

scared how i feel pdf

10. I feel nervous with people I don't know well. O O O SC 11. I get stomachaches at school. O O O SH
12. When I get frightened, I feel like I am going crazy. O O O PN 13. I worry about sleeping alone. O O O SP
14. I worry about being as good as other kids. O O O GD 15. When I get frightened, I feel like things are not
real. O O O PN 16.

Screen for Child Anxiety Related Disorders (SCARED) CHILD

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32. I feel shy with people I don't know well. 33. I worry about what is going to happen in the future. 34.
When I get frightened, I feel like throwing up. 35. I worry about how well I do things. 36. I am scared to go to
school. 37. I worry about things that have already happened. 38. When I get frightened, I feel dizzy. 39.

Screen for Child Anxiety Related Disorders (SCARED) Child

What do you think about when you are nervous or scared? How does your body feel when you are nervous
or scared? Color the areas where you can sense these feelings.

My Fears - Therapist Aid

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Ebook : When I Feel Scared Way I Feel Books

Scared is a sign for me to look for help. I ask my mom, my dad, or my teachers to help me when I feel
scared. They will remind me that I am safe. You're safe. Keep breathing. I will keep you safe.

I Can Handle Scared Book

With the flashcards still on the board, ask the class how you feel when it's sunny (e.g. ask "Do you feel
angry when it's sunny?" and do an angry face " hopefully everyone will respond "No! Happy"). Draw a
happy face under the sunny flashcard. For each card elicit the feeling (from the song) and draw the face
under each card.

Lesson: Feelings & Emotions - ESL Kids lesson plans

Sometimes I get this feeling that comes over me and I don't know how to describe it but as my whole
being feels so sick and I feel like my legs won't walk, (but they always do). I have small muscle twitches
or feelings of like bubbles all over like my calves, trunk, chest, face and even female parts.

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