



Last night, I felt scared when the lights went out. The room became dark, and I couldn't see anything



My heart started beating fast, and I felt like hiding under my blanket



When I feel scared, I remind myself that it's okay to feel this way. Everyone feels scared sometimes



One thing that helps me when I'm scared is taking deep breaths. Breathing slowly makes my body feel calmer



I can also remind myself that I'm safe. Even if it feels scary, nothing is actually going to hurt me



Sometimes, I talk to someone I trust about what's making me scared. Talking helps the scared feeling go away



Last night, I told Dad about the dark room. He said, ‘The dark can feel scary, but I’m here with you



Dad helped me turn on a nightlight. The soft light made the room feel less scary



Sometimes, holding my favorite stuffed animal makes me feel better too. It's like having a little friend with me



When I feel scared, I can also hum a happy song. Singing helps my body feel calmer



If I'm scared about something new, like going to school, I can ask questions to learn more about it



Learning about what scares me, like thunder or dogs, helps me feel less afraid



When I'm scared, I remember that the feeling doesn't stay forever. It can come and go, just like clouds in the sky



I learned that when I stay calm and talk about my fears, I start to feel brave



Now I know that I can handle being scared. I have ways to help myself feel safe and strong



When I'm scared, I can take deep breaths, talk to someone, or remind myself that I'm safe. I am brave



Vocabulary

- Scared

A: Feeling afraid or nervous

B: Feeling calm and happy

- Safe

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

B: Feeling unsure about your surroundings

- Brave

A: Doing something even when you feel scared

B: Hiding and not trying again

- Nightlight

A: A flashlight for playing outside

B: A small light that helps a room feel less dark

- Calm

A: Feeling loud and excited

B: Feeling peaceful and relaxed



Spellings

A: Blanket

B: Blankt

A: Remind

B: Rimind

A: Trusst

B: Trust

A: Scary

B: Scery

A: Nightlight

B: Nitelite

A: Hapy

B: Happy

A: Learning

B: Learnning

A: Questions

B: Qweshions



Comprehension

- What made the child feel scared in the story?
A: The lights went out, and the room became dark
B: They were playing with friends

- 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 did the child do to feel calmer?
A: Stayed under the blanket all night
B: Took deep breaths and turned on a nightlight

- Who did the child talk to about feeling scared?
A: Mom and Dad
B: Nobody

- What did the child learn about fear?
A: Fear is bad and should be hidden
B: It's okay to feel scared, and there are ways to feel safe and brave



Open-Ended Questions

- What makes you feel scared sometimes?

- Who can you talk to when you feel afraid?

- What helps you feel better when you are scared?

- Can you think of a time when you felt brave after being scared?



Creative Activity

- **Draw a Brave Badge**

Help the child create a "Brave Badge" they can wear when they face something scary

- **Design a Safe Space**

Ask the child to draw or describe a safe place where they feel calm and happy, like their room or a park



Role-Play Activity

- **Scenario 1**

Pretend the room is dark. Practice using a flashlight or nightlight and taking deep breaths to feel calmer

- **Scenario 2**

Act out talking to a parent about something scary, like hearing thunder or meeting a new dog

- **Scenario 3**

Practice facing a small fear, like pretending to meet a friendly stuffed dog, while staying calm