

Meet Scared








Meet Scared, the friendly purple ghost from the Feelings Family!

Scared is here to help you understand that feeling afraid is a normal part of life. With big, wide eyes, Scared is always on the lookout for potential dangers, but also great at finding courage when it's needed. Whether it's the dark or trying something new, Scared helps us learn how to face our fears and grow stronger.

Scared reminds us that being brave doesn't mean you are never scared, it means doing something even when you are afraid. Facing our fears can help us grow and become more confident.

Scared's Tips for Feeling Brave

-  **Take deep breaths:** Breathe in slowly counting to 4, hold for 4, breathe out for 4.
-  **Talk to someone you trust:** Sharing your fears can make them feel smaller.
-  **Use your imagination:** Picture yourself as a superhero facing your fear.
-  **Create a comfort item:** Like a special stuffed animal or a "brave rock" to hold.
-  **Practice positive self-talk:** Say "I can do this!" or "I am brave!"