When I am Afraid

I feel afraid sometimes.
When I feel afraid, I feel like I am in danger.
My body tells me to run or scream or fight.
Sometimes this is a false alarm, and I am not really in danger.

My body thinks there is an emergency. I am not really in danger, and I don’t need to fight or yell or run, even if I feel like I do.
My heart might beat fast and my hands might get sweaty. I might feel really shaky inside.
My body feels afraid.

It is important to remember that I can help my body to calm down.
I am afraid, but I am going to be okay.
I can calm my body by thinking about things that I like.
I can repeat words that make me feel good.
I can take slow and deep breaths.

I can listen to music. I can read a book.
I can draw pictures.
I can use a toy or putty to calm my hands.
I may need to ask to take a short walk with a friend or adult.
I try to remember that my body is okay, and I am okay.
I try to make good choices, even when I am afraid.