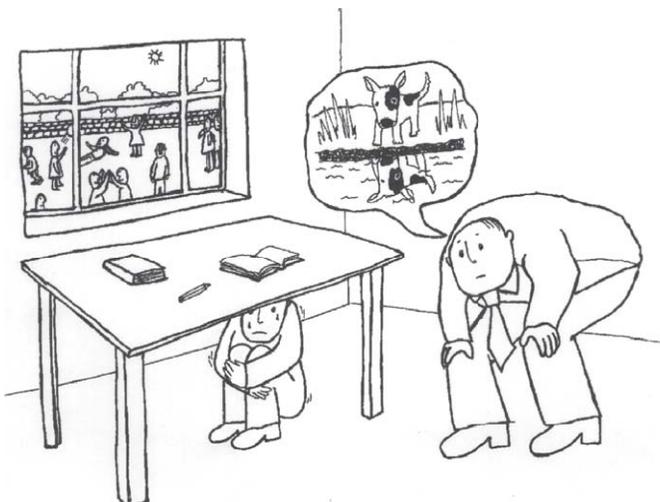
"No," replied a tearful Freddie. "I might fall over and break my leg, or something worse. Please let me stay in the classroom. I don't want to go outside."

"All right, Freddie, you can stay here if you wish. I realise how awful you must feel. I was just the same once." "You!" exclaimed Freddie, in surprise. "You're not afraid of anything."

"Ah, but I was once," replied the teacher.

"How did you stop being frightened?" asked Freddie, looking a bit more interested.

"My parents bought me a dog, Freddie," said the teacher with a twinkle in his eye.



"A dog! Was he very big? Did he bite everyone and look after you?" Freddie's eyes were wide and questioning.

"It wasn't quite like that, Freddie," smiled his teacher. "It happened one sunny day when I was sitting under a tree in the park. I was watching my dog looking at his reflection in the lake. We had been running about a lot and he was dying of thirst, yet every time he saw his reflection, he was afraid and backed away, barking at what he

thought was another dog. Finally, he grew so angry and so thirsty that he jumped

into the lake and, as he did so, the other dog disappeared.”

“Oh!” exclaimed Freddie. “What happened to the other dog?”

“Nothing,” smiled his teacher. “It was only a reflection and had no power over him. Nothing had stood between him and the water except his fears. After that, whenever I felt afraid, I would think of the dog and the mistake he had made, and wonder if I was mistaken too. I would examine my fear and it often disappeared, like the dog’s reflection.”

“My goodness! I never thought of it like that. Perhaps I could try it,” said Freddie slowly. “I’ll go and see my friend before the bell rings. Bye and thanks.”

And, as Freddie walked resolutely out of the classroom, he quite forgot to be afraid.

#### QUESTIONS:

- 1 How did you feel hearing the story?
- 2 Does it remind you of anything in your own life?
- 3 What is your worst fear?
- 4 Why was Freddie always afraid?
- 5 What was the story the teacher told him?
- 6 What was the dog seeing in the water?
- 7 What lesson did Freddie learn?

## GROUP SINGING

### WHO’S AFRAID OF THE BIG BAD WOLF?

*(Adapted from a traditional children's song)*

Who’s afraid of the big bad wolf?  
The big bad wolf? The big bad wolf?  
Who’s afraid of the big bad wolf?  
WE ARE NOT AFRAID!

Who’s afraid to speak the truth?  
To speak the truth? To speak the truth?  
Who’s afraid to speak the truth?  
WE ARE NOT AFRAID!

Who’s afraid of showing love?  
Of showing love? Of showing love?  
Who’s afraid of showing love?  
WE ARE NOT AFRAID!

Who’s afraid of doing good?  
Of doing good? Of doing good?  
Who’s afraid of doing good?  
WE ARE NOT AFRAID!

Who's afraid of being kind?  
Of being kind? Of being kind?  
Who's afraid of being kind?  
We are not! We are not! WE ARE NOT AFRAID!

## GROUP ACTIVITY

*Volunteers may like to say what they are most afraid of. The teacher could explain how everyone is frightened of something at some time or other, and it may be useful if it makes us careful in what we do. Fear, however, may come from a mistaken idea and prevent us doing things we could do. Fears often grow bigger by being kept secret. Other people who frighten, or bully us, also rely on us not telling about it.*

### A SINGING CIRCLE

Children skip round together in a circle singing the song together, 'Who's afraid of the Big Bad Wolf?' At the line '*I am not afraid*', the children jump one step into the circle, pointing to themselves and singing the line loudly. Then they step back again. To make the activity more interesting, the children can be invited to substitute something else for Big Bad Wolf, making up their own words. Volunteers can sing the new verse, joined by everybody at the line, 'I am not afraid'.

**Extension Exercise / Links to Other Subjects:** *These can be discussed*

*Science link:* Using laminated pieces of card, the children can write a fear they have using a white board marker. The teachers can then put a drop of water on top, and the children themselves can wipe away their stated fear, thus seeing it disappear.

*Historical, and scientific link:* The teacher could talk about the fear of diseases (e.g. the black plague) and how famous scientists, men of character, dedicated their lives to discovering ways of controlling them, sometimes through vaccinations. Again discussion can be developed. Do any of the children have a fear of vaccinations? Can anyone share his or her experience of receiving a vaccination?

**Close the lesson:** If the teacher wishes, the lesson can be closed by asking the children to form a circle and say, "*I will keep myself happy, be careful what I do, and not be afraid when there's no need to.*"