

Scared



- What does a scared face look like?

The eyes are wide open, eyebrows pointing up, and edges of the mouth pointing down. The jaw might be shaking.

- What does a scared body feel like?

Tight, arms held close to the body, sometimes up by the mouth and ready to cover your eyes.

- What do scared thoughts sound like?

"It's too dark in here."

"There's no way I can get up in front of the whole class."

"What if the lightning hits the house?"

- What makes me feel scared?

- What are some other words for scared?

- What makes me feel better when I'm scared?
