

WHEEL OF FEARS

Round up those worries!

Materials: Worksheet copies, template copies, colored pencils

Directions: Read the worksheet, complete the activity and discuss as a group.

Fear is a natural human response. When we're confronted with new situations or things we don't understand, it's normal to feel anxiety.

But fear becomes a problem when it causes problems.

When fear holds you back and prevents you from doing things, it's a problem.

You may not completely alleviate fear, but you can learn how to manage it.

In today's activity, we'll explore our fears and discuss coping strategies. And maybe learn how to banish the fear for good!

ACTIVITY INSTRUCTIONS

- 1 The Wheel of Fears contains situations you may or may not fear. Choose three different colored pencils. Color things you fear one color and things you don't fear a second color. Use a third color to decorate one fear you'd like to overcome. You'll have 5 minutes to color.

(Set the timer for 5 minutes.)

- 2 When the timer sounds, let's discuss our fears and learn if we have common fears. What tips can we share to help one another overcome fear?



