SHAKE It Off

Lynch

Engage

- Watch the Office fire drill video and in the Flight or Flight worksheet, list seven behaviors that occur due to fight or flight.

Explore

Look at the infographic on Fight or Flight
Read this article on Fight or Flight
List two VIPs from the infographic and the article in this document.

Explain

Watch this video on Fight or Flight
List two VIPs from the video in this document.

Apply

Complete the Shake it Off assignment.

Share

Please insert all work onto Google Classroom.

Reflect

Please see the teacher if you need any help or further clarification.

Extend

Extra info on Ted Talks about Stress Management.