

# What to do when you are scared!

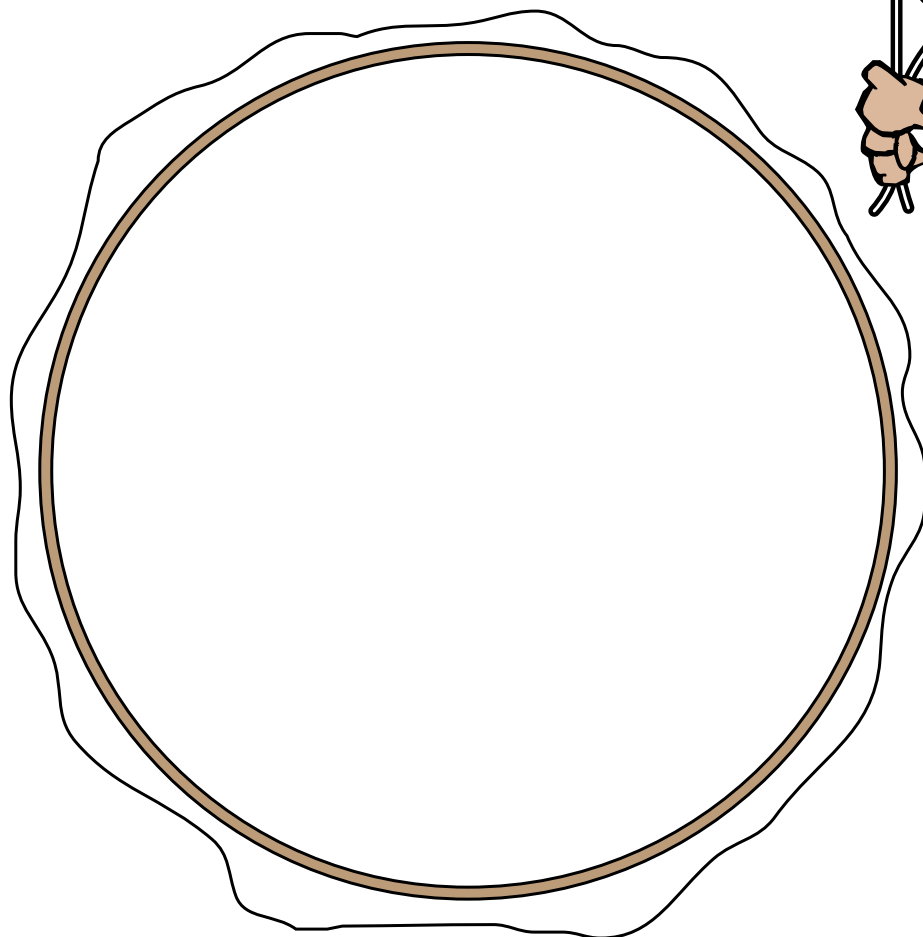
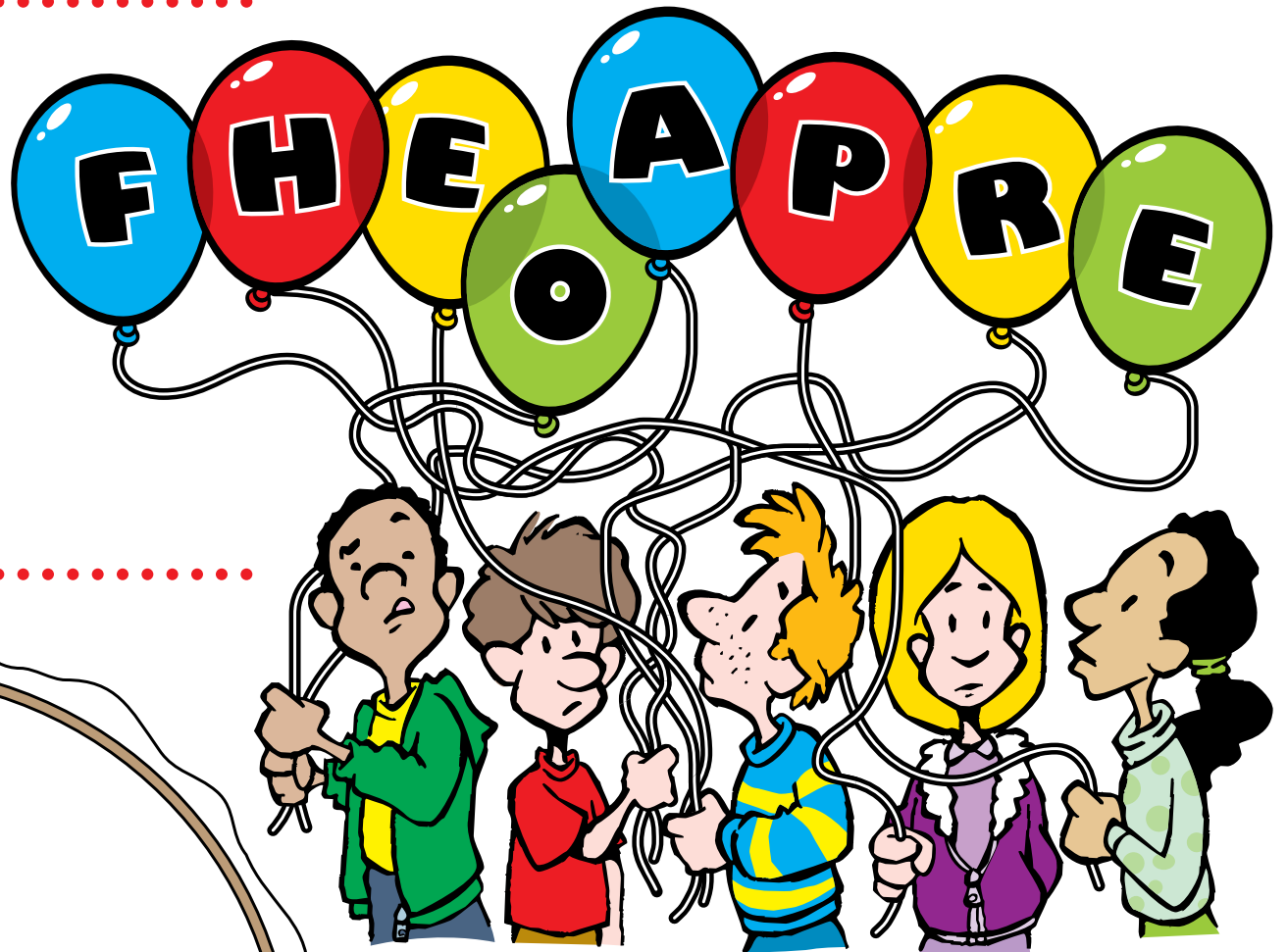
Do you ever feel scared?

Fear is very normal, everyone feels afraid at times.

Next time you are feeling afraid – try the activities on this page!

## Pop the Fears!

Cross out or “POP” the balloons with the letters that spell FEAR. What do the letters on the remaining balloons spell? Can you figure out who is holding which balloon?



## Shield of Strength

Make a Shield of Strength by decorating the circle on this page with things that make you feel strong and safe. Draw and write words. You can also look for words and pictures in the newspaper to decorate your Shield.