

I'VE BEEN FRAMED!

Face your fears

and show courage

Materials: Worksheets, frame templates, pencils, markers, crayons, timer

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

Is fear good or bad? Is it normal to feel scared and anxious?

Fear is neither good nor bad. And yes, it's normal to feel scared and anxious at times.

When it comes to fear, the important thing to remember is how we face it.

Sometimes, it can be difficult to admit our fears. But once we have the courage to say our fears aloud, we can begin taking steps to deal with them.

Let's do an activity on facing our own fears.

ACTIVITY INSTRUCTIONS

- 1 In the middle of the frame template, draw and color your greatest fear.
- 2 Starting at the top with question 1, answer each question on the frame. You'll have 8 minutes.
(Set the timer for 8 minutes.)
- 3 When the timer sounds, we'll share our greatest fears, and ways to face and overcome them.

1. Why are you afraid?
Because it's so loud!

What is your greatest fear?
Thunder



2. What happened to make you afraid?
I was outside when it thundered and it made me jump.

3. What can you do to face your fear?
Think about how thunder can't hurt me.

4. What can you do to overcome your fear?
Remind myself thunder is just a loud noise!



1. Why are you afraid?

What is your greatest fear?

3. What can you do to face your fear?

2. What happened to make you afraid?

4. What can you do to overcome your fear?