

KEEP CALM

Healthy fears

that turn unhealthy

Materials: Worksheets, healthy fears templates, pencils, timer

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

Some fears are healthy, because they steer us from danger.

Other fears are unhealthy, because they prevent us from doing and enjoying certain activities.

Healthy fears can become unhealthy fears if we let them “go bad.”

How can a fear “go bad”? Let’s say, for example, you’re afraid of snakes. That’s a healthy fear, because some snakes are harmful.

But if you’re so afraid of snakes you won’t go to the zoo, that’s an unhealthy fear. It’s a healthy fear “gone bad”!

For today’s activity, we’re going to explore how a healthy fear can become unhealthy.

STEP ONE

On your template is a list of healthy fears many of us have. Describe why you think each fear is healthy.

STEP TWO

After you write down why each fear is healthy, think of ways it can become unhealthy. Write down those reasons next to each healthy fear. You’ll have 8 minutes to write.

(Set the timer for 8 minutes.)

STEP THREE

When the timer sounds, we’ll share our ideas on how healthy fears can turn into unhealthy fears.



	HEALTHY FEARS... “GONE BAD”!	
	Why this fear is healthy	How this healthy fear can become unhealthy
Snakes		
Lightning		
Speaking in public		
Strangers		
Shots or vaccinations		
Darkness		
Dogs		
Being alone		
Fire		
High places		