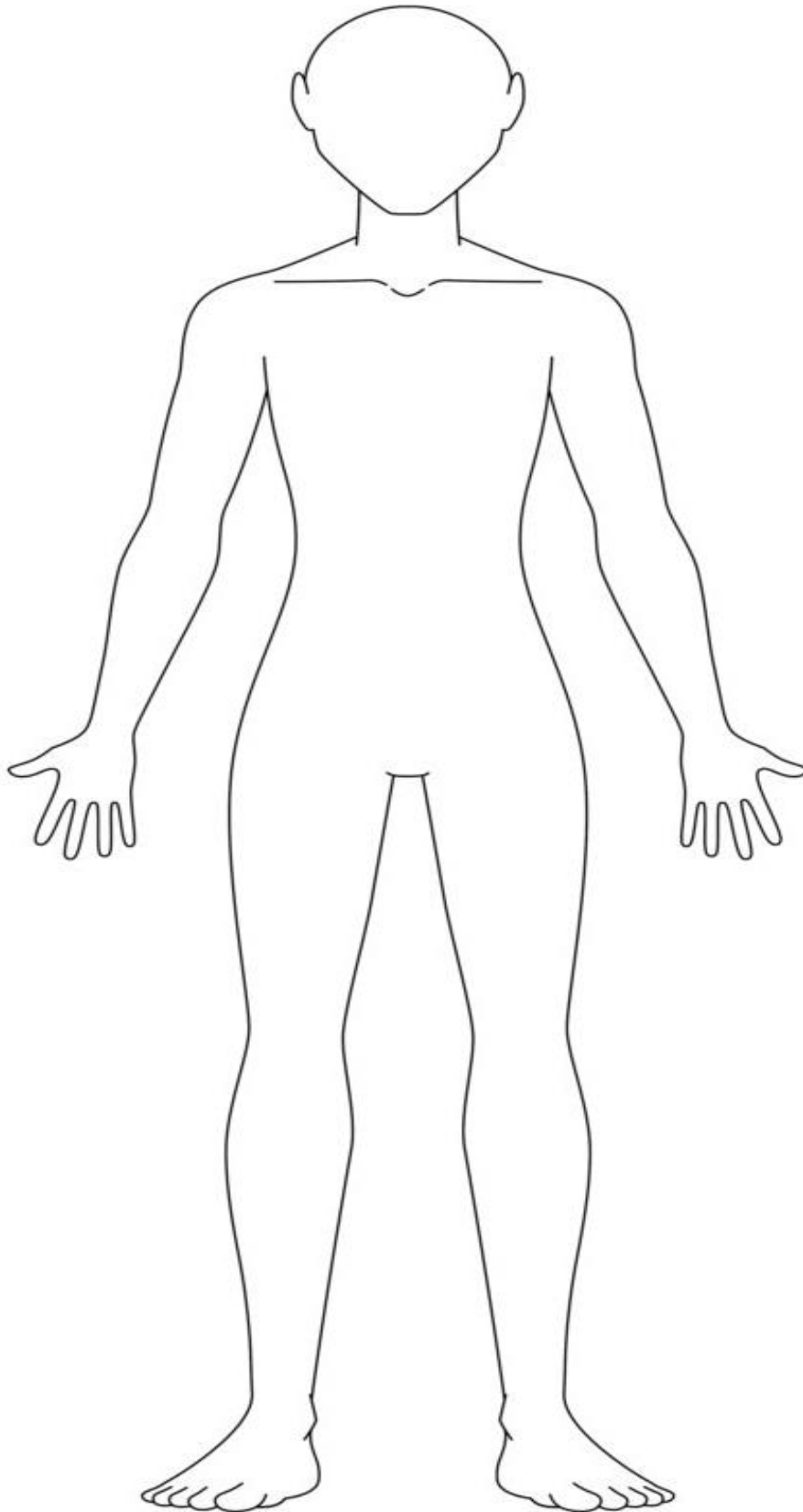


Survival: Fight Flight Mode



Think about a situation where you felt or were in danger e.g. a car accident or near miss. How did your body react e.g. heart rate increases; mouth goes dry; need the toilet.

Use colour and images to show what you experienced in your body when you were in survival mode.