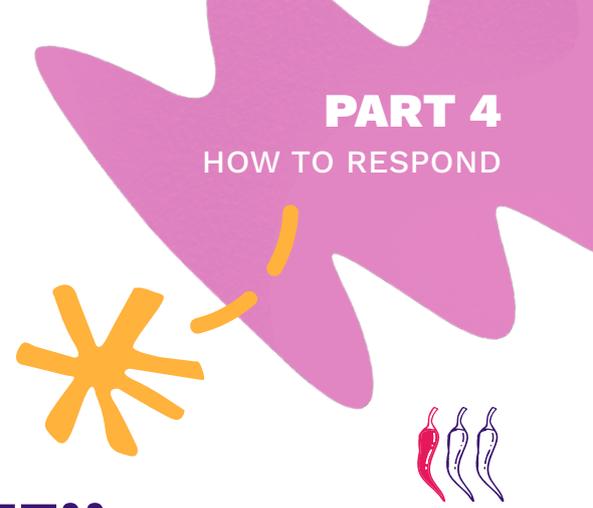


Exercise 4

INTRODUCTION TO THE 3 PRIMAL REACTIONS OF “FIGHT, FLIGHT OR FREEZE”



SITUATION

Information about the three primal reactions: fight, flight or freeze



PARTICIPANTS

Variable



MATERIAL

- **Appendix 1:** What are primal reactions?
- **Appendix 2:** Images of three animals - print once



TIME

10 minutes

OBJECTIVES

- Learn what the 3 primal reactions are
- Gain insight into our instinctive primal reactions
- Understand that these primal reactions are automatic



SEQUENCE

The trainer:

1. Goes through the information and provides an explanation of the various primal reactions (**Appendix 1**).
2. Show the three images (**Appendix 2**). The trainer will provide an explanation for each of the 3 images.