

I SPY Fearful Things

Clowns, popping balloons, yelling, fire alarms, alarm clocks, hot dishes, feeling small, bad tasting food, biting ice cream, big animals, dogs I don't know, green foods, cactus spines, sand in my feet, ocean, crabs, water, getting disciplined, test taking, feeling lost, feeling upset, feeling hungry, strangers, failure, being late, missing an appointment, being laughed at, feeling dumb, nightmares, fighting, being alone, being different, cold, getting hit by a car, spiders, bees, being ignored, flying, falling, strangers, new places, losing loved ones, and the Boogie Man are just some of the things that kids can be afraid of. This activity gives you a chance to talk and reason thru what scares us and what strategies we humans can do to help us be overcomers.

You take turns pointing out words and pictures in the box that you want to talk about, or you can pick out what items cause you fear. Remember that everyone is wired differently and that is beautiful. Because we are all different, we can make the world a more beautiful place. Like a rainbow with different colors.

Take time to talk about and discover strategies that you can try and keep at it until you find ones that work. Some strategies use our imagination, deep breathing, or singing a song. What ever strategy you want to try should be encouraged as long, as it is not harmful to yourself or others. Have fun being an overcomer!

Some commonly used strategies:

- * **Walking**
- * **Humming a tune**
- * **Squeezing a squishy toy or stress ball**
- * **Sucking a smoothie thru a straw**
- * **Doing body stretches or yoga and Tai Chi**
- * **Imagery**
- * **Reading a book, magazine, or joke book**
- * **Swimming**
- * **Praying**
- * **Listening to meaningful and soothing music**
- * **Coloring**
- * **Taking deep breaths**



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Circle what makes you fearful. Then color what you are not afraid of.

