

## CHILD'S THOUGHTS FAMILY THOUGHTS

/hat kinds of things make ou feel Scared?	What kinds of things make you feel Scared?
Vhat does your body feel like Then you are feeling Scared?	What does your body feel like when you are feeling Scared?
Vhat could you do to make ourself feel better?	What could you do to make yourself feel better?
That could you do to make ourself feel better?	What could you do to r yourself feel better?