



**This resource links to Pathway:** Personal skills development



## Facing fears

**Skills:** Active listening, critical thinking, creative thinking, empathy

**THE STUDENTS NEED TO DESIGN SOMETHING THAT WILL SOLVE OR HELP RELIEVE THEIR PARTNER'S FEAR. IT CAN BE ABSOLUTELY ANYTHING! ENCOURAGE STUDENTS TO BE AS CREATIVE AS POSSIBLE. THE IDEA SHOULD BE SHARED WITH THEIR PARTNERS OR THE WIDER GROUP OF THEY WOULD LIKE TO.**

Ask students to go into pairs, with someone they don't usually talk to. Each person should spend a few minutes describing to their partner something that they fear. To encourage active listening and to make sure the fear is understood, each pair should describe their partner's fear back to them to check for accuracy.

### Ask students to think about and discuss:

- Why do you think we did this activity?
- Why did they design the thing they did?
- Was it easy or hard to design something?
- How did you feel about the thing that was designed for you?
- What was it like sharing your fear?
- What was it like listening to someone's fear?
- How did you feel about sharing something you had designed to help someone?
- *How can you use these skills/ways of thinking you have learnt from this activity in your KE activity?*

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