YOU'VE GOT A FRIEND

WHEN YOUR FRIEND IS SCARED



BLUE OWL BOOKS

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

BEFORE READING

Talk to the reader about fear. Explain that it is an emotion everyone experiences.

Discuss: How do you feel when you are afraid? How do you react? Do you notice other people reacting the same way? Do your friends share some of the same fears?

AFTER READING

Talk to the reader about how to recognize when someone else is scared.

Discuss: How can you talk to a friend who is afraid? What should you do and say to help a friend overcome his or her fears?

SEL GOAL

Young students struggle to understand their own emotions, and it can be even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead students in a discussion about how they react to something that scares them. By sharing this information with each other, students can learn how to communicate with a friend or peer who might be feeling scared.

For Review Only

TABLE OF CONTENTS

CHAPTER 1
Recognizing Fear 4

CHAPTER 2
Understanding Fear 10

CHAPTER 3
Responding to Fear 16

GOALS AND TOOLS
Grow with Goals 22
Writing Reflection 22
Glossary 23
To Learn More 23
Index 24

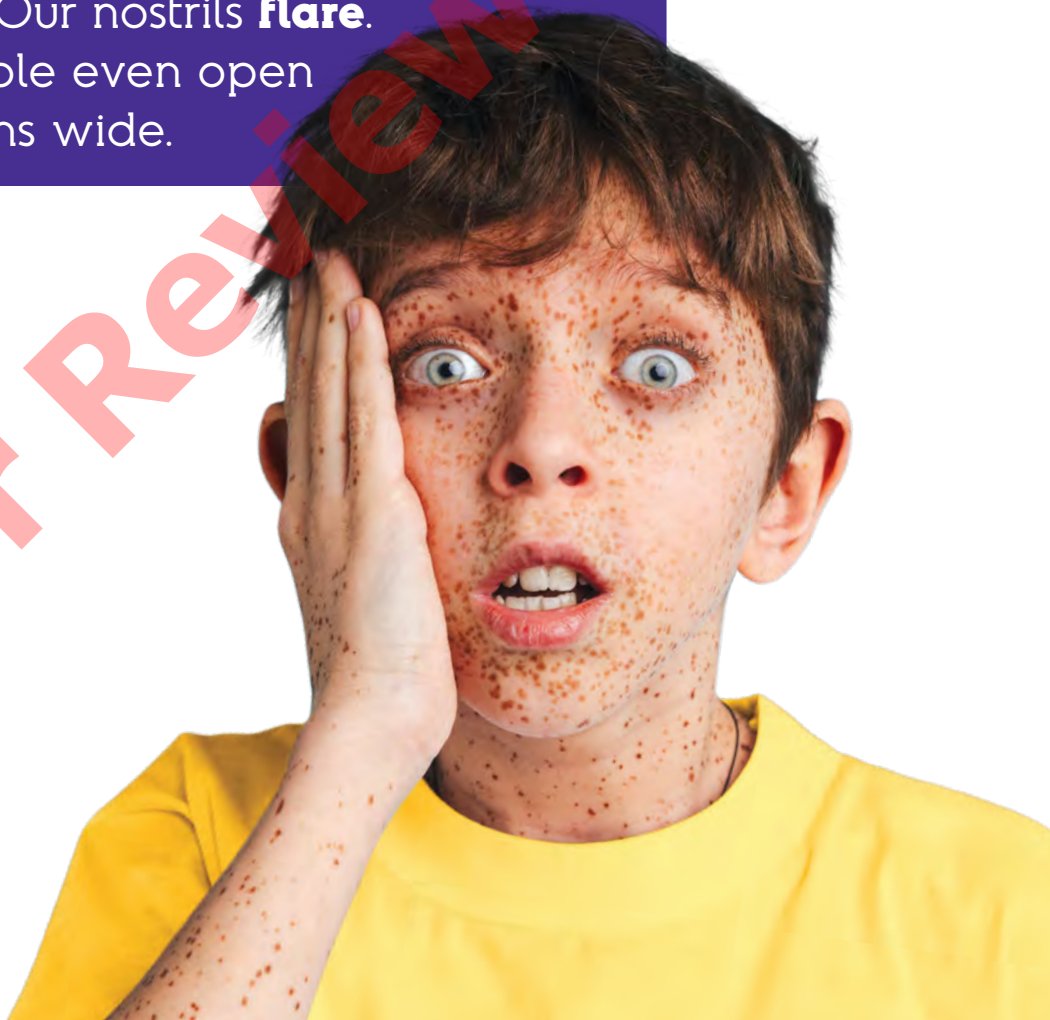
For Review Only



CHAPTER 1

RECOGNIZING FEAR

How do we look when we are scared? Our eyes open wide. We raise our eyebrows. Our nostrils **flare**. Some people even open their mouths wide.



For Review Only



We also show and see fear in **body language**. These are movements people make. They show how they feel. People **react** differently to fear. One person might freeze and not be able to move, while another puts her hands to her face.

For Review Only

Does your body **tremble** when you are afraid? Or get **tense**? Gina screams when she is **startled**. Another friend **gasps**. Another jumps. They can't control it!

FIGHT OR FLIGHT

Fear can cause a **fight-or-flight response**. When a big bug buzzes about, one friend might swat at it. Another friend might run from it. These responses are meant to protect us from harm.



For Review Only



For Review Only



Preview only



Fear makes some people sweat. Ty is afraid of flying in an airplane. His heart beats fast. He breathes faster, too. He doesn't feel sick, but some people do when they're this scared!

DID YOU KNOW?

A **phobia** is a very extreme fear. Being afraid to fly in airplanes is a common phobia. So is being afraid of the dark. Other common phobias include a fear of crowded spaces and a fear of being alone.



For Review Only

GOALS AND TOOLS

GROW WITH GOALS



Everyone gets scared for different reasons. How can you help yourself and your friends overcome fears?

Goal: Write down something you are afraid of. Then write down what about it scares you. How does your body and mind feel when you are afraid?

Goal: Face your fears! Confront your fears by trying something that scares you. You might realize it wasn't scary at all. You might even find you like it!

Goal: Help a friend overcome a fear! Facing a fear with someone else could help your friend face that fear!

WRITING REFLECTION



With a friend, write down all of the things that both of you are afraid of.

1. What fears do you share? Why do you think you have some of the same fears?
2. For the fears that are yours, try to explain what about them scares you.
3. How do you feel after talking about your fears?

For Review Only

GLOSSARY

anxiety
A feeling of worry or fear.

avoid
To stay away from something or to try to prevent something from happening.

body language
The gestures, movements, and mannerisms by which people communicate with others.

emotion
A feeling, such as happiness, anger, or sadness.

fight-or-flight response
To either prepare to defend oneself or run when faced with something scary.

flare
To widen, as in a person's nostrils.

gasps
Breathes in suddenly because of surprise, pain, or exercise.

phobia
An extremely strong fear.

react
To behave in a particular way as a response to something that has happened.

rewarding
Offering or bringing satisfaction.

startled
Surprised, frightened, or alarmed, causing a quick, involuntary movement.

suspense
An anxious or uncertain feeling caused by not knowing what might happen next.

tense
Stretched stiff and tight.

tremble
To shake in a way one can't control, especially from cold, fear, or excitement.

For Review Only

TO LEARN MORE



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

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