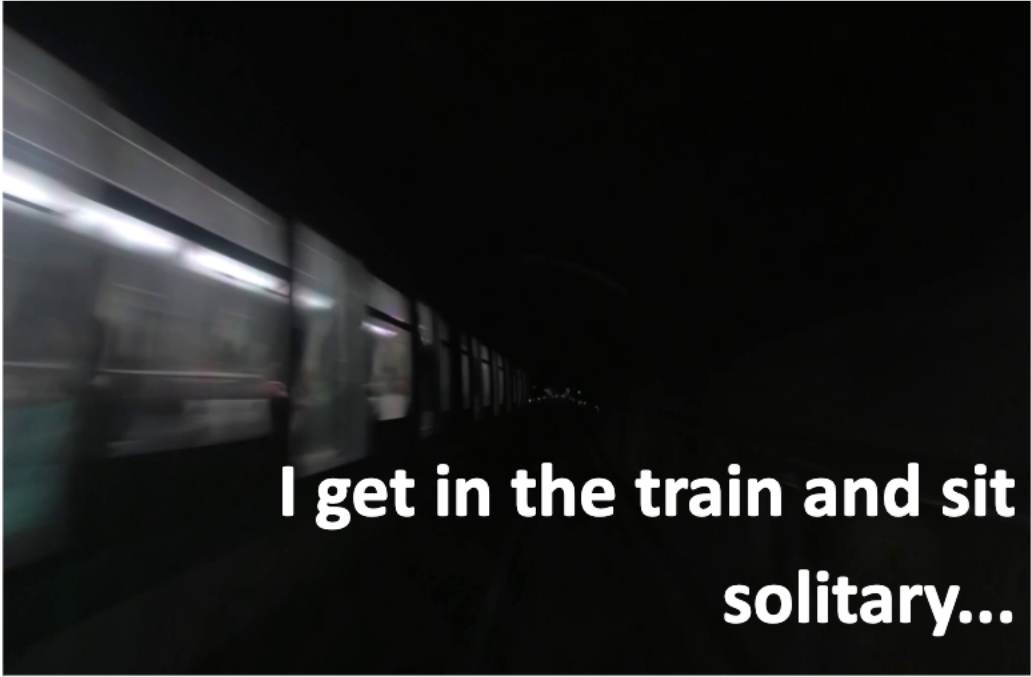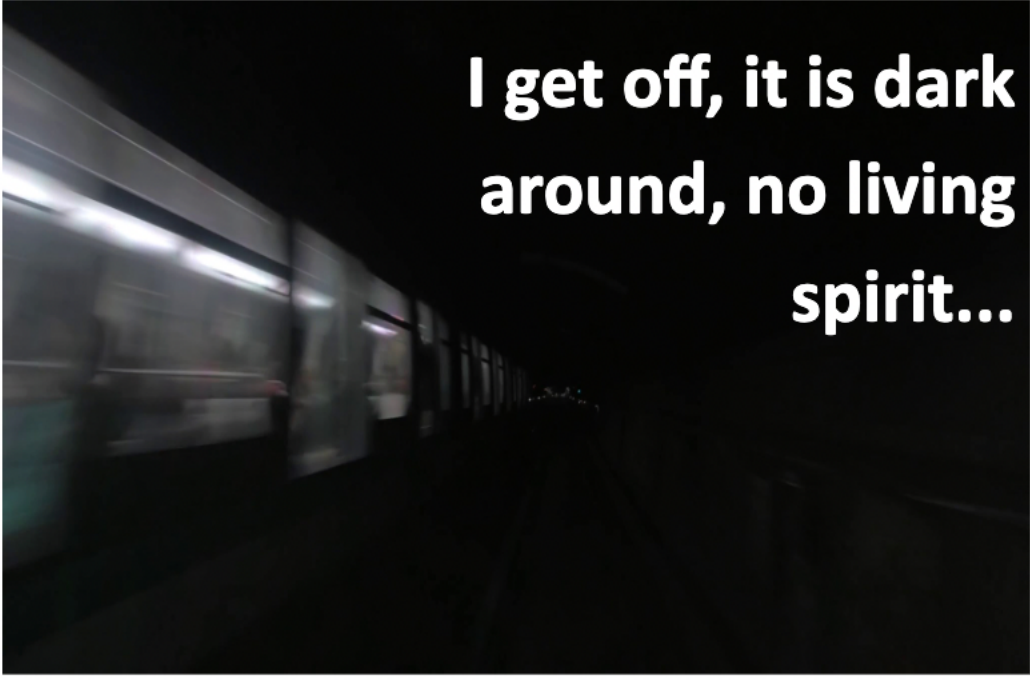I`m alone on a platform at midnight and waiting for a train...

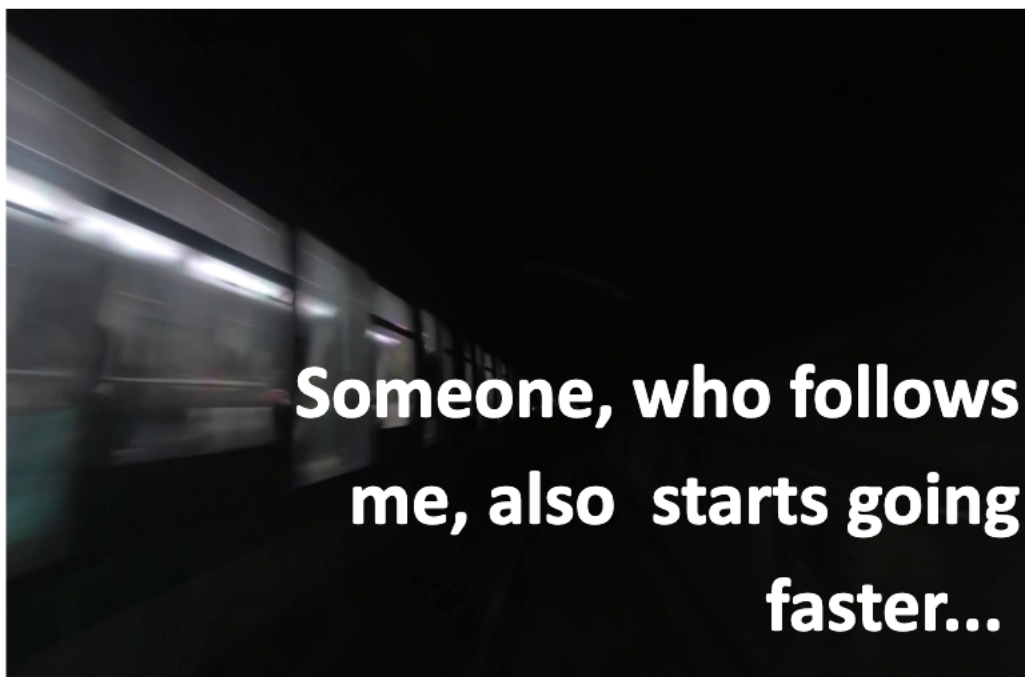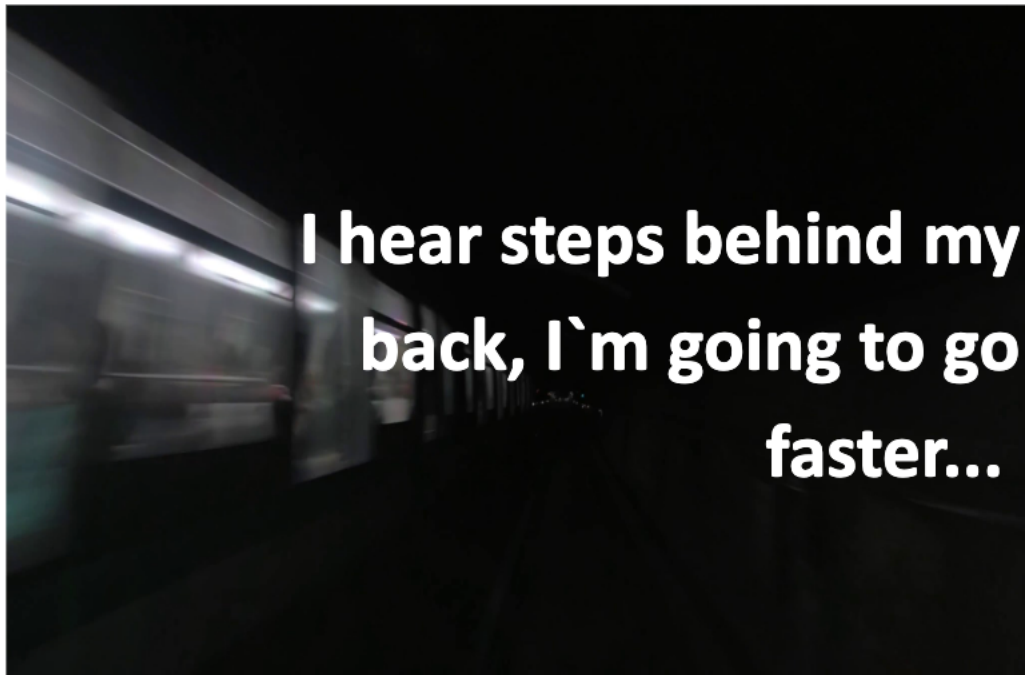I get in the train and sit solitary...
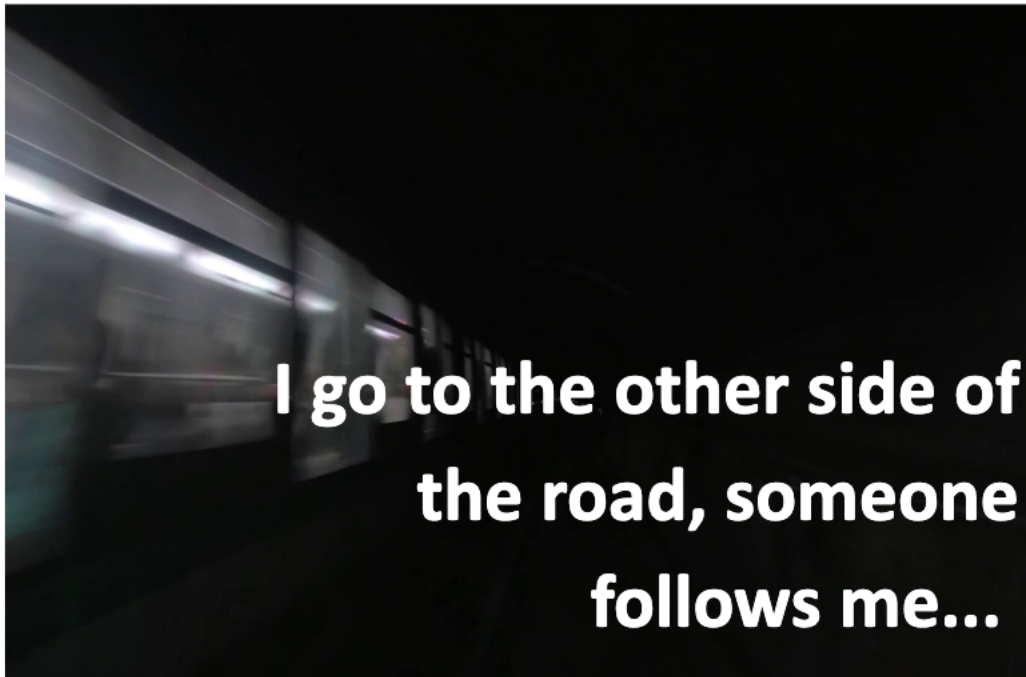
At the next stop all passengers get off, I`m staying alone...

I get off, it is dark around, no living spirit...

I hear steps behind my back, I`m going to go faster...

Someone, who follows me, also starts going faster...

I go to the other side of the road, someone follows me...

I look back and see that husky man is following me...

I'm almost running, the man comes up and touches my shoulder...

?...
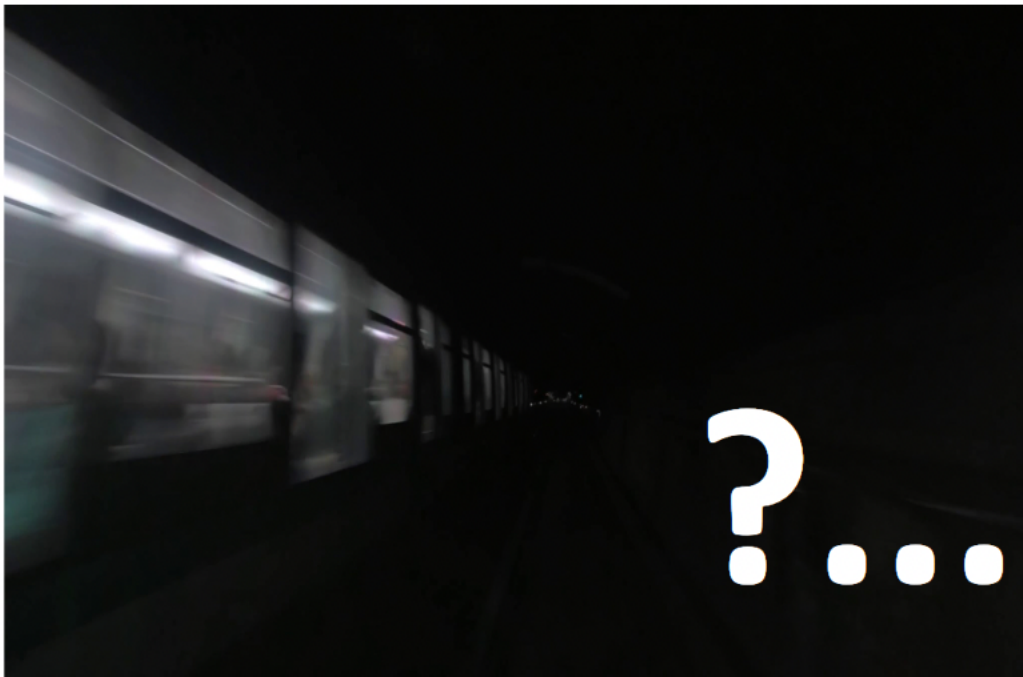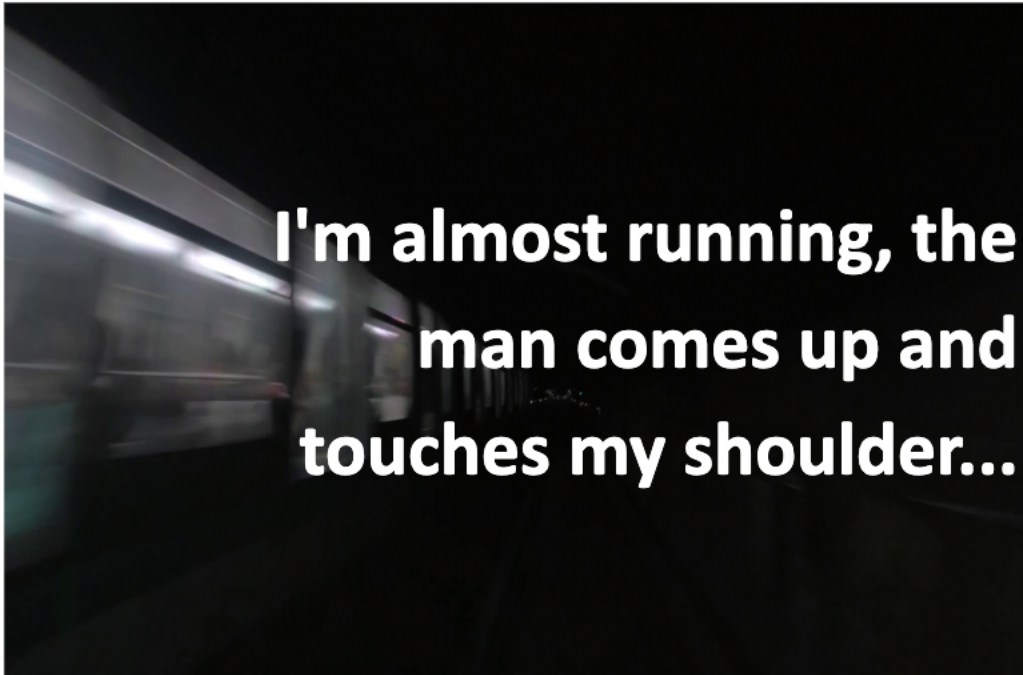
TRIP WITHOUT STRESS	TRIP WITHOUT STRESS
DAY	**NIGHT**
SMARTPHONE	**FLASHLIGHT**
GUN	

TRAVEL ALONE	**TRAVEL WITH FRIEND**
I AM DOING THAT CONSTANTLY	**I AM DOING THAT FIRST TIME**
WELL KNOWN TRAVEL GOAL	**UNKNOWN TRAVEL GOAL**
OTHER TYPE OF TRANSPORT	

	A	B	C	D	E	F
1						
2						
3						
4			START			
5						
6						

THE ALGORITHM FOR OVERCOMING FEAR:

	A	B	C	D	E	F
1	◯		◯	◯		◯
2			◯	◯		
3		◯			◯	
4	◯		◯	◯		◯
5		◯			◯	
6	◯		**START**			◯

Coordinates of the boxes marked with stickers (write down):

I`m not asking because others think that I am know-nothing	Teachers and parents are waiting / hoping for the best results, I can't disappoint them...
In the group, we decide how we will achieve the learning goals	Everybody obey / have to agree with group leader
I can help others; By helping friends - I learn better	I am responsible only for myself in a team

Important the common team goal	**In a success or failure case I am responsible team member**
When I am afraid in speaking / answer in public, I'm checking (ask advise) with my friend	
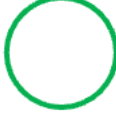
Notes

The situation cards are shuffled and arranged in such a way that the fear overcoming tips would be arranged in a circle in the robot grid.

- ♦ **When do I feel safer in class?** (discussion, possible conclusions)
  - ♦ I feel safer in class when I know I have a chance to get support.
  - ♦ I feel safer in class when I can help, I feel needed.
  - ♦ I can overcome my difficulties and fears when a common goal is achieved.
  - ♦ Joy shared with friends doubles, and fears – dissolves.
  - ♦ Prosocial behaviour motivates personality growth and strengthens it.

Studying alone	**I feel safer when I study with a friend (in a group)**
Everything have to find out myself	**I can and am not afraid to ask friends or teachers for help**
Mistakes will determine my evaluation	**I am not afraid to make mistakes — my group mates will give me advice; Mistakes help us improve**

Robot grid for the ALGORITHM FOR OVERCOMING FEAR task (ANSWER):

	A	B	C	D	E	F
1	○		○	○		○
2			○	○		
3		○			○	
4	○		○	○		○
5		○			○	
6	○		START			○

Coordinates of the boxes marked with stickers (ANSWER):

B5 —> A4 —> B3 —> C2 —>
D2 —> E3 —> F4 —> E5

FEEDBACK:

I TAKE IT NOW:

I SAVE IT FOR THE FUTURE:

I THROW AWAY or I RECYCLING:
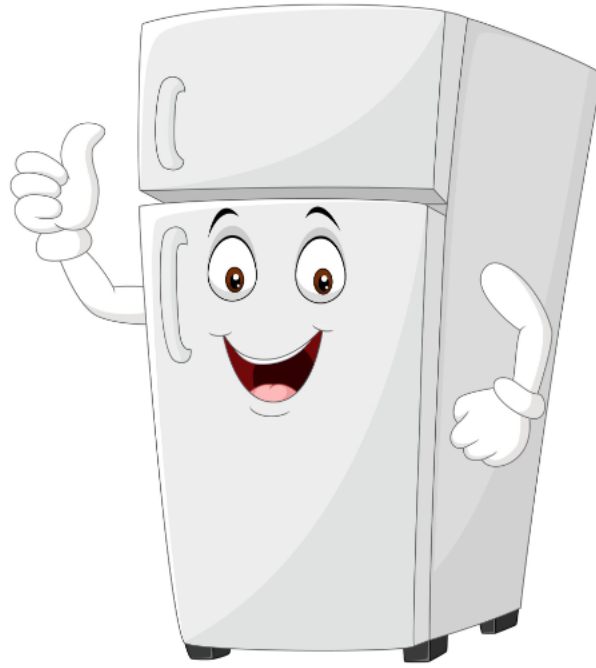
WRITE down the CODE for Algorithm For Overcoming Fear

Use arrows

The Algorithm of Fear

{NAME}

Travel Diary

THE ALGORITHM OF FEAR IN THE LESSON

Working in a team, you figured out and found ways to overcome fear in class.

WRITE down at least **3 ways** that help you feel safer in the class:

....

....

....

....

SUITCASES

Objective: Working in a team think about reasons, which make feel safe on a trip.

TASK: Create safe and unsafe travel presentation.

Put cards into two suitcases:
* Suitcase "**Baggage of Fear**" OR
* Suitcase "**Trip without stress**"

Baggage of Fear

Trip without stress

CARDS:

*Well known travel goal / * I am doing that constantly / * flashlight / * night /
* travel alone / * smartphone / *day /
* I am doing that first time / * travel with friend / * unknown travel goal /
* other type of transport /

THE TRAIN OF FEAR

Objective: Think about that all feel different and not everyone wants to take a risk.

PROCESS: Imagine, that you alone have to go on a train trip at midnight and come home from a station on foot. Choose a moment when fear overcomes you, then stand up near selected card in a SCALE OF FEAR.

****

STEPS:
1. I'm alone on a platform at midnight and waiting for a train.
2. I get in the train and sit solitary.
3. At the next stop all passengers get off, I'm staying alone.
4. I get off, it is dark around, no living spirit, I'm going.
5. I hear steps behind my back, I'm going to go faster.
6. Someone, who follows me, also starts going faster.
7. I go to the other side of the road, someone is following me.
8. I look back and see that husky man follows me.
9. I'm almost running, the man comes up and touches my shoulder.
***

MARK where you would like to get off.

WHY?