



Grade 2nd Social Emotional
Coping with Fear and Worry
April 6-10


2nd Grade Social/Emotional Lesson: [April 6-10]

Objective: There are a lot of students experiencing feelings of worries and fear. These worries and fears come from the unknown, myths or thoughts of that then scare us. If these aren't addressed they can become overwhelming and ultimately add anxiety to each day.

This lesson will help students identify the possible worries and fears they are experiencing right now. By identifying and rating them it helps each student and the adults in their lives be able to have that awareness and know the priorities of these fears. The student then can begin to work through them, communicate about the worries/fears and have a plan.

Materials: Hand out [worksheet](#) * The Worry Scale

Ask yourself: *Who in my family has ever been scared? Have I ever been scared? Do I remember a time when I was scared? What things make me scared?*

The truth is we **all** have certain things that scare  us, and that's OK. There are a lot of things going on in the world today and sometimes those things make us worry to the point of being afraid, and that is called fear. Even having to stay home and not go to school or places with other people could make someone scared. *Can you explain what fear is?*

What is fear?

Fear can sneak up on you and make you feel all weird, your heart might race and you might get that frog in the back of your throat or your stomach might feel funny or nervous. This happens a lot when we don't have control and don't know what will or could happen next.

Sometimes fear can completely overcome us and make us freeze.



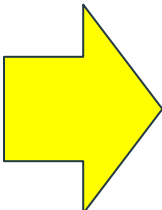
Can you think of a time that you might have felt this way?

[-Write down a few things that scare you or that you worry about. Click to view worksheet.](#)

Name: _____

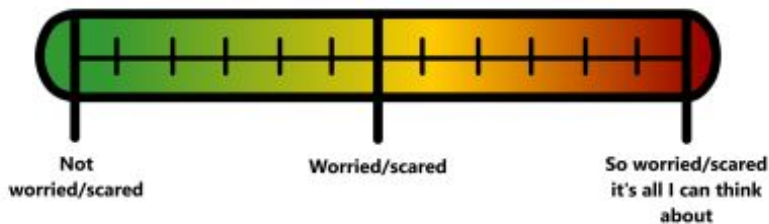
THE WORRY SCALE

Directions: In the space below, list a few things that you worried about or that you are fearful of.



- _____
- _____
- _____
- _____
- _____

Directions: Take a look at the scale below. Think about each of the things you listed above and where it falls for you on this scale.



Coping with Fear and Anxiety

Coping means...

Where do you feel your worries fall on the scale?

Example: If I wrote down that bugs scare me, I'd look at the scale, and it would fall on "little worried/scared" because they scare me but not so much where I'm really scared."

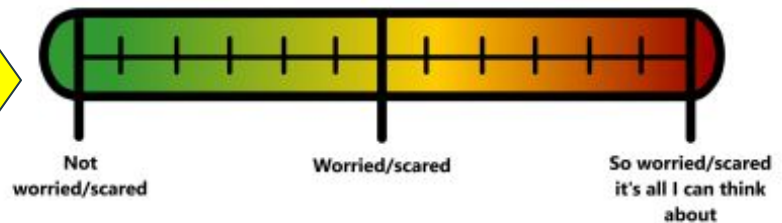
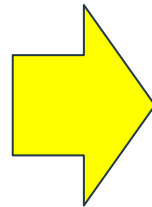
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THE WORRY SCALE



Directions: In the space below, list a few things that you worried about or that you are fearful of.

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Directions: Take a look at the scale below. Think about each of the things you listed above and where it falls for you on this scale.



Plan:

One person may be very fearful about something that another person isn't fearful of at all. **For example:** roller coasters  or snakes. 

It's ok and it's helpful to talk about our fears. Having parents, brothers and/or sisters, family members, teachers and friends are great people.

-Can you think of at least two people to talk about it with you?

By talking about what we're fearful of, making a plan to help with that fear or move past it, will make us feel better. It will also help us either overcome the fear, or it will move down that worry scale for us.

Closing:

Know that you are not alone and often many people share some of the same fears. By talking to other people it helps you feel more safe because others are aware. By having this awareness of things people know what to avoid and let others to know your boundaries or limits regarding this.

For example: fear of dogs  , allergies



Self Check

1. Was this lesson?

- easy,
- just right
- hard

2. Share with someone in your house at least one fear or worry.