



**Being Afraid Can Help You-WHAT?!? (🌈 An Emotional Health Story)
(2nd – 7-8 yrs.)
PHYSICAL ACTIVITY: Facing Your Fears**



STORY CONNECTION-SLIDES 15-16 (Approx Time: 5-10 mins)

You need to understand that things that make some people afraid will not make everyone afraid. Talking to people about your fears, just like talking to people about other emotions, is important. This way people will understand you and you can understand them. Communication – talking to others – is definitely a good way to keep your brain and your body safe and healthy.

Materials needed:

- Scenarios (included below) or create your own

Preparation needed:

- Determine what scenarios work best for your student(s)

Instructions:

1. In this activity, student(s) will have to choose between two different scenarios and tell why they chose the one they did.
2. Explain that they will hear two different options. They will think about what they would rather do. If they prefer the first, they move to the right. If they prefer the second, they move to the left.
For example: Would you rather eat broccoli or green beans? If you say broccoli, move here (gesture to the right). If you say green beans, move here (gesture to the left).
3. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
4. Have all student(s) stand in the center of the room or space.
5. Read one scenario at a time.
6. Once everyone has moved, select a couple of student(s) to explain why they chose what they did.
7. In closing, ask student(s) to brainstorm ways to overcome some of these fears reminding them that talking about our fears and emotions (communication) is a way to keep our brains and bodies healthy.

Would You Rather...

- Hold a snake or be around a big dog?
- Talk in front of 100 people or climb a tall ladder?
- Be stuck in a closet or fly on an airplane?
- Go on a roller coaster or go skiing?
- Be in a dark room or be in a big crowd of people?
- Be at home during a thunderstorm or see a mouse?
- Have a spider on you or go to the dentist?
- Be in a play or play on a sports team?