



Mental Health

Activity 2: Fears

Overview

In this activity students will learn how knowing someone's fears can help them better understand that person.

Suggested length: 60 minutes

Materials

- Note cards
- Hat or basket
- Notebooks and pencils
- Posters and markers

Instructions

1. Ask the students to separate in groups of up to eight.
2. Ask the student to take a note card and complete this sentence: "I am most afraid of..." Ask them to think seriously about this and not put something like "I am afraid of spiders or heights." The sentence should be along the lines of "I am afraid to be by myself at night" or "I am afraid of failure."
3. Tell them to fold up the note card and put it in a hat or basket on the table.

4. After everyone has put their note card in the basket, mix up the cards and pass the basket around so that each student can take a piece out.
5. In turns, ask each student in the group to read the fear they picked out of the basket and explain how it would feel to have that fear. Ask them to elaborate on what a person living with that fear could do to ease this fear and live with it effectively.

Note: Do not comment on students' suggestions or their fears, simply move on to the next person.

Discussion

After all fears have read out loud, students remain in their groups and moderated by a mentor or teacher discuss the following questions:

- How did you feel and what did you notice?
- What causes fear?
- How would you define fear?
- What are some common fears?
- How can you face your fears and what helps people get over them?



Mental Health

Activity 2: Fears

Assessment

Ask the students to create an informative story on the topic and to present it to the class in the form of a short skit, a poster, an informational pamphlet, a song or a video.