MINDING EMOTIONS

FEELING AFRAID



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will have the opportunity to explore their own emotions, as well as the different ways others manage theirs.

BEFORE READING

Talk to the reader about fear. Explain that feeling afraid is normal.

Discuss: Does everyone feel afraid sometimes? What does it feel like when you are scared? Do you think it feels the same or different for other people?

AFTER READING

Talk to the reader about different types of fears.

Discuss: Is everybody afraid of the same things? What makes you feel afraid? What can make you feel better?

SEL GOAL

School can be a cause of anxiety and fear for some students. They may feel fear around school-related issues, like academic performance, bullying, or making friends. To help students in your school or classroom, try a visioning activity in which students work together to imagine how to build a better school community. What would they change if they could? How would they change it? By openly discussing issues that cause fear and anxiety, students can understand they aren't alone, and they can help one another brainstorm ways to cope.

For Review Only

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CHAPTER 1

WHAT IS FEAR?

Are you afraid of thunderstorms?
Maybe you are afraid of spiders.
What makes you feel afraid?
Everybody is afraid of something.
You can be strong and still feel afraid.



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To feel afraid is to feel scared. Maybe something frightens or **startles** you. Or maybe you feel nervous or worried when you meet someone new. Feeling fear isn't wrong. It can actually help us.

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Fear **alerts** us to danger. It helps us deal with dangerous **situations**. You might be afraid to walk on a busy street. You find a walking path instead. In this case, being afraid kept you safe.

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CHAPTER 2

WHAT FEAR LOOKS AND FEELS LIKE

How does your body feel when you are afraid? Your heart might beat fast. You might feel shaky. Your stomach might feel tight.



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Your eyes might be open wide. Maybe you cry. Some people **shriek** or scream.

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GOALS AND TOOLS

GROW WITH GOALS

Everyone feels afraid sometimes. Even adults experience fear. Many things can help you feel less scared.



Goal: Help others who may feel afraid! You might have a friend who is afraid of something that isn't scary to you. Put yourself in his or her situation. Try to help him or her feel less scared!

Goal: Is it pretend or real? Sometimes the things that scare us most aren't real. You can feel less afraid of things that are pretend. Make a list of scary things that aren't real, like vampires or werewolves.

Goal: Talk about what makes you afraid. Sharing how you feel can be hard, but it can make you feel better. Talk to a friend, parent, or school counselor.

WRITING REFLECTION

Understanding what makes you afraid can help you cope with your feelings of fear.



1. What makes you feel afraid?
2. Write down what it feels like when you are scared.
3. What can help you feel less afraid?

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GLOSSARY

alerts
Warns of possible danger.

clenches
Closes or holds tightly.

eerie
Strange and spooky.

heart rate
The rate at which the heart beats.

phobia
An extremely strong fear.

shriek
To make a shrill, piercing cry.

situations
Circumstances that exist at particular times and places.

startles
Surprises, frightens, or alarms, causing a quick, involuntary movement.

TO LEARN MORE

Finding more information is as easy as 1, 2, 3.

1. Go to www.factsurfer.com
2. Enter "**feelingafraid**" into the search box.
3. Choose your cover to see a list of websites.



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