

Name: _____ Class: _____

www.keepyourchildsafe.org

Fear And Understanding Worksheet

“Nothing in life is to be feared, it is only to be understood.” - Marie Curie



1. Read the quote on the first page. What do you think it means? How might getting to know and understand something diminish our fear or change the way we feel about it?

2. Things that seem strange at first often don't seem so strange once we get to know them. Write of a time when your feelings about something changed once you became more familiar with it:

3. When others do hurtful things or act in puzzling ways that we don't like, how can understanding help us to better deal with the situation?

Write a pretend story of someone (or something) who was scary to people at first, but then seemed more and more normal and good once everyone began to understand them better:

