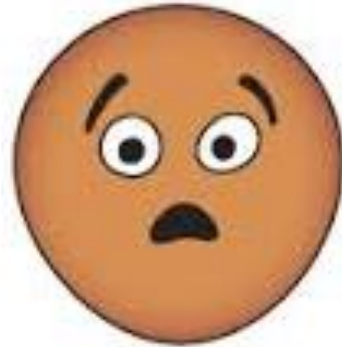


# I Can Handle Scared



I'm safe. Keep breathing. I can handle this.

Sometimes I feel scared. I might feel scared when I am alone at night in my bed.



I might feel scared after I watch something on TV that I am not sure whether it will happen to me or not.



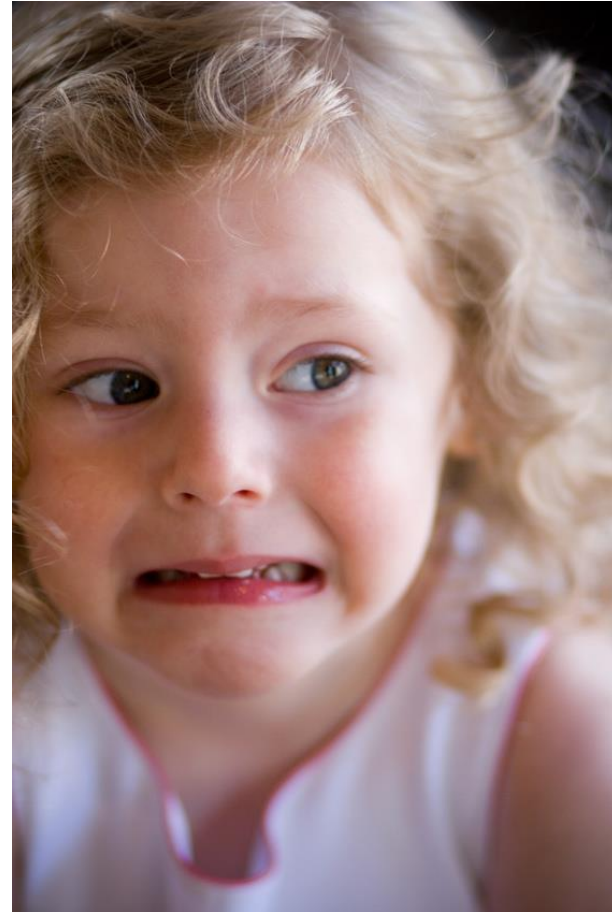
And lately, I might feel scared when it rains because it reminds me of when it rained so hard.



When I feel scared my eyebrows and eyelids go up, and the sides of my mouth pull down.



Scared says, "Seek safety and comfort from those you love."



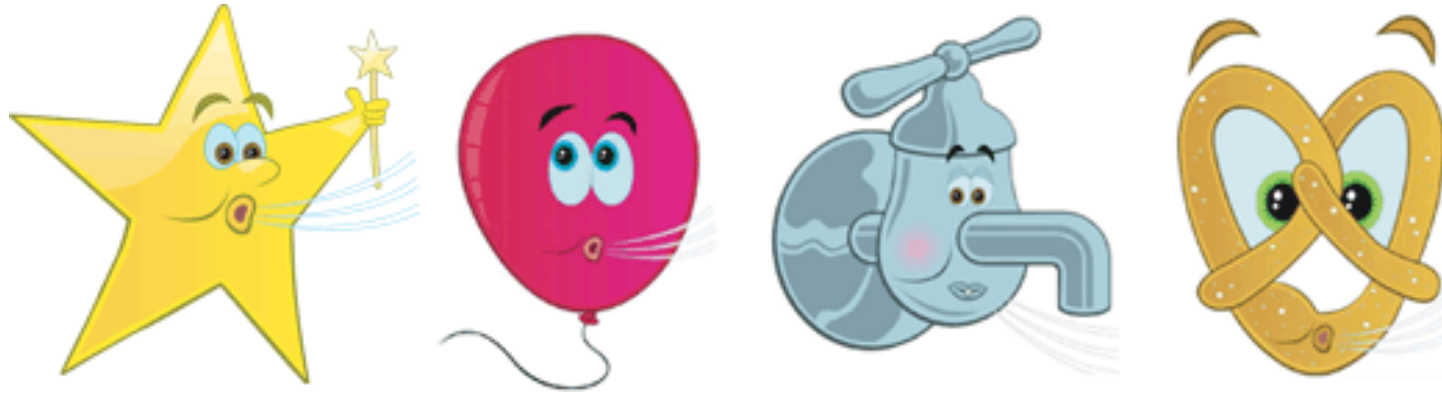


Scared is a sign for me to look for help. I ask my mom, my dad, or my teachers to help me when I feel scared. They will remind me that I am safe.



You're safe. Keep breathing. I will keep you safe.

Feeling scared signals for me to breathe deeply 3 times. I can choose to breathe like a S.T.A.R., Balloon, Pretzel or Drain.



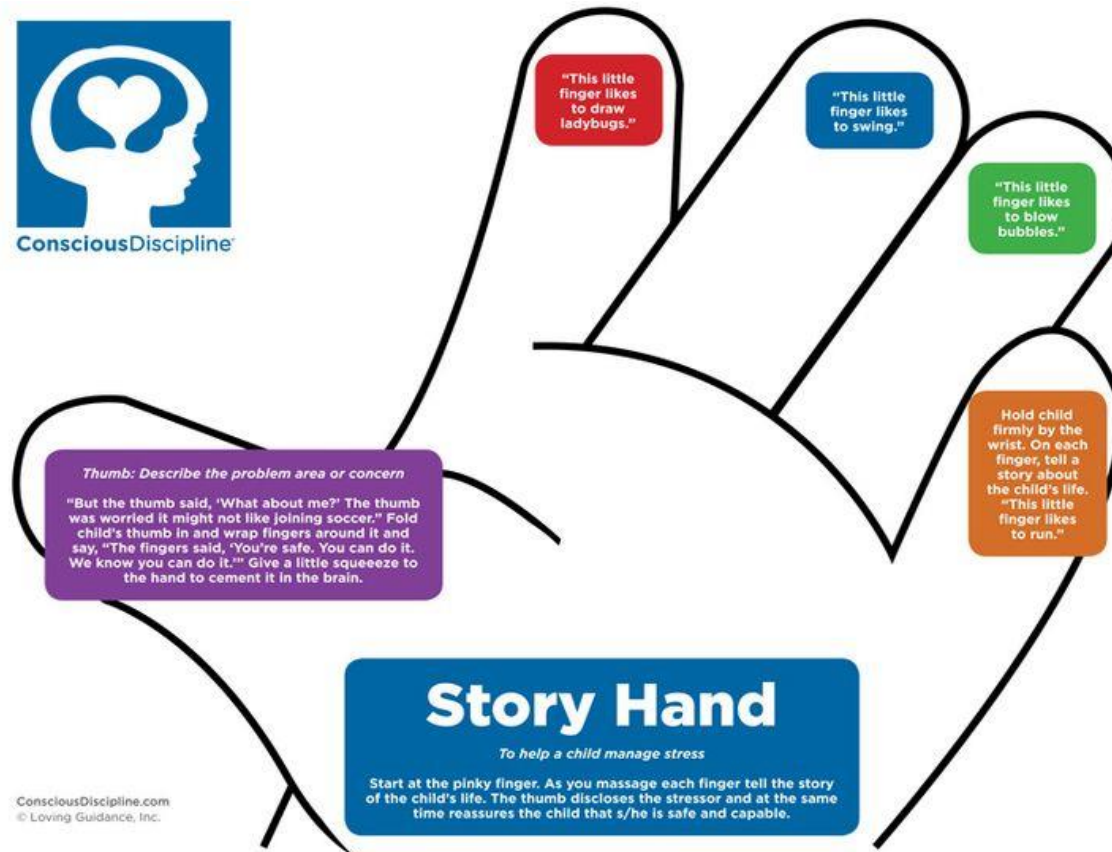
Breathe with me.

My teacher, my mom, my dad or a friend, can also put lotion on my hand. Then, I can rub it on each finger starting with my pinky, naming the people that can help me feel safe.





My teacher, parents or friends can also do a story hand with me when I feel scared. Then I can do it with my friends when they feel scared too.



If I am at school, I can get my Feeling Buddy Scared, and say “Hello Scared, breathe with me Scared, you are safe.”



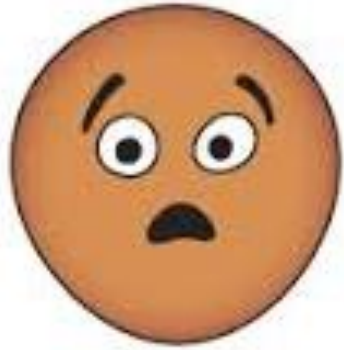
Then I breathe deeply with Scared 3 times and say: “You look so scared, you can handle this.” And I keep on breathing with my feeling buddy.

# I can also help myself feel calm by:

- Make a drawing of what I find scary
- I can choose to do a story hand with someone
  - I can choose to talk with someone
- I can choose to continue breathing deeply.



When someone feels scared in my School Family, they might look like this:



# I can be helpful by:

Wishing well



Helping in the  
safe place



Sharing a  
feeling buddy




Breathing for  
another child



“I did it! I was helpful!”



A close-up photograph of a young girl with dark skin and short hair, smiling widely and showing her teeth. She is wearing a dark blue sweater over a maroon shirt. On the left side of the image, there is a large white circular overlay. Inside this circle, there is text in a black, sans-serif font. The text reads: "Feeling scared can be hard, it might happen throughout my day. But I can handle it!!! YES I CAN!!!". Below the text, there is a short horizontal black line.

Feeling scared can be hard, it might  
happen throughout my day. But I can  
handle it!!!  
YES I CAN!!!

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