



Middle School SEL Lesson

Managing Fear

Lesson: May 4-8, 2020



Learning Target:

Students will identify ways to manage fears during school closures and beyond.

Today We Are Going to Cover...

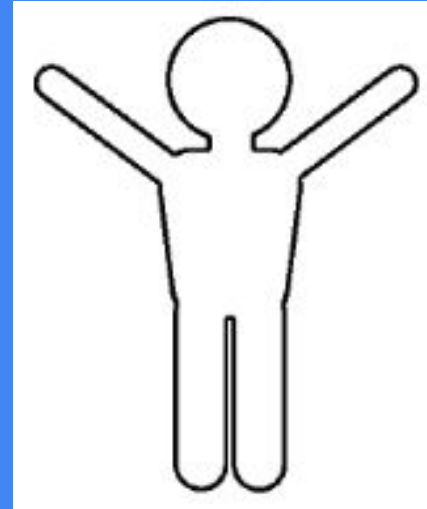
- *After this lesson you will have tools to handle your fears in a healthy way.*
- *Given the current situation with COVID19, it is important, especially now to be mindful of your mental health.*
- *Please take this time to explore your own emotions honestly.*

- What fears you may have
- When you experience fear
- How to manage your fears
- Where to find help

1) What are some things that lead you to feeling nervous or scared?

2) What do you think about when you are nervous or scared?

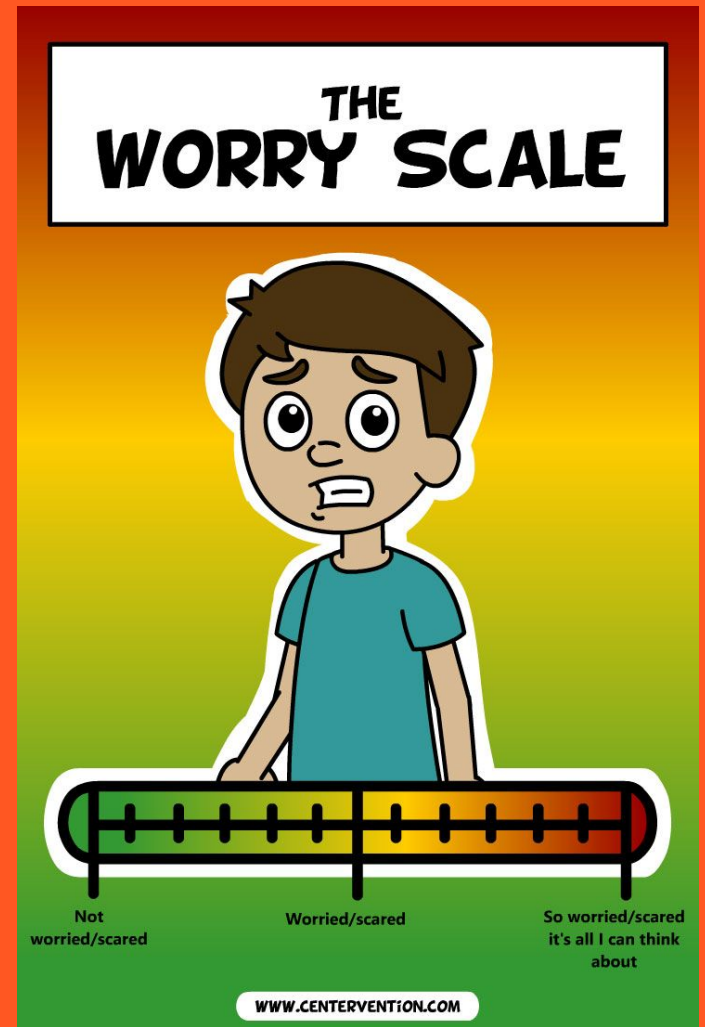
3) How does your body feel when you are nervous or scared?



4) What's something positive you can do next time you're feeling afraid?

For each fear you listed in the last slide, rate where it would go on the Worry Scale.

Reminder: Sometimes something that would make your friend worry or fearful may not cause the same reaction in you. And something that makes you fearful may not make them worry.



What to do with the worry...

- Allow yourself to sit with your fear for 2-3 minutes at a time.

Breathe with it and say, "It's okay. It feels lousy but emotions are like the ocean—the waves ebb and flow." Have something nurturing planned immediately after like doing your favorite activity or calling a friend.

- Write down the things you are grateful for.

- **Exercise.** Exercise can refocus you. You can go on a walk, practice yoga, dance, or do another favorite activity.

- Use humor to deflate your worst fears.

- **Appreciate your courage.** Showing up and acknowledging your fears will help make you stronger!



Where to find help...

Reach out to your school counselor

Disaster Distress Helpline:

Phone: 800.985.5990 or

Text TalkWithUs to 66746

Crisis Text Line: “HOME” to 74141

Suicide Prevention Lifeline 1.800.273.8255

Domestic Violence Hotline: 816.468.5463 (call)