

Can I state possible physical and mental reactions to different risks?

By the end of the lesson you will be able to:

Name some emotions I might feel in a risky situation

Describe some ways my body reacts in a risky situation

Understand that there are risks that are safe/unsafe, and how I can begin to learn about that, and worth/not worth taking

Think of a situation you felt was risky for you but you gave it a go.
How did you feel:

before taking the risk?

worrying

after taking the risk?

relieved

Think back to the situation you felt was risky for you but you gave it a go.

Was the risk worth taking? Why or why not?

If you take a risk and it doesn't work out how might that affect your decisions in the future?

What are different types of risk?

physical (where your body might get hurt)

social (where a relationship might suffer)

emotional (where feelings might get hurt)

Activity:

Choose an example of a situation which you felt was risky for you.

Now let's complete the sentence:

When I was in this risky situation I felt.....

Think of physical reactions (butterflies) and mental/emotional reactions (stumbling over words).

regret frantic hopeless panicked breathless

heart racing shocked butterflies anxious

shaking sweating collywobblers

frightened tearful unpredictable

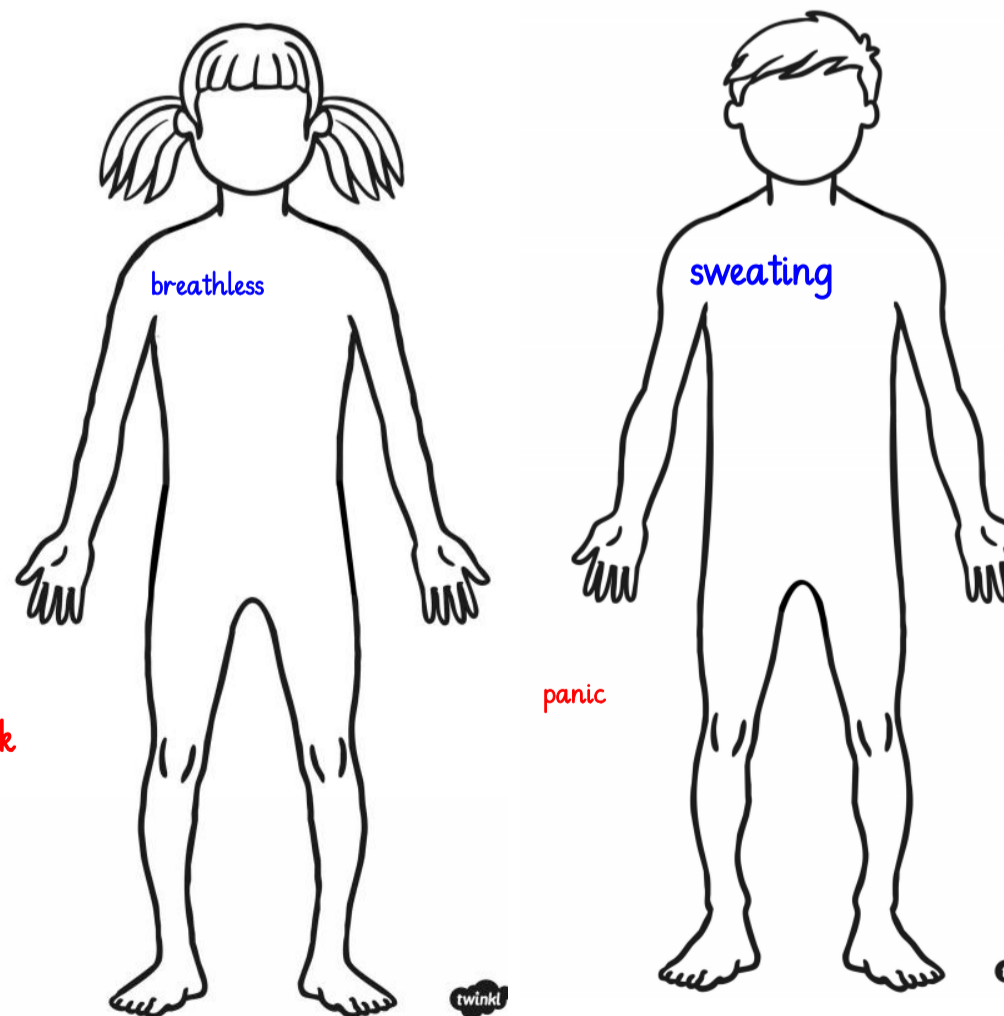
Task:

Consider how you will feel before taking a risk. Write the physical reactions inside the body and the mental reactions outside the body.

Underneath explain if taking risk is worthwhile.

"I think that taking risks is.."

Challenge: can you use the word 'resilience'?



What's the Risk?

Don't be afraid to take risks - it's only by being willing to take risks that you create the possibility, and opportunity, of inspiring, new, challenging and exciting things happening in your life.

BUT

1. Accept that things may not always go to plan and are not always predictable
2. Get the facts and think about what the risks are before you decide
3. Tune into your gut
4. Make sure risks are worthwhile...*is it safe?*
5. Know when to change course
6. Plan how you can limit the risks
- A
- 7.** Learn when, and how, to say "*No, this is not for me!*"