

# Feeling Scared?

## Try This!

Have you ever felt afraid of storms, fires, dogs, or imaginary monsters? Or have you ever worried that something bad might happen? You're not alone! Everyone feels scared sometimes. The next time you do, here are some things to try.

► **Sing a song.** A Primary song like "My Heavenly Father Loves Me" or "God Is Watching Over All" (*Children's Songbook*, 228–29) can help you remember that Heavenly Father always watches over you. You can also make up a silly song about the thing you're afraid of. For example, instead of singing "Rain, rain, go away," sing, "Thunder, thunder, go away."

► **Try this breathing exercise** to help you relax:

1. Pretend you're smelling something delicious, and take a deep breath through your nose.
2. Pretend you're blowing through a straw, and breathe out gently through your mouth.
3. Repeat the first two steps for a few minutes, until you feel yourself relaxing.

► **Choose a different ending.** Having a scary thought is kind of like thinking about a story with a bad ending. For example, if

you are feeling afraid of dogs, you may be telling yourself a story where the dog bites you. Try making up a different ending for the story: "I saw my neighbor's dog. I wanted to run away, but instead I walked calmly by. Instead of biting me, the dog wagged his tail." Then draw a picture of the happy ending.

► **Change the channel.** Imagine that your mind is like a TV. If you're having scary thoughts, say out loud, "I'm going to change the channel." Then start thinking about a fun or happy time you've had. If it was a birthday party, think about what the cake looked and tasted like, what color the wrapping paper on your favorite gift was, and what games you played.

► **Talk to your mom or dad** about what you're scared or worried about. They may be able to help you feel better—like the little girl's mom did in the story on page 34.

