

What Can I Do When I'm Feeling Scared?

We feel scared when we are in danger or when we are unsure about doing something we haven't done before. Sometimes being scared can be exciting (like going on a ride at a theme park) but, at other times, being scared isn't a nice feeling.

Take slow, deep breaths until I feel calm again.



Draw a picture of the thing that scares me and turn it into something funny.



Laugh and point at things that scare me.



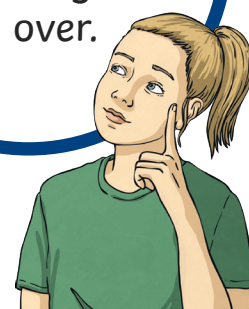
Say very clearly to myself 'I am scared but I can do this'.



Talk to an adult I trust about what is making me scared.



Think about the time when the scary thing will be over.



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