

CRITICAL THINKING FEAR

Use the following critical thinking questions to help foster an open, student-led discussion on the theme(s) discussed in this episode of The Harbor.

1. **IN THIS EPISODE, MIKE SAYS THAT HIS BIGGEST FEAR IS “BEING MEDIOCRE,” OR BEING AVERAGE.**
Make a list of your top three biggest fears. How can you find the courage to face your fears? What good would come in doing so?

2. **THINK ABOUT YOUR FEARS AND WHERE THEY COME FROM.**

Are your fears more rooted in what other people say or think about you? Or more about what you say to yourself?

3. **WHILE MIKE WAS EXCITED TO CREATE HIS OWN SKATEPARK, HE WAS TERRIFIED AT THE THOUGHT OF NOT FULFILLING HIS DREAM, AS WELL AS WHAT OTHERS MIGHT THINK ABOUT HIS IDEAS.**

What have you always wanted to do, but been too afraid to try because of what others might think or say?

Share one of these ideas with a classmate. Make a verbal commitment to one another to actualize your ideas this school year.

4. **ALTHOUGH SLEEPING UNDER A BRIDGE FOR A MONTH WAS EXTREMELY UNCOMFORTABLE, IT WAS NECESSARY FOR MIKE TO DO IN ORDER TO KEEP HIS DREAM ALIVE.**

Think about your biggest achievements so far. What did you have to do that made you uncomfortable?

What helped you persevere through this? Looking back, was the discomfort worth the reward?

5. **RECALL WHEN MIKE SAID THAT FEAR COSTS US SOMETHING, ESPECIALLY WHEN OUR FEARS START TO DICTATE HOW WE ACT. WHAT ARE YOUR FEARS COSTING YOU?**

Put another way, what are your fears preventing you from doing? How can you start making courage-based decisions instead of fear-based decisions?



Facebook **THE HARBOR TV**

Twitter **@THEHARBORTV**

Instagram **@THEHARBORTV**