

Feeling Scared – Reading Guide

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Themes: fear, understanding feelings

Lesson/Notes: Basic explanation of what fear is and how we can respond to it. Ideal for preschool or younger elementary.

Discussion Questions

- *How can fear help us? (warns us of danger)*
- *What do you feel scared of?*
- *What can we do about our fears? (learn to be careful, learn about what scares us)*
- *When was a time you felt brave?*

Activity: Draw about Fear

Supplies: paper, colored pencils

- Invite child to draw a picture of something that is scary to him/her, then draw him/herself being brave.