Preschool / Kindergarten PATHS Home Lesson 1

**Scared or Afraid and Calm or Relaxed**

**Objective:**
To explore the feelings of: **Scared** or **Afraid** and **Calm** or **Relaxed**

**Activities / Lesson:**

**Scared** is the way we feel when we are afraid that something is going to hurt us. It is a really important feeling that tells us something is not quite right, so we really need to pay attention to our hearts and inside our bodies when we feel **scared**.

When people are **scared**, their eyes sometimes open up really big and wide and their eyebrows arch up like the person in this picture. Sometimes their mouth is open like they are screaming.

Sometimes people feel **scared** of the dark or when they have a bad dream. Can you think of anything that **scares** you? ________________________________

Can you circle or color the pictures of people who look **scared**:

Can you draw a face that looks **scared** on a piece of paper? Pay attention to how you draw the eyes, eyebrows, ears and mouth on your face - all of these things can show how a person looks **scared** or **afraid**.

Questions? Ask your School Counselors:  Mrs. Beckel- Kendall: jbeckel@mtbaker.wednet.edu  
Mrs. Keskey- Acme: jkeskey@mtbaker.wednet.edu  
Ms. Losser- Harmony: hlosser@mtbaker.wednet.edu
**Calm** is the way we feel when we are not **scared** or **afraid**.

When people are **calm**, their bodies are looser, not tight. Their eyes are resting open or maybe even closed; their eyebrows are not raised and their mouth may be closed, smiling, quiet or talking in a **relaxed** way.

Circle or color the pictures of people who look **calm** or **relaxed**:

Can you draw a face that looks **calm** or **relaxed** on the other side of your other face drawing?

**Challenge:** Ask a person at home to show you their **scared** face; then ask if you can show your **scared** face. Talk about what was the same and different in your **scared** or **afraid** faces.
Now show a person at home your **calm** or **relaxed** face; then ask if you can see their **calm** or **relaxed** face. Talk about what was the same and different in your **calm** or **relaxed** faces.

**Support for Parents and Caregivers:**
At this age, it is hard for children to understand that feelings and behavior are different, but we start to explore this concept. Remind your child that **all feelings are OK**. You can emphasize that it is OK to **feel** an emotion, but what one **does** when feeling that way can either be OK, or not OK.

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