



Last night, I heard a loud noise outside my window. My heart started beating fast, and I felt a little shaky. I was scared



Fear is a strong feeling we have when we think something might hurt us or go wrong



Sometimes, fear happens when I see or hear something I don't understand, like a loud noise or a shadow



Fear can also happen when I'm in a new place, and I don't know what will happen next



When I feel scared, my body changes. My heart beats fast, my tummy feels tight, and I might want to hide or run away



Sometimes, fear makes me freeze, like when I saw a big dog running toward me at the park



**It's okay to feel scared.
Everyone feels fear sometimes,
even grown-ups**



**Fear helps keep us safe. It tells
us to pay attention to things
that might hurt us**



Sometimes, fear happens even when we are actually safe, like being scared of a spider that can't hurt us



When I understand what's making me scared, it can help me feel less afraid



Talking to someone I trust, like Mom or Dad, can help me feel better when I'm scared



Taking deep breaths when I feel fear helps my body calm down and feel safer



Sometimes, learning more about what scares me, like dogs or loud sounds, helps me feel braver



Fear doesn't stay forever. When I face it or talk about it, the scared feeling can go away



I learned that fear is just one of many feelings I have. It comes and goes, just like happiness or sadness



Now I know that understanding fear helps me feel stronger and more ready to face it



Vocabulary

- Fear

A: A feeling when something seems scary or unsafe

B: A feeling of being happy and excited

- Scared

A: Feeling afraid or nervous

B: Feeling calm and relaxed

- Safe

A: Being in a place that feels dangerous

B: Being in a place or situation where nothing can hurt you

- Brave

A: Trying to do something even when you feel scared

B: Giving up when something is hard

- Trust

A: Feeling unsure about someone

B: Believing someone will listen to you and help



Spellings

A: Noyise

B: Noise

A: Vindow

B: Window

A: Shakey

B: Shaky

A: Wrong

B: Wrogn

A: Loud

B: Laud

A: Shadow

B: Shado

A: Freeze

B: Friz

A: Attension

B: Attention



Comprehension

- What made the child feel scared in the story?

A: A loud noise outside their window

B: A sunny day in the park

- What happens to the child's body when they feel scared?

A: They feel sleepy and relaxed

B: Their heart beats fast, and their tummy feels tight

- What helps the child feel less scared?

A: Talking to someone they trust, like Mom or Dad

B: Hiding and staying quiet forever

- Why is fear important?

A: It makes us feel happy and excited

B: It helps keep us safe by warning us of danger

- What did the child learn about fear?

A: It's okay to feel scared, and it doesn't stay forever

B: Fear is something to ignore



Open-Ended Questions

- What is something that makes you feel scared?

- What happens to your body when you feel scared?

- Who can you talk to when you feel afraid?

- What helps you feel braver when something scares you?



Creative Activity

- **Draw a Safe Place**

Ask the child to draw a place where they feel safe and happy, like their bedroom, a park, or sitting with family

- **Make a "Bravery Badge"**

Help the child create a badge they can wear when they face something scary, like meeting a dog or trying something new



Role-Play Activity

- **Scenario 1**

Pretend to hear a loud sound. Practice deep breaths and talking to someone about what it could be

- **Scenario 2**

Act out a situation where the child is nervous to meet a friendly dog. Practice staying calm and learning more about the dog

- **Scenario 3**

Role-play talking to a parent or teacher about feeling scared of a new place, like school or a park