

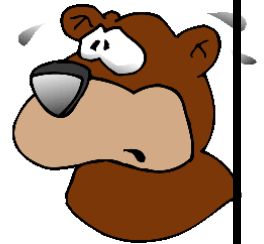
Name _____ **Feelings**

Fear Worksheet

Everybody experiences fear sometimes. Can you think of five times in your life that you have felt fear?

1. _____
2. _____
3. _____
4. _____
5. _____

What happens to your body when you are afraid? Pretend that you are writing a story and your main character gets extremely frightened. Describe the character at that moment.



Think about the last time you felt fear. How long did it last? What happened to make it go away?