



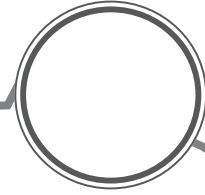
Name: \_\_\_\_\_ Date: \_\_\_\_\_

## What does it mean to feel afraid?



When we are scared of what might happen next, we say, "I feel afraid."

What color would you choose for fear? Color in the circle with that color. Then, draw a picture about feeling scared using only that color.



Fear is just a feeling, like happiness, sadness, or anger. Once you understand what scares you, you can learn how to deal with it. That doesn't mean you will never be afraid again! But you might feel a little less afraid.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

### I feel afraid! I also feel...

Here are some other words for feeling afraid:



Scared



Frightened



Spooked

When you feel afraid, you might also feel:



Nervous



Worried



Upset

Draw a picture of the last time you were afraid. What were you afraid of?

Circle the face that is the closest to how you felt.



What makes you feel less afraid? \_\_\_\_\_



**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

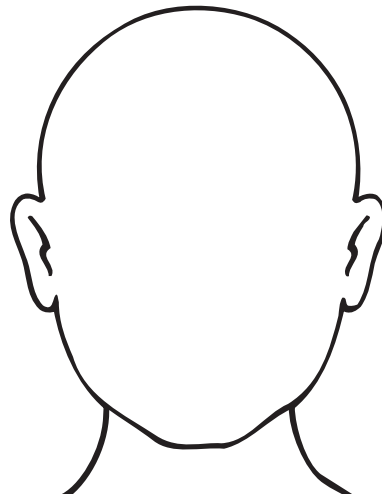
Can you tell when someone is afraid? Their eyes might get big. They might yell or scream! Or they might be very quiet.

When someone is afraid, what does their voice sound like? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What does their face look like? Draw a picture of someone who is scared.



How do they act? What do they do with their body? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Yoga Break**

If you're feeling scared, try Child's Pose. Begin on your knees. Sit back on your heels. Bring your forehead to the ground. Stretch your arms out in front of you. Take three deep breaths.



**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Super Brave

Fear is just a feeling with a job to do. Fear is trying to protect you from getting hurt.

But sometimes feeling afraid stops you from doing something you want to do. You can try being brave instead.

Being brave doesn't mean you're not afraid anymore. You can choose to be brave and still feel afraid too.

Imagine that being brave is your superpower!

Draw a picture of yourself as a brave superhero.

What do you say to yourself when you are feeling brave? \_\_\_\_\_

\_\_\_\_\_

What is something you could say to someone who is feeling scared? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Write a letter and draw a picture for someone who is afraid. Give them some ideas about how to face their fear.

Here are some things to include:

- Who is the letter for?
- What are they afraid of?
- How do you think they can face their fear?

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