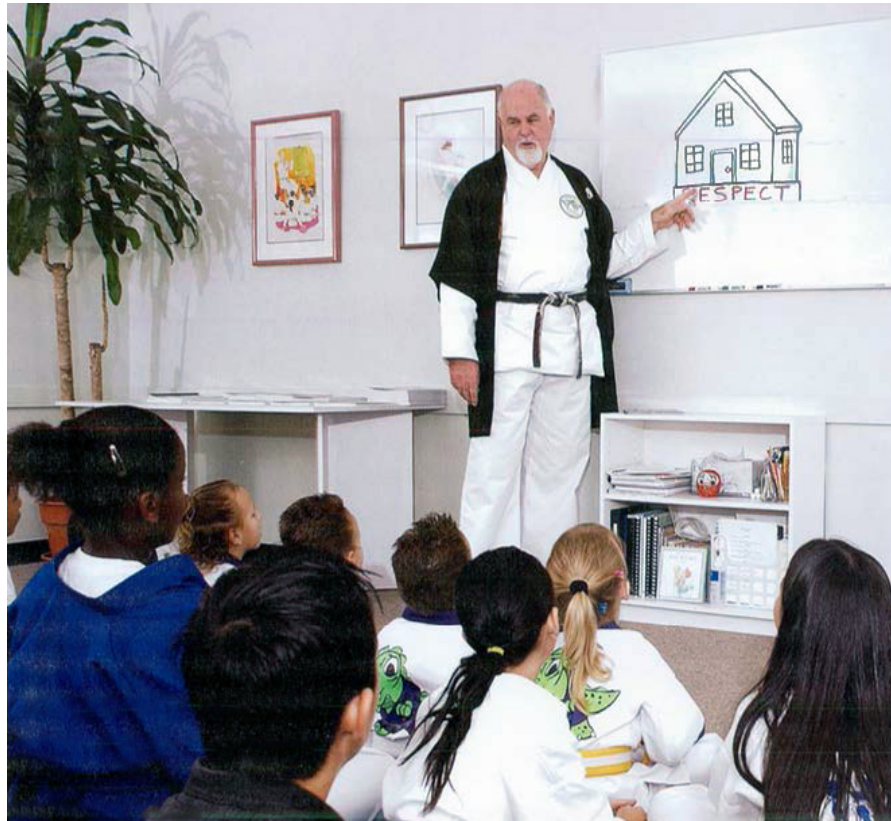
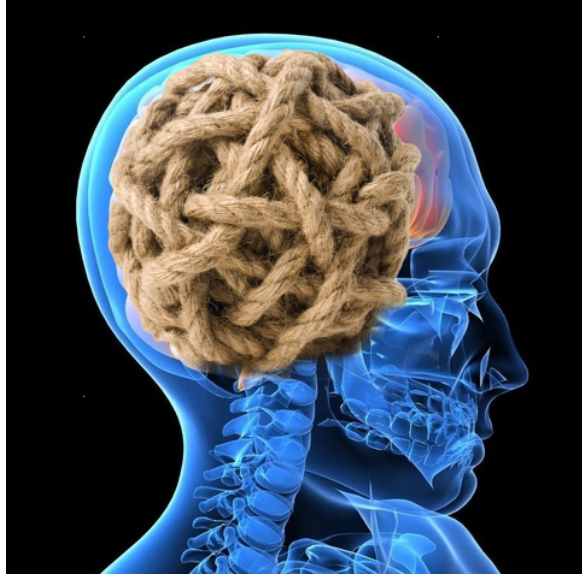


Respect:
The Act of Being Kind to Myself
A MAP S.T.A.R.S 6-Week Course for Ages 6 to 9



by
Dr. Terrence Webster Doyle
with Adryan Russ

based on the
Martial Arts for Peace Series books
by Dr. Terrence Webster-Doyle



Week 1: Do I Have Knots in My Brain?

Breakdown of Week 1:

When I'm scared, I can't think straight!

Sometimes my brain is tied in knots and my fears aren't real!

When I'm Scared, I Can't Think Straight!

1. Ask students:

- ⑥ Have you ever had the thought: "I'm scared"? *Allow students to tell brief stories about what frightened them.*
- ⑥ When you felt scared, what did you say? What did you do?
- ⑥ For example, if you saw a bully walking toward you and you thought, "I'm scared!" — how did you act?
- ⑥ Were you too scared to do anything? Did you freeze? Did you run away?

**Go to Activity 1A, "I'm Scared!"
on the next page.**