

YOU'VE GOT A FRIEND

## WHEN YOUR FRIEND IS SCARED

### TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children grow their self and social awareness. They will learn how to manage their emotions and foster empathy toward others. Lessons and support in SEL help children build relationship skills, establish positive habits in communication and cooperation, and make better decisions. By incorporating SEL in early reading, children will have the opportunity to explore different emotions, as well as learn ways to cope with theirs and those of others.

#### BEFORE READING

Talk to the reader about fear. Explain that it is an emotion everyone experiences.

**Discuss:** How do you feel when you are afraid? How do you react? Do you notice other people reacting the same way? Do your friends share some of the same fears?

#### AFTER READING

Talk to the reader about how to recognize when someone else is scared.

**Discuss:** How can you talk to a friend who is afraid? What should you do and say to help a friend overcome his or her fears?

#### SEL GOAL

Young students struggle to understand their own emotions, and it can be even more difficult for them to recognize how someone else is feeling. Being able to spot clues in a friend's body language and actions will help improve their social awareness skills. Lead students in a discussion about how they react to something that scares them. By sharing this information with each other, students can learn how to communicate with a friend or peer who might be feeling scared.

### GOALS AND TOOLS

#### GROW WITH GOALS

Everyone gets scared for different reasons. How can you help yourself and your friends overcome fears?

**Goal:** Write down something you are afraid of. Then write down what about it scares you. How does your body and mind feel when you are afraid?

**Goal:** Face your fears! Confront your fears by trying something that scares you. You might realize it wasn't scary at all. You might even find you like it!

**Goal:** Help a friend overcome a fear! Facing a fear with someone else could help your friend face that fear!

#### WRITING REFLECTION

With a friend, write down all of the things that both of you are afraid of.

1. What fears do you share? Why do you think you have some of the same fears?
2. For the fears that are yours, try to explain what about them scares you.
3. How do you feel after talking about your fears?



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