The Algorithm of Fear

- <u>General aim of the game:</u> The game focuses on learning to find solutions to difficult problems, i.e. creating different solutions and making decisions. The game teaches to get acquainted with possible ways of coping with emotions and learning to overcome fear.
- <u>Age range addressed:</u> 9-12 year-olds
- <u>Robot that can be used for this game:</u> the game board is prepared for a 15cm-pace robot.
- <u>Link to the game instructions and game-boards to be printed:</u>

Other useful materials

- Robots,
- 2 robot grids,
- cards: "Fear Train", "Travel diary", "Suitcases", "Algorithm for overcoming fear",
- two envelopes,
- two-color stripes,
- 3-4 m bright rope,
- 10 pcs. clothespins,
- sticky rubber,
- stickers.
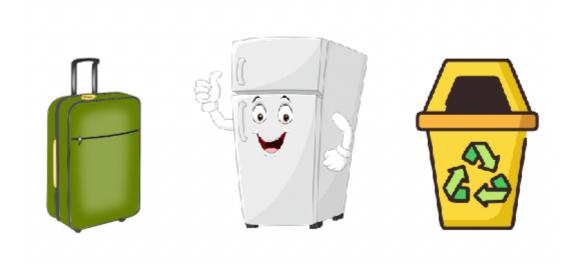
Phases of the game

a. Preparation:

Firstly find out how students understand the concept of "fear", in which situations have they felt fear, or do they often experience fear, anxiety or stress at school. Then the game "The Train of Fear " is being played.

b. Star of the game:

After finding out the personal moment of feeling fear, it is suggested to find a "travel buddy" (two colour ribbons tied in the middle are used — use as many colors as there will be teams, e.g. green-red, blue-yellow, green-yellow, etc.) The strips are held in the fist so that it is not visible that different colours are tied together. The players are asked to select one strip and hold it in the hand. While everyone is holding the strips, questions can be asked: did you choose the same colour strip as your friend? Why? Maybe s/he wanted to be braver? Safer? Then the players are asked to find a friend slowly without letting go of the strip. The players are divided into teams according to the drawn out colours.

c. Core phase of the Game

1. The teams are given the envelopes with the tasks "Suitcases" or "Fear defeating algorithm.
2. Team members collaboratively develop the specified algorithm and test it programming the robot on the robot grid specified in the task.
3. The players individually fill in the "Travel Diary".
4. For the feedback the cards are used on the robot's grid (or board) to which students add their observations:

  I TAKE IT NOW.   I SAVE IT FOR THE FUTURE.   I THROW IT AWAY or
  I RECYCLE.

4. Game — The Train of Fear

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 (when you want to stop and discontinue travel), then come and stand up near selected card in a scale of fear.
(The "Fear Train" situation cards are read one by one and pinned on the stretched rope using the pins. The text should be read slowly, giving the time for students to assess their fear level and choose a place on the "fear scale".)

Maybe, somebody wants to finish his/her journey right now?

Perhaps there are passengers who want to change their choice?

5. Task — Suitcases

Working together and following the specified rules, with the help of the robot sort the cards into two bags:
    BAGGAGE OF FEAR and TRIP WITHOUT STRESS.
    • The robot only travels through EMPTY cells.
    • Create a staging of the trip (act it out) and present it.

RULES:

Work is shared by all team members.
Everyone is responsible both for her/himself and for the whole team.
Everyone helps the team to complete the task.
The work is presented by the whole group.

Situation cards are shuffled and placed in any order. The robot only drives through empty cells. The sorted card is "transported" by sticking it
with an adhesive rubber to the robot.

What helps to manage fear? (discussion, possible conclusions)
It is safer to travel with a friend.
When I have tools to help me in a critical moment, I gain courage.
It is very important to have a purpose (for example, I am going to visit a sick friend and maybe this is the last chance to meet him).

NOTES
Here is proof that we all are different and our reactions are different, too. There are people who would never travel at night, there are people who will travel by train, but when they go off, they won't go on foot and so on. Different people different moments sensation of fear.

6. Task "Algorithm for overcoming fear"
Working together and following the given rules, create THE ALGORITHM FOR OVERCOMING FEAR:
- In the robot grid find the cards to help you cope with fear in class and stick a green sticker on them.
- Use the arrows to write the shortest path and pass it with the robot (all boxes on the robot's path must be marked with stickers).
- Comment your choice.

GAME RULES:
- Work is shared by all team members.
- The section of the road to the selected card is programmed by each team member.
- Everyone is responsible both for her/himself and for the whole team.
- Everyone helps the team to complete the task.
- The work is presented by the whole group.

d. Conclusion:

Questions to be asked after the game:

       1. Did all of you get off at the same stop on the Fear Train trip? Why?

       2. How did you feel working in a team? Did you follow the rules when completing the task?

3.   Which part of the assignment was the most difficult? How did you find the solution?

4.   What helps to manage the fear? When do we feel safer in class?

Variants

The work can be organized taking into account the age of the students, teams numbers, robot skills. Tasks can be divided into parts, more situations can be added.

Folding diagram of the "Travel Diary"