

# 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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