IT’S OK TO BE SCARED

WE ALL GET SCARED SOMETIMES. We can be scared of spiders, roller coasters, or the dentist, and we can be scared about what we think might happen in the future, to our siblings, our parents, and ourselves. Think about the questions below. WHEN YOU HAVE WRITTEN DOWN YOUR ANSWERS, SHARE THEM WITH AN ADULT YOU TRUST.

ONE THING THAT SCARES ME MORE THAN ANYTHING ELSE IS:

IT SCARES ME BECAUSE:

HOW I DEAL WITH IT:

WHEN I’M SCARED, I CAN TALK TO THIS PERSON TO HELP ME FEEL BETTER:

ONE THING OTHER PEOPLE ARE SCARED OF, BUT I’M NOT IS: