
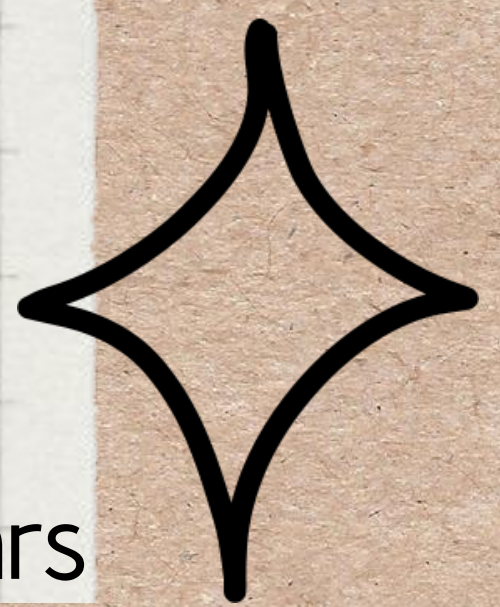




# FACING FEARS

*Week 7*

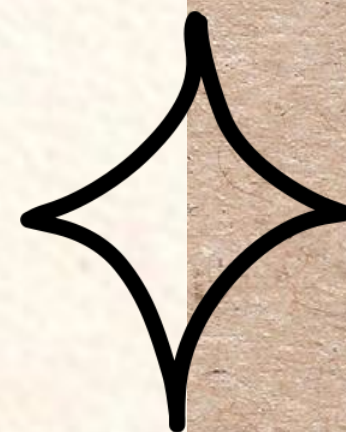
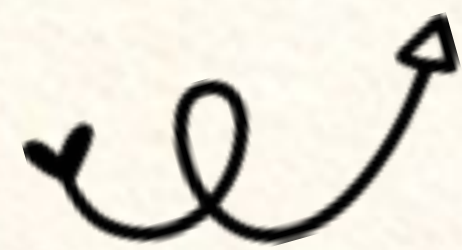
Step 2: Face Your Fears





# One-word Check-in

Describe how you are feeling at this moment with one word.



# Scary Scale



**1**

**Not very  
scary**

**2**

**3**

**4**

**5**

**Incredibly  
scary**

# Getting Shots or Going to the Doctor



**1**

Not very  
scary

**2**

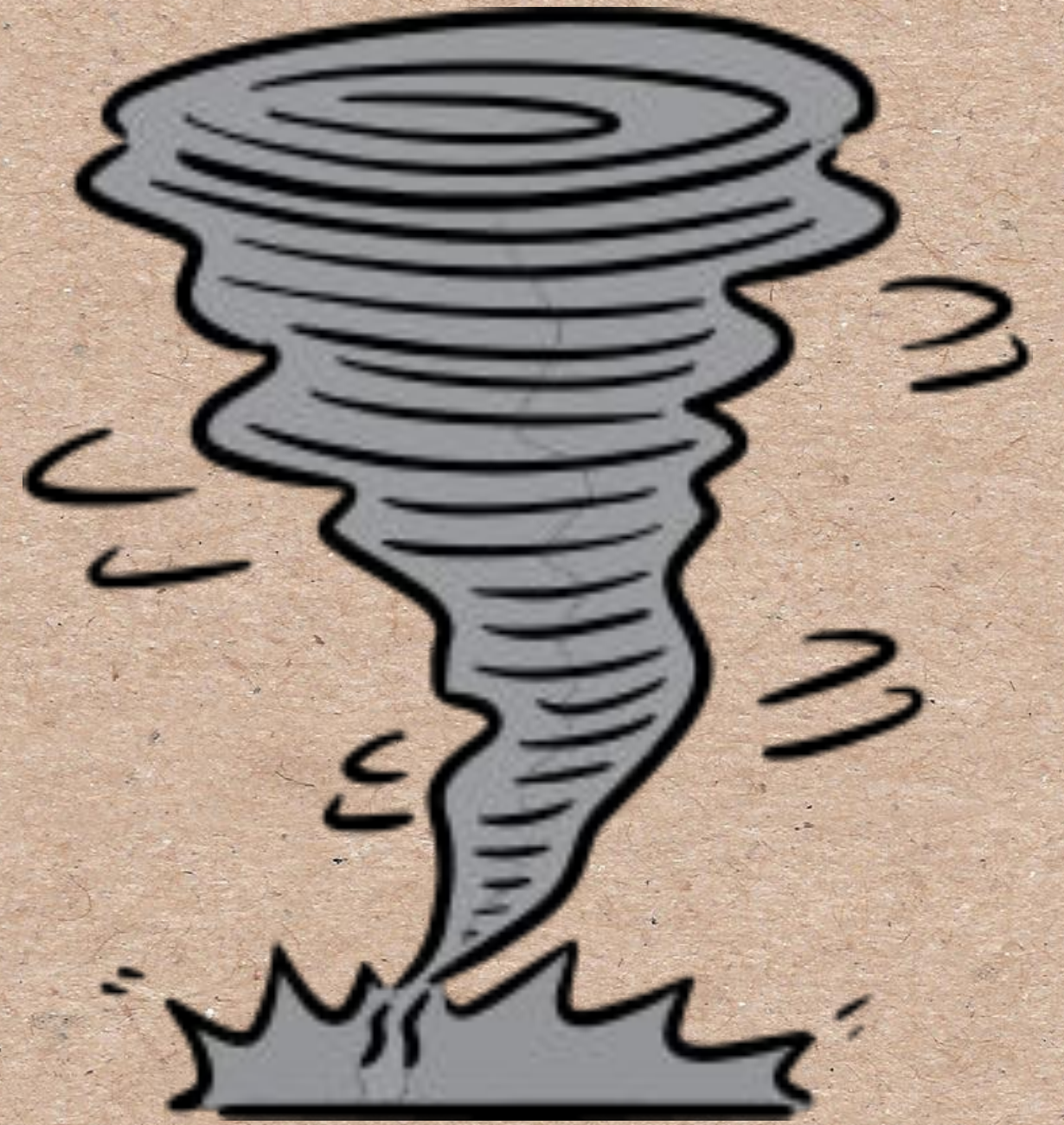
**3**

**4**

**5**

Incredibly  
scary

# Thunderstorms or Natural Disasters



**1**

Not very  
scary

**2**

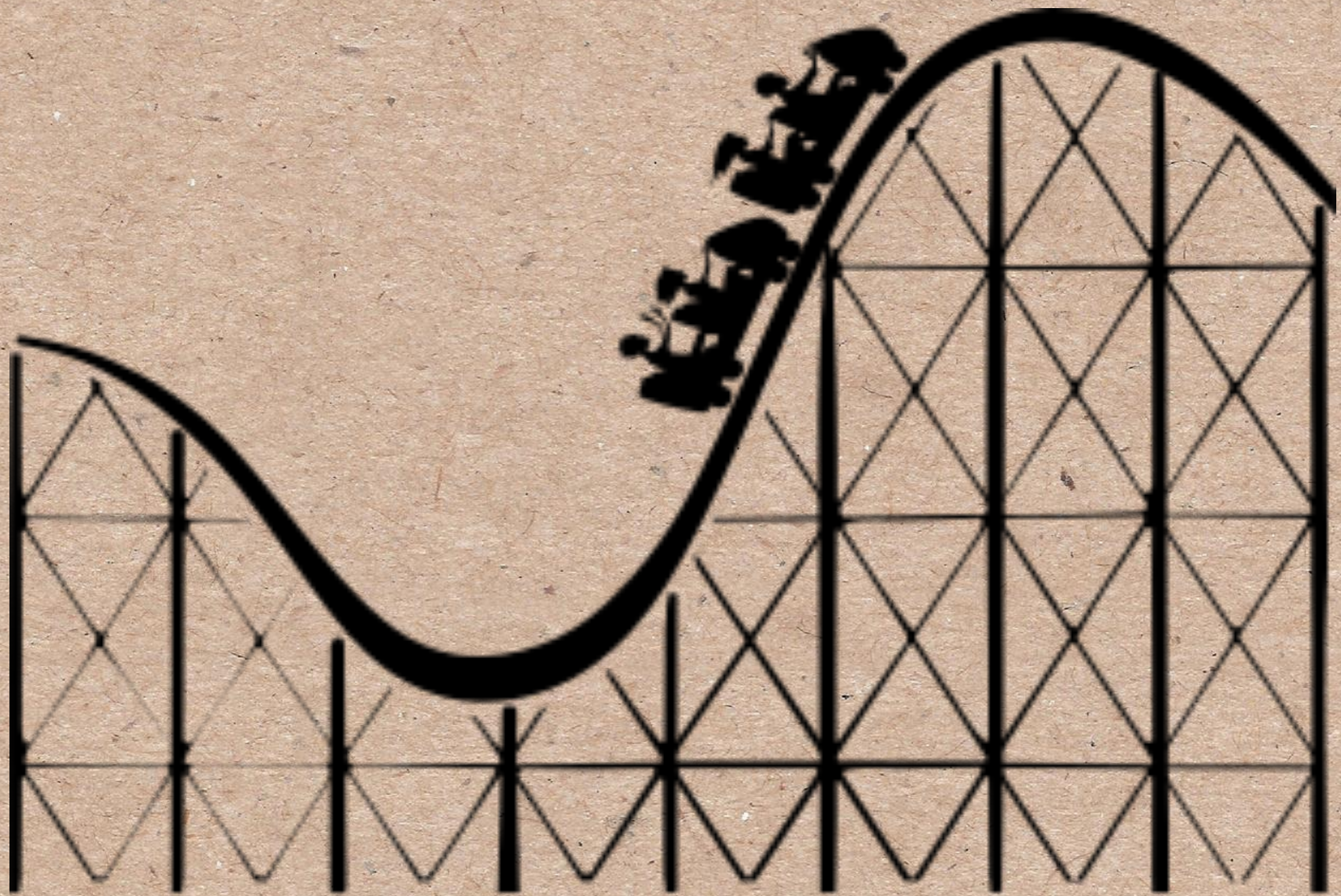
**3**

**4**

**5**

Incredibly  
scary

# Roller Coasters



**1**

Not very  
scary

**2**

**3**

**4**

**5**

Incredibly  
scary

# Asking a Question in Class



**1**

Not very  
scary

**2**

**3**

**4**

**5**

Incredibly  
scary

# Scary Stories or Movies



**1**

**Not very  
scary**

**2**

**3**

**4**

**5**

**Incredibly  
scary**



# Spiders



**1**

**Not very  
scary**

**2**

**3**

**4**

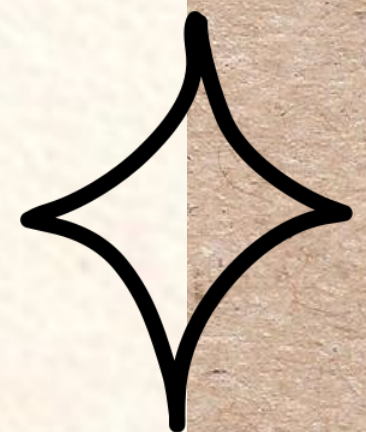
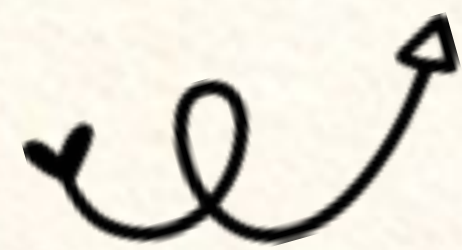
**5**

**Incredibly  
scary**



# One-word Check-in

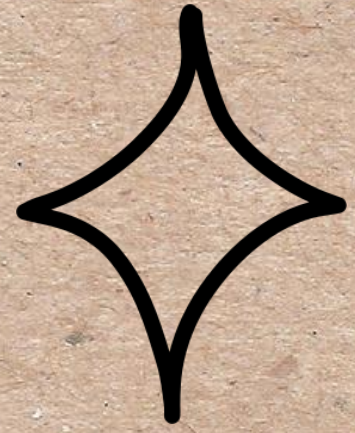
Describe how you are feeling at this moment with one word.





**What is fear?**





# Fear

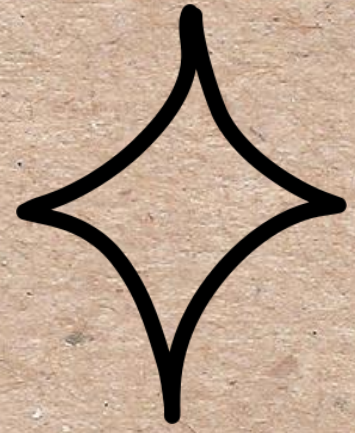


## What is fear?

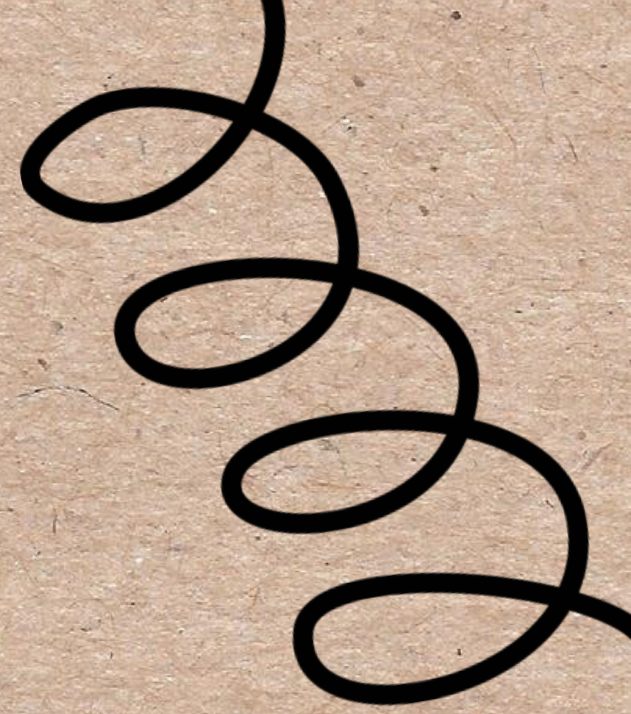
- It's an uncomfortable emotion caused by the belief that someone or something is dangerous.

## What are some examples?

- Seeing a wild animal



# Afraid vs Nervous



## Afraid

This is a response to a real, or known, threat that is happening around you.

## Nervous

This is a response to your own thoughts or ideas about what might happen.

# Review Time

Reflect on the following question:

- What is the difference between being afraid and being nervous?



# Fear Interview

## FEAR INTERVIEW

*Ask your partner:*

IN YOUR OWN WORDS,  
WHAT DOES IT MEAN TO BE  
SCARED?



IN YOUR OWN WORDS,  
WHAT DOES IT MEAN TO BE  
NERVOUS?

WHAT IS SOMETHING YOU ARE SCARED OF?

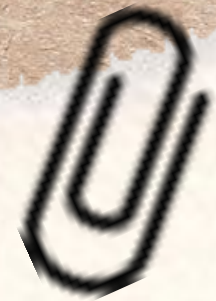
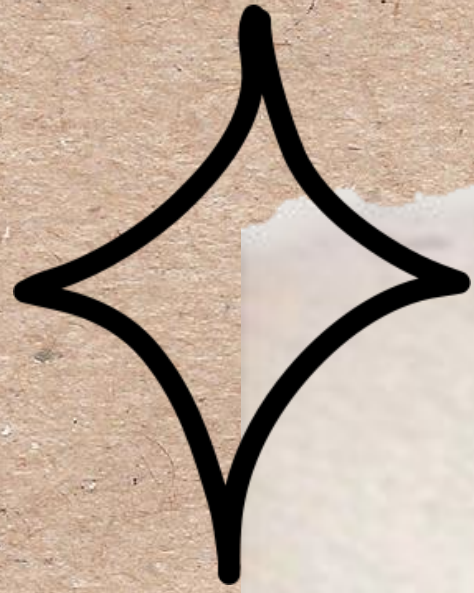
WHAT IS SOMETHING YOU ARE NERVOUS ABOUT?

*Recommendations for your partner:*

TWO RECOMMENDATIONS I HAVE FOR MY PARTNER TO OVERCOME THEIR FEAR IS:

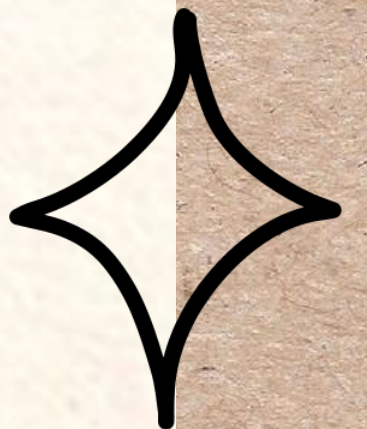
1.

2.



# One-word Check-in

Describe how you are feeling at this moment with one word.







ACM Weekly Family

Correspondence



Handwritten letters and symbols scattered in the top-left corner.



# LESSON LINKS

