

Name: _____

Unit 1 Lesson 2

My Brain & the F3 Stress Response

Lesson Objective

- Define the **three levels** of stress
- Discuss how **stress** can impact our daily lives and relationships
- Explore the **F3 response** - Fight, Flight, Freeze - including the role of different **brain regions**

Opening Check-In

"Brain Dump" is a fun way to write down everything you know about a topic. It doesn't matter if you know a lot or just a little —just put everything from your brain onto paper, you might be surprised just how much you know!

1 Mood Meter How are you feeling today?



Would you like to share more?

2 Know Zone How much do you know?

How much do you know about the Fight, Flight, and Freeze stress response?



Never
heard of it

I could
explain it

3 Brain Dump Activate your knowledge!

Write down everything you know about **stress**. For example, what causes stress? How does stress impact the brain? How does it make your body feel? How does stress affect your health? Who is affected by stress? Why do we feel stress? How do we manage stress?

Challenge question: What part of the brain is responsible for feelings of stress?

Name: _____

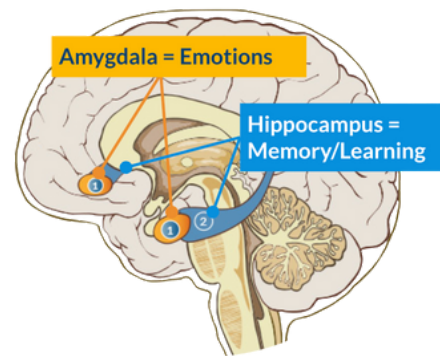
What is Stress?

Stress is...

- The feeling of being overwhelmed or _____ due to the environment, thoughts, or demands
- A universal human experience, and a _____ inevitable part of life
- Affects the mind and _____
- Ignoring stress does not make it go away

What might stress look like?

Fill-in the blank notes: write in the missing words in your notes below as you review the lesson, and respond to the reflection questions provided.



THINK



PAIR



SHARE

1. Which of these common signs of stress have you experienced?
2. In what kinds of situations have you experienced them?
3. Are there any signs of stress missing?

Name: _____

Stress & the F3 Stress Response

Fill-in the blank notes: write in the missing words in your notes below as you review the lesson, and respond to the reflection questions provided.

Review Right-Brain Regions

3

The most evolved part of the brain
Responsible for executive functioning
and logical thinking

2

Comprised of 5 structures that process,
emotion & memory, including stress/fear

1

Oldest part of the brain.
Controls the most basic & automatic
functions of living (breathing, reflexes,
swallowing, digestion..)

The F3 Stress Response

- An automatic, biological and _____ reaction to keep you **safe** during **perceived** danger.
- The **prefrontal cortex** disengages, and the **amygdala** and **brain stem** cause physiological changes that prepare the body to confront the threat (_____), escape (_____), or become immobile (_____).

Video: Fight, Flight, Freeze

1. Our brain has evolved to help us stay _____ from danger.
2. Fight, Flight, Freeze Response (F3) is our brain's _____ reaction to danger; the F3 Response tries to keep us safe.
3. If you came across a bear, your _____ brain will go temporarily offline and your emotional and survival brains will take charge.
4. Your body needs to respond _____ to keep you safe. You might try to:
 - a. Attack the bear - _____ Response
 - b. Run away and hide from the bear - _____ Response
 - c. Stay perfectly still, try not to move, hope the bear doesn't see you - _____ Response

Name: _____

5. We live in a world full of stress, so our brain _____ always tell the difference between day-to-day stress & stress because we're in danger.
6. Stuff like homework, fighting with friends, or public speaking can still trigger our F3 Response, even if we're not in any _____ danger.
7. Like if you're feeling stressed because of a speech you have to do at school, you might
- a. feel like yelling or screaming. That's your _____ response.
 - b. want to run off stage and hide. That's your _____ response.
 - c. freeze in place and not be able to get the words out. That's your _____ response.
8. The good news is that there are lots of things we can do to help _____ these big feelings down and keep the _____ brain switched on.

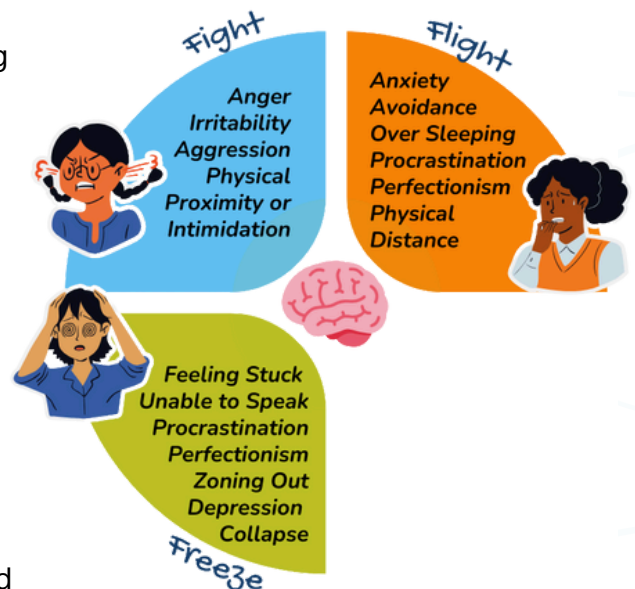


Learning Check

What is the stress response being portrayed? Use the key on the right to indicate your response on the lines provided:

FI - Fight
FL - Flight
FR - Freeze

- _____ 1. There's a loud bang outside - you startle,
_____ stay in place, and look around without moving
- _____ 2. A peer gets mad and starts yelling at you -
_____ get in their face and start yelling back
- _____ 3. You're stressed about an appointment - you
_____ oversleep and miss it
- _____ 4. You're terrified of bees - when you see one,
_____ you run away as fast as possible
- _____ 5. You feel so overwhelmed, you can't make a
_____ decision and feel stuck
- _____ 6. You're so stressed, you're in a bad mood and
_____ snap at a friend who is trying to help



Name: _____



THINK



PAIR



SHARE

Describe a situation where you were stressed, scared or angry:

1. Which F3 response did your body use? What was the outcome?

Takeaways

1. The F3 response is automatic and _____
2. The main goal of the F3 response is to keep you _____
3. F3 stands for: _____, _____, and _____
4. The _____ goes temporarily offline during the F3 Response
5. The key to regulating your brain and body is coping skills, especially deep _____

Closing Check In

1

Know Zone

How much do you know?

How well do you understand the F3 Stress Response?

1

Never
heard of it

2

3

4

5

I could
explain it

2

Jack is terrified of dogs. Because of this, he did not go to the dog park with his friend, Jo and his German Shepard. Jo was so upset, they sent Jack a really harsh text without really thinking about it. What F3 responses did Jack and Jo display?

Jack _____

Jo _____

3

What is one benefit of knowing your body's "go-to" F3 Stress Response? Provide an explanation and example(s).
