

feeling
SCARED!



free spirit
PUBLISHING®

Kay Barnham

Illustrated by
Mike Gordon

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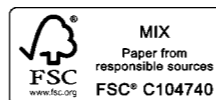
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Feeling SCARED!



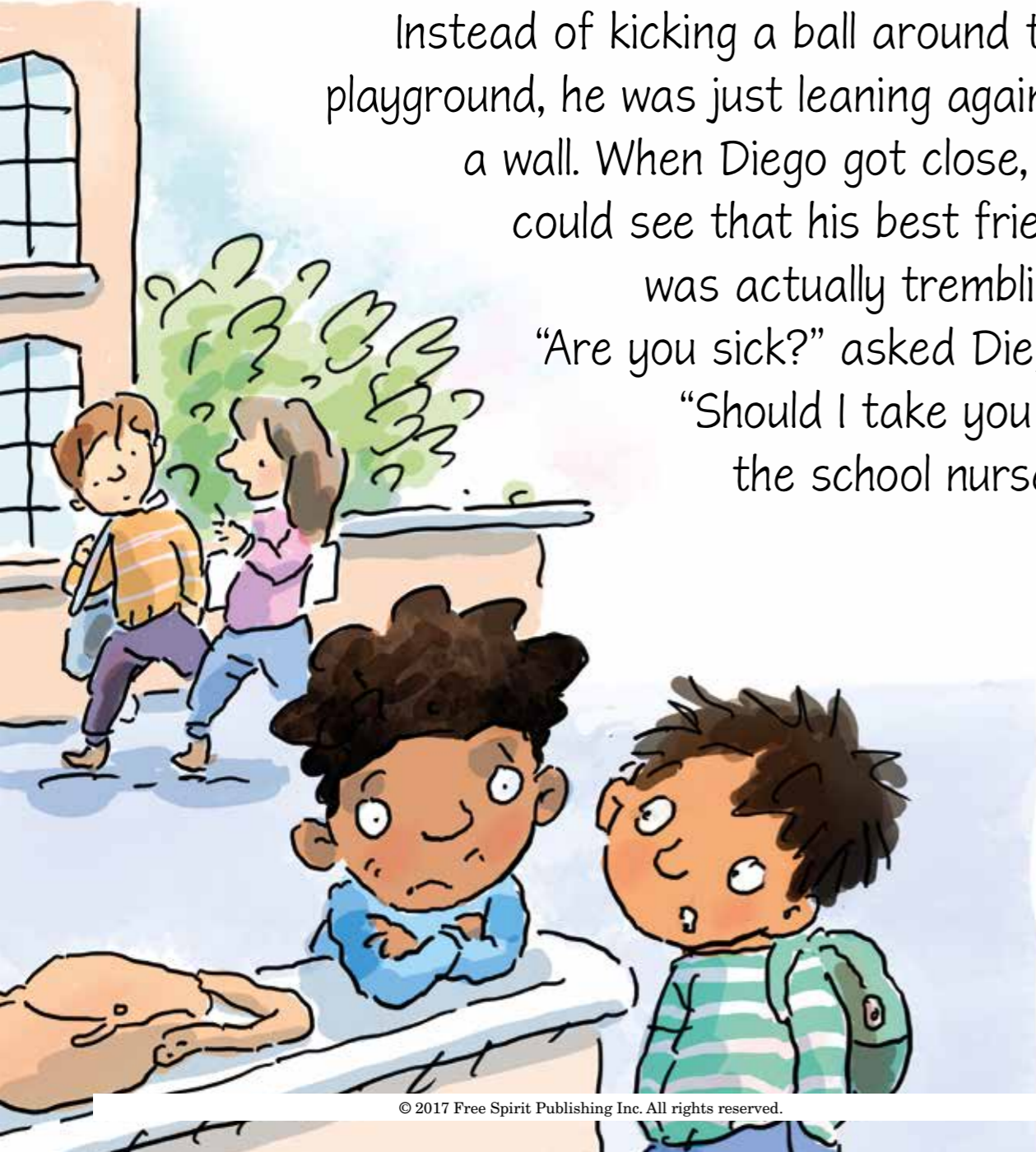
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Something was wrong with Theo. Instead of kicking a ball around the playground, he was just leaning against a wall. When Diego got close, he could see that his best friend was actually trembling. "Are you sick?" asked Diego. "Should I take you to the school nurse?"



"Yes, please," groaned Theo. "Then I won't have to do this stupid talk in front of the class."



“What’s the talk about?” asked Diego.



“Fast cars,” said Theo.

“But you know so much about them,” said Diego, surprised.
“What’s the problem?”



“I’m scared, okay?” snapped Theo.
“What if I make a mistake?”



What if I get everything wrong?
What if everyone *laughs* at me?”

NOTES FOR PARENTS AND TEACHERS

The aim of this book is to help children think about their feelings in an enjoyable, interactive way. Encourage kids to have fun pointing out details in the illustrations, making sound effects, and role playing. Here are more ideas for getting the most out of the book:

- ★ Encourage children to talk about their own feelings, if they feel comfortable doing so, either while you are reading the book or afterward. Here are some conversation prompts to try:
 - When are some times you feel scared? Why?
 - How do you stop feeling scared at those times?
 - Why do you think different things scare different people?
 - This story talks about lots of things that people may feel scared about, such as storms, unfamiliar animals, or having to give speeches. What other reasons can you think of?
- ★ Have children make face masks showing scared expressions. Ask them to explain how these faces show fear.
- ★ Put on a feelings play! Ask groups of children to act out the different scenarios in the book.



The children could use their face masks to show when they are scared in the play.

- ★ Have kids make colorful word clouds. They can start by writing the word *scared*, then add any related words they think of, such as *fear* or *nervous*. Have children write their words using different colored pens, making the most important words the biggest and less important words smaller.
- ★ Ask kids to think of times when they were brave in situations that were scary for them. How did it feel to be brave? Now have them draw pictures or write stories about that time.
- ★ “HELP! EEK! ARGH!” Words and sounds like these can show that someone is scared. How many more can kids think of? Can they invent any new ones?
- ★ Invite children to talk about the physical sensations that being scared can bring, and where in their bodies they feel fear. Then discuss things we can do when we feel afraid, such as talking to someone about how we feel, or taking deep breaths to help us feel calmer.

For even more ideas to use with this series, download the free Everyday Feelings Leader’s Guide at www.freespirit.com/leader.

Note: If a child is continually fearful or acts out often due to fear or anxiety, seek help from a counselor, psychologist, or other health specialist.

