

## When I'm Scared...

We all feel scared sometimes. Even grown-ups can feel afraid!

When you feel scared, talking to an adult that you trust can often make you feel better.

Work through this sheet together with a grown-up who makes you feel safe!

**What kinds of things make you feel frightened or nervous?**

**What sorts of thoughts do you think when you feel nervous or afraid?**

**What does it feel like in your body when you are frightened?**

Can you color in the body parts where you feel these things?



Next time you feel nervous or scared, what is one thing you might do to feel better?