

# FACING OUR FEARS

## SESSION A



### LEARNING OBJECTIVES:

**To understand that it often takes great courage to face our fears.**

#### Script:

“There are often things in life that we are afraid of and we refer to these as fears. Sometimes we are not aware of what these fears are and this makes it difficult to prepare ourselves. Today we are going to explore an example of this and think about what we can do to help ourselves to face these fears.”

#### Suggested Resources:

Anthony Browne’s picture book *The Tunnel*.

<https://www.tes.co.uk/ResourceDetail.aspx?storyCode=6013240&> [available 03/15].

#### Suggested Activities:

Share the text with the pupils – explore the language and images carefully and discuss the different emotions felt by the children at different points in the story. In particular, focus on the emotions of the young girl. What adjectives would you use to describe her feelings at the start? What about when she first saw the tunnel? What made her decide to go into the tunnel? What qualities did she need to draw on to help her face her fears? How did she feel when she was in the tunnel? What about when she found her brother? How do you think that she felt afterwards? How did this change their relationship? This lesson can be carried out as a circle time, with children openly discussing the story. You may want to print off large images from the book to show and discuss or to use a visualiser to project selected pages onto a whiteboard if one is available.

### Character Coaching

#### Guidance:

When we share opinions with each other, it can often take just as much courage to listen to something we disagree with as it does to share an opinion we are afraid of sharing.

#### Correction:

You may not always be able to face your fears, but it is important to be brave enough to try.

#### Meaningful Praise:

I am really pleased that you have had the courage to share your ideas and opinions today.

#### Plenary:

How can this book help you to face your own fears in life?