MINDING EMOTIONS

FEELING NERVOUS



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 the meaning of nervousness and other words related to it.

Discuss: Does everyone feel nervous sometimes? What are other words for feeling nervous (worried, anxious, frightened, guilty, etc.)? What makes you feel nervous?

AFTER READING

Talk to the reader about how feeling nervous can feel different for everyone.

Discuss: When you are nervous, how does your body feel? Does it always feel this way? What are some other things you feel when you are nervous?

SEL GOAL

Studies show children identify feeling anxious most often at school. From academic performance to social interactions, many situations may cause anxiety. Helping students manage emotions in the classroom can help lower anxiety and increase learning. Teaching students about the mind, emotions, and what causes them to feel nervous can help them better understand their emotions and manage them in the future.

For Review Only

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CHAPTER 1

FEELING NERVOUS

Do you ever feel nervous? Maybe you have a test coming up and you get butterflies in your stomach. Feeling nervous can feel like **anxiety**.



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It can also feel like fear. Maybe you are starting at a new school. Feeling nervous is normal. We all feel nervous sometimes. Even adults feel nervous.

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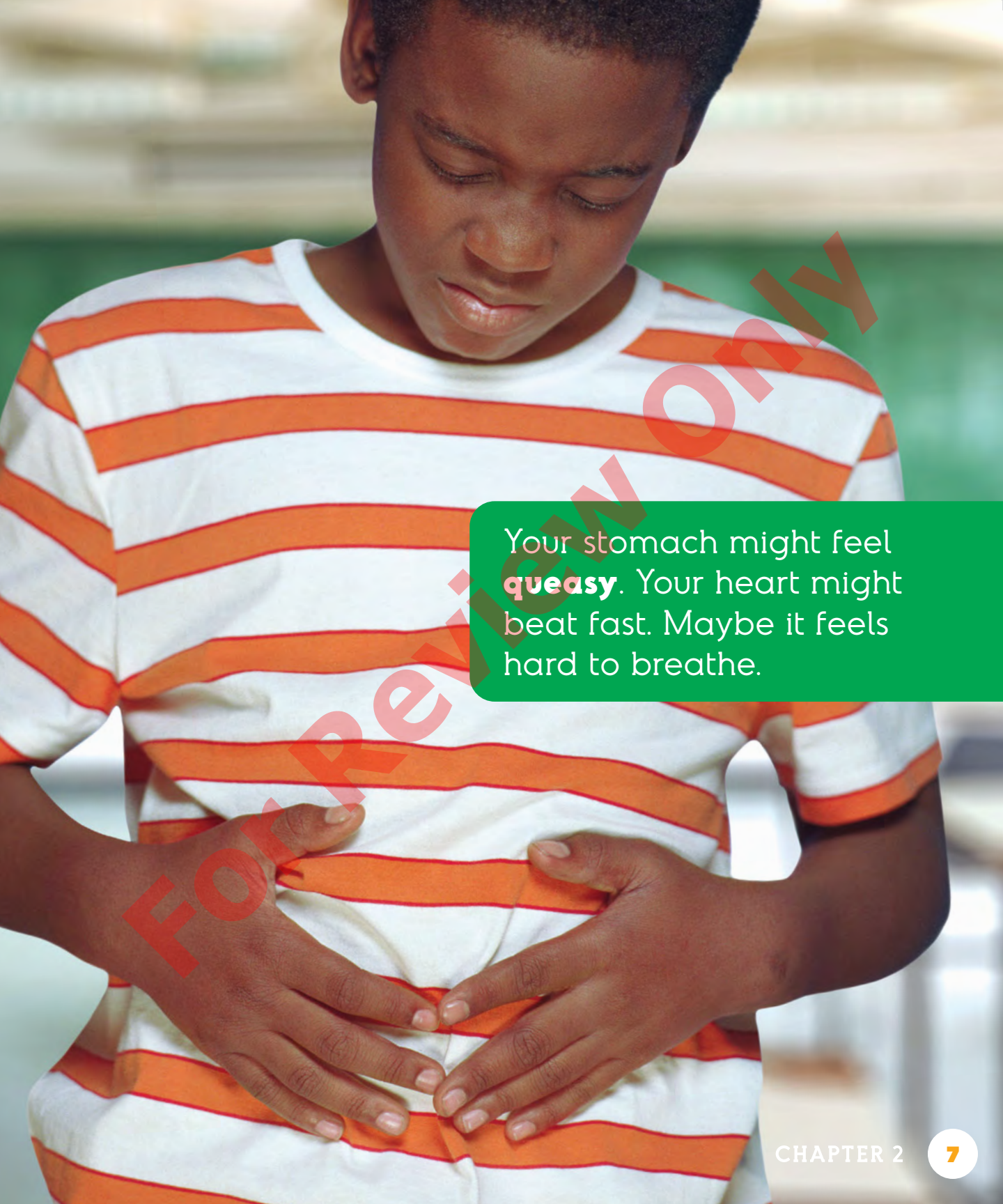
CHAPTER 2

WHEN WE'RE NERVOUS

Nervousness looks and feels different for everyone. Maybe you get **tense**. Maybe you **fidget** or bite your nails. Maybe your body shakes. Your face might look scared.



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Your stomach might feel **queasy**. Your heart might beat fast. Maybe it feels hard to breathe.

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What makes you feel worried? It might be talking in front of the class. Maybe you are scared you will say the wrong thing. Or you are shy.

What should you do? Think **positive**. Tell yourself it will be OK. You can do it! Practice beforehand. This can help you feel more prepared and **confident**.

DID YOU KNOW?

The mind is powerful! Thinking positive thoughts can help keep worry away. Think of something funny. Laughing can help, too!





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GOALS AND TOOLS

GROW WITH GOALS



You will feel nervous sometimes. There are things you can do to work through your worries.

Goal: Try meditating! Close your eyes. Take deep breaths. Focus on one or two sounds. Meditation can help focus your thoughts.

Goal: Squeeze a stress ball! This can help get rid of tension. It can remind you to loosen muscles that your nerves have tightened.

Goal: Talk out loud! If you are feeling nervous, try talking about your fears out loud. Hearing them might help them go away.

WRITING REFLECTION



One way to handle being nervous is to write down what might make you worried. Brainstorm solutions with someone you trust.

1. When you have anxious thoughts, write down what you are feeling.
2. Show someone you trust. Talk about your feelings.
3. What are some ways you can work through your worry?

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GLOSSARY

anxiety
A feeling of worry or fear.

concerned
Worried or anxious about something.

confident
Having a strong belief in your own abilities.

confused
Uncertain or puzzled.

exhale
To breathe out.

fidget
To keep moving because you are nervous, restless, or bored.

focus
To concentrate on something.

inhale
To breathe in.

positive
Helpful or constructive.

queasy
Sick to your stomach.

situation
The circumstances that exist at a particular time and place.

tense
Stretched stiff and tight.

TO LEARN MORE

FACT SURFER

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

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



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