

Name: _____

Class: _____

Understanding Fear Spelling / Vocabulary Worksheet

Grades 1 to 2

Instructions: Practice writing the spelling words in the space on the right, then find an adult to read you the paragraphs when you are done.

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Signal

Fear is a **signal** that warns us about potential dangers. It's meant to be unpleasant so that we pay attention to it. If people didn't feel fear, we might walk right up to a crocodile and try to pet it, or skip alongside the edge of a cliff and fall off. Fear tells us: hey, you, you better pay attention to this, because something might be around that can hurt you. Our job is to figure out what fear is telling us, and then decide if our fears are accurate or not.



1. Signal
2. _____
3. _____
4. _____

Afraid

Just because we *feel* **afraid** doesn't mean our emotions are correct. People can be afraid of all sorts of things that won't really hurt them. Some people are scared of clowns, and some of butterflies. Some kids are afraid of snakes, and others like to catch them and hold them. Many kids are afraid of the dark, even though there's nothing lurking out there except the same old familiar stuff that was there during the daytime. So just because something scares us, that doesn't mean our fears are correct. We need to think with our brain, too, and not let our fears take over and consume us.



1. Afraid
2. _____
3. _____
4. _____

Comfort

When we're afraid, it helps to talk our fears over with someone, preferably an adult. They might reassure you that everything is OK, so that you can try something new and conquer your fears. Or maybe they can help you keep safe and **comfort** you if your fears are legitimate. Either way, it's good that we talk over what we feel. This way we're in control of our emotions, instead of our emotions being in control of us!



1. Comfort
2. _____
3. _____
4. _____

_____ (Your fear)

Think of something that scares you, and then write it as the final spelling word in the spaces to the right. Talk it over with your friends or teachers.

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