Explore: Fight or Flight Attitude Jar

At a Glance:
Jacob tricks his father and steals the blessing of the firstborn from his brother Esau. He flees to escape Esau's anger. Alone, he sets out on a long journey on foot. Jacob's actions in the Word were done for the sake of the deeper internal meaning. However, at times we may accidentally or deliberately do something that is not right. Afterwards we may "run away" and feel alone. Where can we find the Lord at these times? Students will take turns reading a situation aloud. The group will decide whether "Fight or Flight?" is the best response. *Note:* Read through all cards beforehand and remove any cards you do not wish to use with your group.



Supplies Needed:
- set of cards
- jar or bowl to put cards in

Directions:
1. Introduce the activity by reviewing the following story details: Jacob tricked his father and stole the blessing of the firstborn that was rightfully his brother's. In consequence he had to run for his life. Many people do things that they regret later. It is often easier to see others' mistakes than our own. Today we will look at situations in which someone has a problem or sees a situation they could change (fight for what is right) or that they should get away from right away (run for their life).
2. Seat everyone in a circle, including the teacher.
3. Model what the students will be doing by taking a card from the bowl and reading it aloud to the group.
4. Invite all of the students to suggest responses to the situation. Choose what you think will work best: invite students call out a response, raise a hand to speak, or take turns commenting by going around in a circle. Anyone not wishing to speak may pass.
5. Students should state whether their suggestion is a fight or a flight response.
6. Remind students to look for and support good points in others' responses. There are no "right" or "wrong" answers.
7. Pass the bowl around the circle, and invite each student to pick another a card to read to the group.
8. Continue until everyone has had a turn or until all of the cards are used up.
9. Wrap-up: Leave a little time to return to the story of Jacob. What were the benefits of Jacob running away? What might have happened if he had stayed?

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Bob is hosting a party while his parents are away. Jeff has been invited and really wants to go but he knows that if his parents find out that Bob's parents will not be home, they will not let him go. What should he do?

An adult has asked Jim to keep a secret. Jim does not know what to do but feels really uncomfortable about it. What should he do?

Sue's friend is experimenting with serious drugs. Should she do anything about it?

Anna's friend has turned against her and is organizing others to turn against her. What should Anna do?

Rob's friend has won a poetry competition. Rob knows that the winning poem was actually written by a famous poet. Is Rob responsible for telling someone?

Paul is at a party far away from home and has drunk too much alcohol. Nobody there is sober enough to drive him home. What should he do?

Sarah gets caught cheating on a math test. She knows her friend cheated too. What should she do?

Jane and Clare both go to church. One day Jane sees a group of friends teasing Clare about being religious. What should she do?

Rachel overhears someone threatening another person. The victim doesn't want anyone to know about the incident. Should she tell?

Jenny's parents have forbidden her to walk home alone after dark. She is out late and knows her parents are away. She needs to get home. What should she do?

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Leah has a crush on John. She asks Michelle to tell him. Instead Michelle starts dating him. What should Leah do?

You find out that someone is spreading lies about Andrew. What should you do?

Sharon comes to school and shows you an expensive new electronic device. You know she cannot possibly afford it. You wonder if it has been stolen. What should you do?

You discover that a friend has been spreading damaging rumors about others online. What should you do?

Bridget is concerned that an older man has made friends with Melanie online. Melanie does not want her to interfere. What should Bridget do?

Eric has been given a big service award. He lied about his hours of service and knows that he does not deserve it. What should he do?

You find a large sum of money on the ground. Nobody is around. What should you do?

A teacher likes you and has given you an unfair opportunity. Should you accept it?

Someone accidentally compliments you on a performance given by another person. What should you say?

Josh sees the same victim being bullied daily. He is worried that if he tells the teacher she will accuse him of telling tales. What should he do?

Your teacher has made a mistake in your favor when marking a test. You need the good grade to pass the course. What should you do?

Lisa has drunk a lot of alcohol, has vomited and is passing out. You want to call emergency services. Your friends want to deal with it themselves. What should you do?

Your friend has recently started using a lot of rude language. What should you do?

Ben's parents are worried about him and trying to find out where he is. You see Ben ignoring their phone calls. What should you do?

You overhear Greg saying he has a high fever. He is ignoring his symptoms because he wants to see his friends. You are worried that someone else might get ill. What should you do?

Sue's clothing has ripped and people are laughing behind her back. Knowing this could really embarrass her. Should you say anything?

Sophie has many more friends than you do. But you know something about Sophie that might change what others think of her. Should you share it?

Wanda tells you that her family owns a fantastic yacht. People tend to ignore her because she often makes big claims like this. What should you say to her?

Ian is always boasting about how much he knows, and so he has no friends. Should you say anything to him?

James tells everyone he has seen a rare bird. You believe he is lying. Should you say anything?

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