

How BIG is your scary feeling?

Very big

Release energy in your body



Dance



Jump up and down



Big

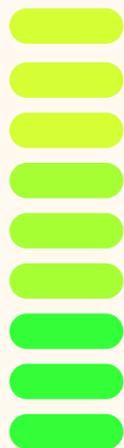
Relax and calm down



Belly breathe



Listen to a song



Small

Represent the fear creatively



Draw a picture



Tell a pretend story



No matter how big or small the fear is, work with your child to identify a "safe" adult to talk to when they feel scared.