

FEAR-I

My Name _____

Date _____

It's OK to feel fear. It's our bodies signal to keep us safe from harm! Sometimes, we can be scared of things that are not harmful also. How can we tell the

I'm scared of _____

It scares me because _____

Can the thing I'm scared of hurt me? _____

What evidence supports this fear? _____

If there is no proof of evidence to support this fear — it's a worry!

What is something you can do to cope with fear? _____