

FACE FEAR

Turn “I can’t” into “I can”!

Materials: Worksheets, poem templates, pencils

Directions: Read the worksheet, complete the activity and discuss with the Group.

What does it mean to be afraid?
What is fear? Fear is having a feeling that something bad will happen, or that something will hurt or threaten you.

Have you ever been scared of something, but you did it anyway?

Read along as we say the poem out loud.

Waiting in line for the rollercoaster

Jack is waiting in the rollercoaster line.
He’s been waiting a long, long time.
Every time the coaster roars by,
Jack just wants to scream and cry.
Every time he gets near,
Jack begins to shake with fear.
Jack thinks, what if I pass out?
What if I can’t get out?
What if I get stuck on top of a hill?
What if I take a spill?
Will they say I’m a baby if I don’t ride?
All I want to do is run and hide!

In the poem, Jack is afraid to ride the rollercoaster. As he gets closer to the front of the line, he becomes more and more fearful. When the poem ends, we don’t know whether or not Jack got on and rode the rollercoaster.

TEMPLATE INSTRUCTIONS

Let’s think of a new ending for the poem.

After the poem, write your new ending: “But instead of running and hiding, Jack decides to…” do what? Does he get on the ride? Does he get stuck on top? Does he get over his fears? You can decide what Jack does.

Write down your new ending on the poem template. When you are finished, let’s take turns reading your new endings out loud. Then, we’ll talk about ways we can overcome our fears and worries. Ways we can turn “I can’t” into “I can”!



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All I want to do is run and hide!

But instead of running and hiding, Jack decides to

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