

# Scared

Feeling scared is when we have a fear of something. When we feel scared we may feel jumpy, or nervous.



## Times we might feel scared:

- When we hear a loud or strange noise and we don't know where it is coming from
- When we are unsure what is going on or when we feel unsafe
- When we watch a scary movie

## When we feel scared, our body might feel like:

- We are breathing faster than normal
- Our muscles feel tight and tense
- We feel like we want to run away or are afraid to move

## Understanding Scared / Questions for learning:

What are some times a person might feel **scared**?

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When you feel **scared**, what does your body feel like?

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Write about a time that you felt **scared**. What was it like?

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**I'm Scared.**

# Scared's Haunted House



HI! I'm SCARED  
from the DBSA Mood Crew!

Here's my Haunted House, which is really a tool to help me deal with my fears! Start the worksheet by writing some of your fears outside the house. Then, answer questions in each area of the house to help understand how to cope with feeling scared.

PUT ON MUSIC  
AND DANCE  
ASK MY MOM TO  
READ ME A BOOK  
TAKE  
SOME DEEP  
BREATHS

## WHAT ARE YOU SCARED OF?

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**CHIMNEY:**

What are some ways you can blow off steam or cope with feeling scared?

**ROOF:** Write down names of people who help you feel safe.

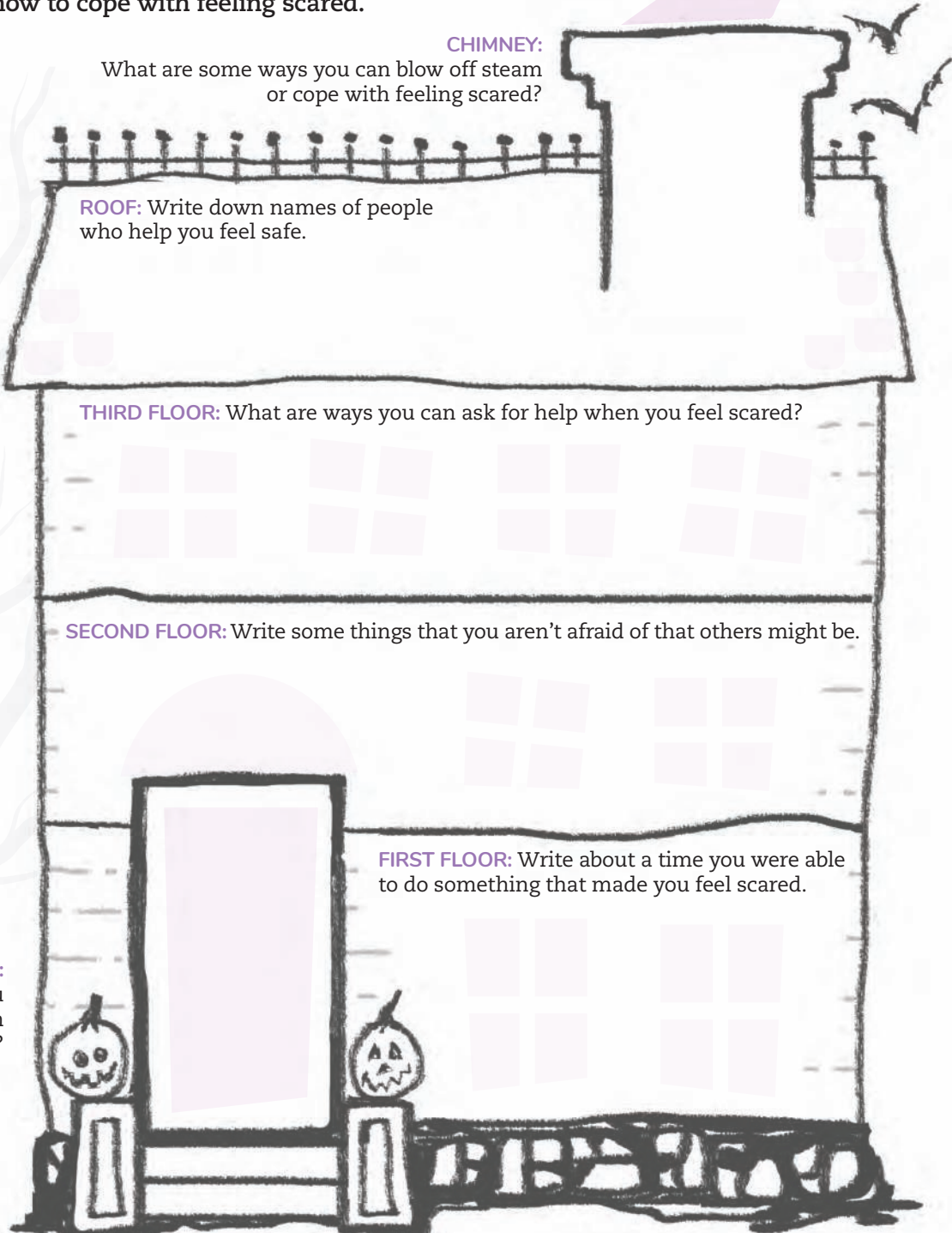
**THIRD FLOOR:** What are ways you can ask for help when you feel scared?

**SECOND FLOOR:** Write some things that you aren't afraid of that others might be.

**FIRST FLOOR:** Write about a time you were able to do something that made you feel scared.

**DOOR:**

What makes you feel safe when you are scared?



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