

ME ^{AND MY} FEAR

Activity Kit



About this kit:

This activity kit contains writing and drawing prompts and a colouring page to help kids, parents, and teachers talk about their fears.



What makes you feel scared or worried?

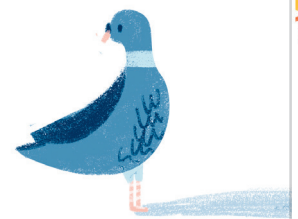
Draw the thing here.



If your fear or worry was a monster, what would it look like?

Draw the monster here.

If you could ask this monster a question, what would you ask?



What does your friend's fear look like?

Find someone in your class who you're friends with.

What do you think they are afraid of?

Draw a picture of what their fear might look like.



Making new friends

Colour in the new friends and their Fears!

