



**Being Afraid Can Help You-WHAT?!? (🧠 An Emotional Health Story)**  
**(2<sup>nd</sup> – 7-8 yrs.)**  
**Think, Pair, Share: Look on the Bright Side**



**STORY CONNECTION-SLIDES 13-14 (Approx Time: 15-20 mins)**

When it comes to our emotions, there is usually a reason we have them. Understanding what is scaring us and figuring out ways to deal with what is scaring us is important for our emotional health. When we understand our emotions, we can then help our brain (which is always helping us) to stay healthy.

**Materials needed:**

- Paper (1 per student)
- Pencils (1 per student)
- Scenarios (included below)

**Preparation needed:**

- Determine how student(s) will be partnered. (Facilitator can partner with an individual student.)
- Determine which scenarios to use or create your own
  - Have readily available

**Instructions:**

1. In this activity, student(s) will work with a partner to take a scary situation and turn it into something positive.
2. First, pass out paper and pencils.
3. Ask student(s) to write or draw about an experience or time they were scared.
4. Give student(s) a few minutes to do this.
5. When time is over, ask for 2-3 volunteers to share their experiences.
6. After each volunteer shares, ask the class to think about if anything good or positive could come out of these scary experiences.

For example, a student might say they were scared when they had to go to the office because they thought they were in trouble. Turns out they were not in trouble at all. The principal was giving them an award for being a super citizen and the secretary even gave them a special pencil. All that worry for nothing!
7. Explain that they are going to be doing something similar with a partner.
8. Establish partner groups.
9. Read the “scary situations” below one at a time.
10. Give student(s) time to talk about something positive that could potentially come from the situation or ways to make the situation less frightening.
11. After presenting each scenario, give student(s) time to talk about it, and then have several groups share out what they talked about.

12. In closing, reiterate that even when scary or bad things happen, how we react can impact our brain and body. The better we become at dealing with these challenging situations, the healthier we will be.

Suggested Scenarios & Potential Positive Outcomes (add, omit, or modify situations based on the needs of your student(s))

- Your best friend moves away. (Can visit each other, can FaceTime, talk on the phone, the friend will get to have a new adventure, etc.)
- Your ice cream falls in the mud. (your friend can share with you, you really wanted a different kind anyway, you did not really want it since you were full from dinner, it tasted funny, etc.)
- You read a spooky story. (You discovered you really like spooky stories; it gave you a great idea for a story to write, you have an idea for your next Halloween costume, etc.)
- A friend does not want to play with you at recess. (You get to play with new people, you can play a game your friend does not like to play, you can play with an old friend from last year, etc.)
- You are about to sing a solo in front of your whole school. (You get to share your love of music with everyone, your hard work will shine through, you will feel so proud of yourself, it will be easier next time, etc.)
- Your dog got out during a storm and has not come home yet. (you get to get outside with your family and look for your dog, it brings everyone together for a common good cause, it will make you really appreciate your dog more when he comes home, it will make you feel good about people when your neighbors are helping you, you will feel grateful when he comes home, you will learn from your mistake and not leave the door open again, etc.)