

my

SCARED



my Scared



What happens to your body when you are scared?

- Eyes are wide.
- Mind is alert
- Quick breathing
- Clenched hands.
- Foot are frozen in place.
- Heart is pumping.
- Goose bumps on arms.

HEART and MIND Teaching



MY SCARED MONSTER

Session Objective:

- *Students will identify how their body feels and looks when scared
- *Students will recognize different actions that make them scared.

Materials:

- *Pencils
- *Crayons
- *My Scared Monster handouts

Guiding Questions:

- *How do we look when we are scared?
- *What are some things that make us feel scared?

Session Details (about 30 minutes)

*My Scared Monster activity: "Everyone expresses their fears differently, some people get goose bumps on their arms, some people's heart starts racing, some get frozen in place, some people's eyes go wide. It's important to identify how we look when scared so we know when we are starting to get scared, and can then do things to calm down." Pass out the scared monster handout. Show them the example of the one that is completed. "This is your scared monster, describe how you look or act when scared then share with the group. You will notice some of us express our fear in the same way." Pass out the color my monster handouts. "Now that we know how we look when scared, let's find out what makes us scared and what does not, color in the monster based on the color code and then we will discuss who has similar things that make them fearful." Once everyone has completed their pages, go through each one and discuss why they put not scared, a little scared, or very scared. Next, give them the last two pages to complete about people and places that make them scared. "It's important to also determine what others do to bring out our fear and locations that cause concerns to us."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M I)
- *Behavior: Social Skills: Use effective oral and written communication skills and listening skills (B-SS I)

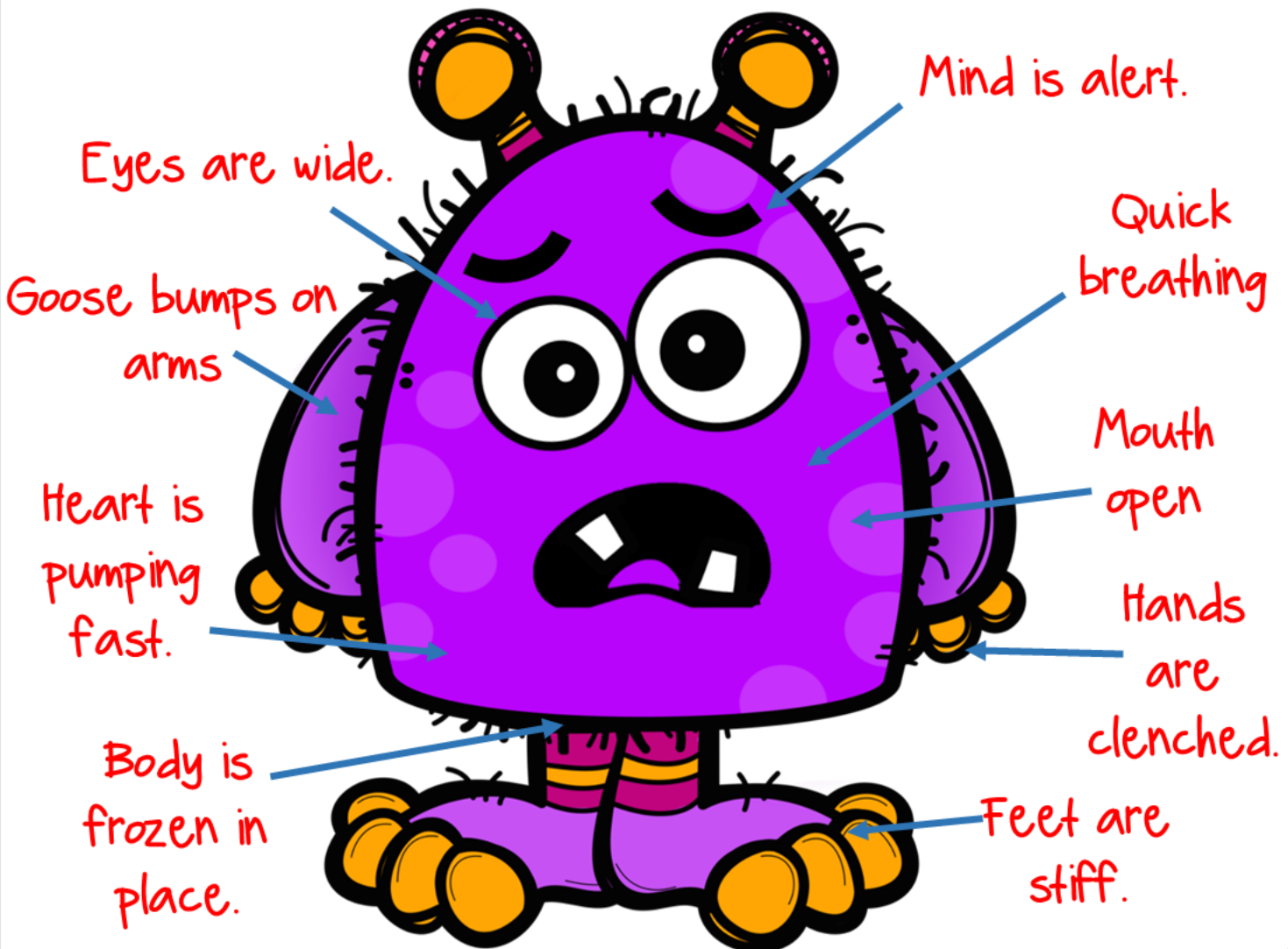
SEL Competencies:

- *Self-awareness: identifying emotions, accurate self-perception.
- *Responsible decision-making: identifying problems

My Scared



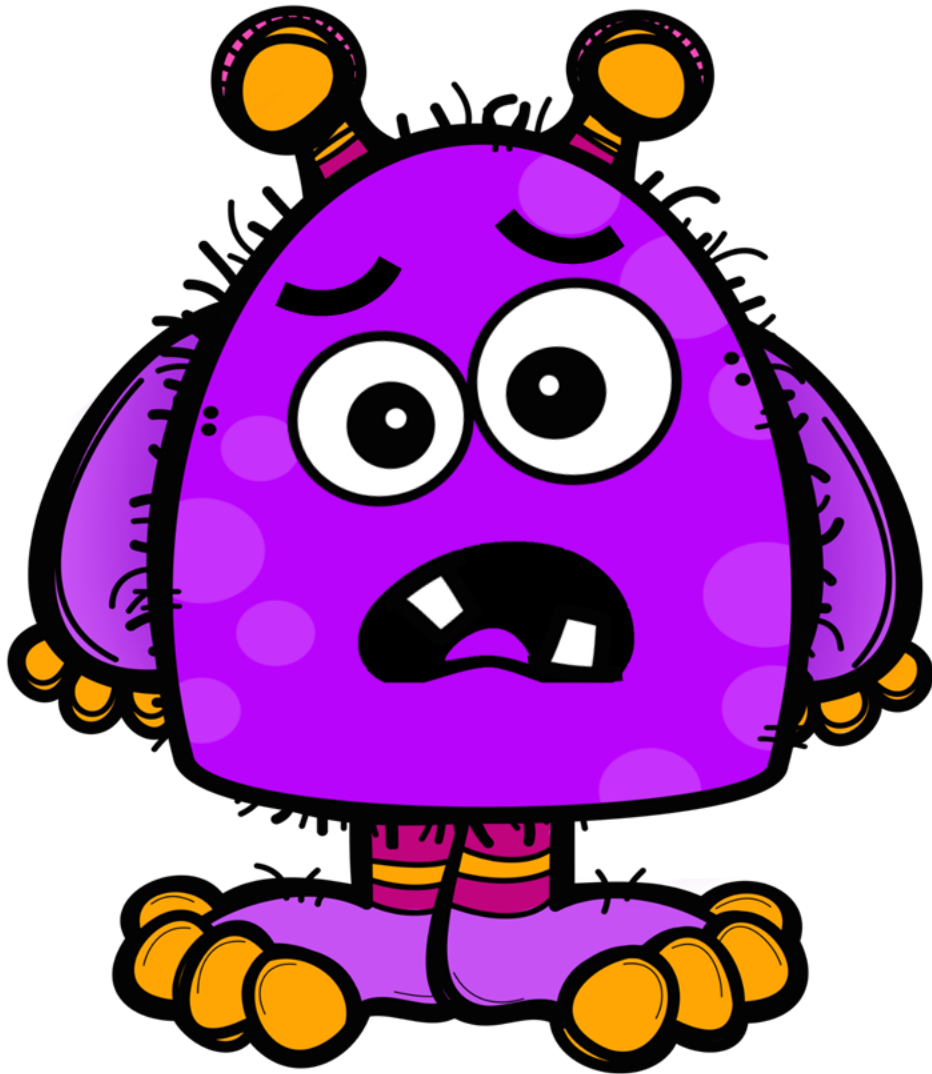
What happens to your body when you are scared?



My Scared



What happens to your body when you are scared?



Color your Scared Monster



Not Scared



A little Scared



VERY Scared

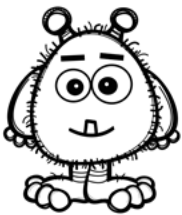
Color the monsters using the color code above, based on how you would feel to each given situation.



Watching a scary movie.



Presenting in front of the class.



Getting a bad grade.



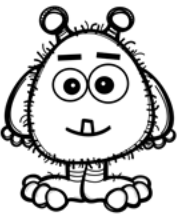
A dark room.



Hearing a noise in my room when I am sleeping.



Going to the Dentist.



Seeing a large animal.

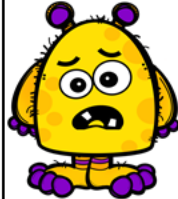


Someone jumping out at me.

Color your Scared Monster



Not
Scared



A little
Scared



VERY
Scared

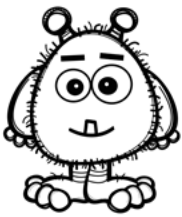
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Going through a
haunted house.



Seeing a spider.



Hearing a loud
noise outside
your classroom.



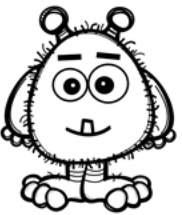
Hearing noises
outside of your
house.



Being up high
and looking down.



There is a big
storm outside.



Being separated
from a parent.



Getting lost.

Color your Scared Monster



Not
Scared

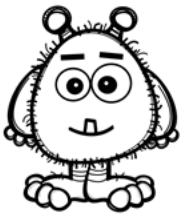


A little
Scared



VERY
Scared

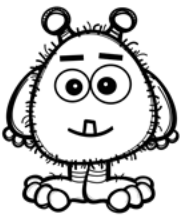
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The sound of
thunder.



A creepy mask.



Disappointing a
parent or teacher.



People not liking
you.



An important
test.



Seeing a shadow
in the dark.



Someone pushes
me down.



A concerning
news report.



My



Scared Monster

The people in our life sometimes bring out our Scared Monster, list what these people do that make you scared.

I get scared when my:

Mother

Father

Brother

Sister

Grandparent

Teacher

Coach

Friend



My



Scared Monster

Some places cause our Scared Monster to show itself, describe what happens in these areas in your life.

I get scared when this happens:

In my classroom

In the hallway

In the cafeteria

At Recess

On the school bus

In my neighborhood

On the playground

At home

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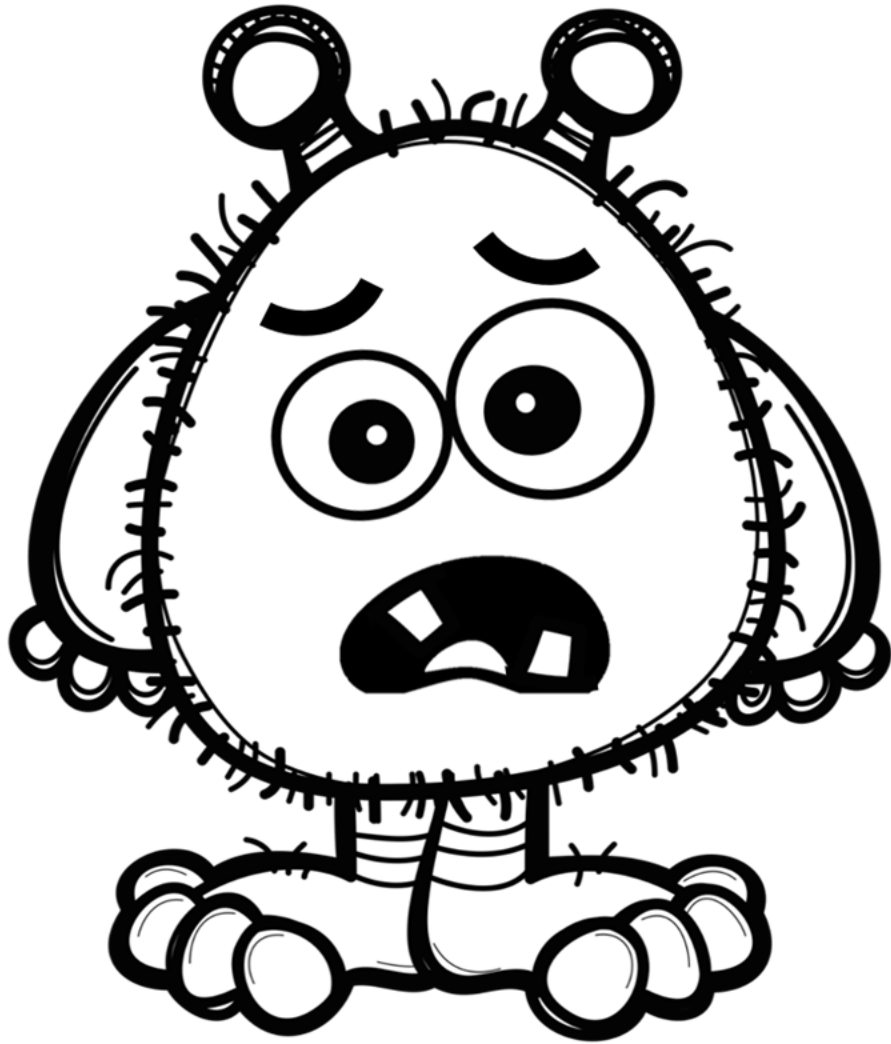
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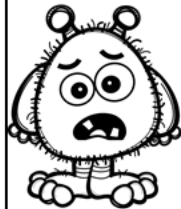
What happens to your body when you are scared?



Color your Scared Monster



Not Scared
(Blue)

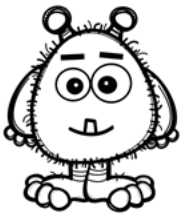


A little Scared
(Yellow)



VERY Scared
(Purple)

Color the monsters using the color code above, based on how you would feel to each given situation.



Watching a scary movie.



Presenting in front of the class.



Getting a bad grade.



A dark room.



Hearing a noise in my room when I am sleeping.



Going to the Dentist.



Seeing a large animal.

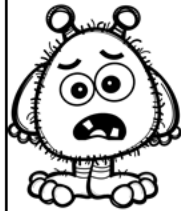


Someone jumping out at me.

Color your Scared Monster



Not
Scared
(Blue)

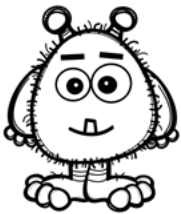


A little
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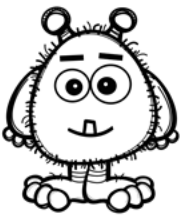
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Going through a haunted house.



Seeing a spider.



Hearing a loud noise outside your classroom.



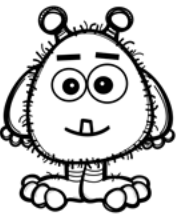
Hearing noises outside of your house.



Being up high and looking down.



There is a big storm outside.



Being separated from a parent.

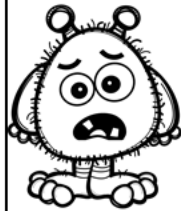


Getting lost.

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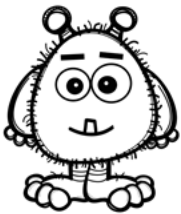


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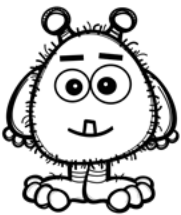
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The sound of thunder.



A creepy mask.



Disappointing a parent or teacher.



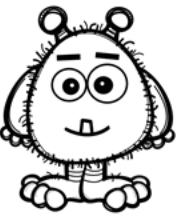
People not liking you.



An important test.



Seeing a shadow in the dark.



Someone pushes me down.



A concerning news report.



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Grandparent

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At Recess

On the school bus

In my neighborhood

On the playground

At home

GOOGLE CLASSROOM

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource into your Google Drive.

1 Click here  [My Scared Monster](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

ABOUT THE AUTHOR



I'M ASHLEY

an Elementary School Counselor.

I have a B.A. in Psychology and an M.A. in School Counseling. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning. I am a wife, and mother to 2 young boys. Thank you for supporting my little shop.

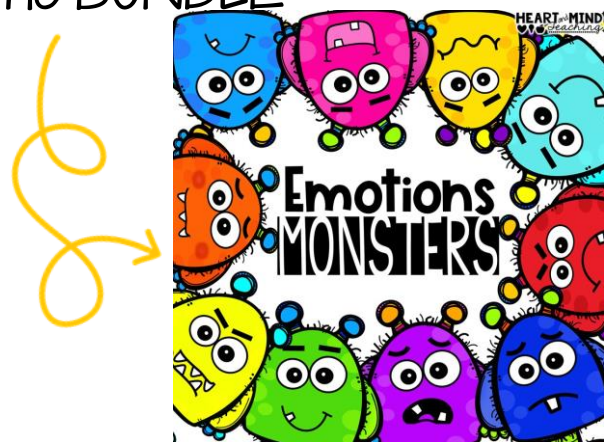
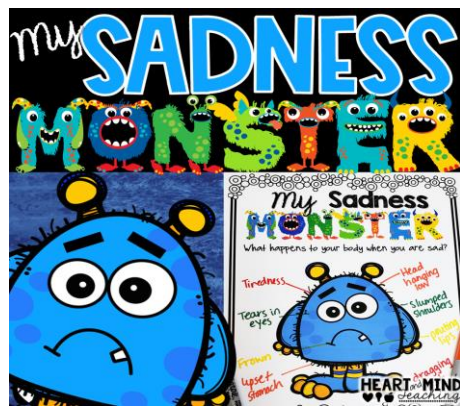
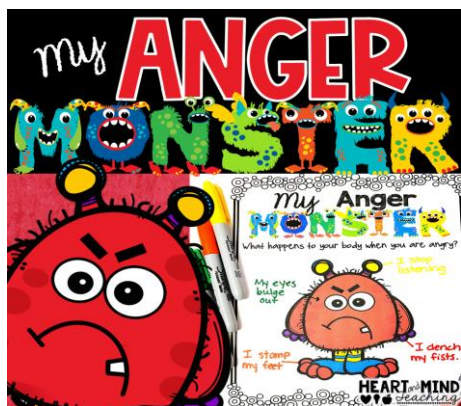
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Access my [freebie library](#) by subscribing to my newsletter, [click here](#)

RECOMMENDED RESOURCES

Check out more Monster Emotions in the BUNDLE



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