



BEING AFRAID I



Sometimes I might feel afraid or scared. It is okay to feel afraid.

I might feel afraid when there are loud noises, when I am away from home, or when something changes around me. I might feel afraid when I see other people who are afraid or upset.

When I feel afraid, I might feel like my stomach is upset or my heart is beating faster. I might want to hide or run.

When I feel afraid, I can find an adult that I trust to help me. I can squeeze their hand or give them a hug if I want to. I can hug my own body to help me feel safe.

To help my body calm down, I can go somewhere safe with someone I trust. I can take deep breaths in through my nose and out through my mouth to help me breathe out the scary feelings.

It's okay to be afraid. When I am afraid, I can ask for help to calm down.

