MOOD CREW® ACTIVITY

AND DANCE

ASK MY MOM TO READ ME A BOOK

TAKE SOME DEED

BREATHS

PUT ON MUSIC

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.

> 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?



WHAT ARE YOU SCARED OF?

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