

# BEING AFRAID II



Sometimes I might feel afraid or



scared. It is okay to feel afraid.



I might feel afraid when there are loud

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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

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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.

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