

What Can I Do When I'm Feeling Scared?

We feel scared when we are in danger or when we are unsure about doing something we haven't done before. Sometimes being scared can be exciting (like going on a ride at a theme park) but, at other times, being scared isn't a nice feeling.

Take slow,
deep breaths
until I feel
calm again.



Draw a picture
of the thing that
scares me and turn
it into something
funny.



Laugh and point
at things that
scare me.



Say very clearly
to myself 'I am
scared but I can
do this'.



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Talk to me about
I trust about
what is making
me scared.



Think about the
time when the
scary thing will
be over.



ink saving Eco

When Im Feeling Scared

Guillaume Favre



When Im Feeling Scared:

Embracing the Tune of Appearance: An Emotional Symphony within **When Im Feeling Scared**

In a global consumed by monitors and the ceaseless chatter of quick transmission, the melodic splendor and emotional symphony created by the published word frequently fade into the background, eclipsed by the persistent sound and disruptions that permeate our lives. However, located within the pages of **When Im Feeling Scared** a stunning literary treasure overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, that fascinating masterpiece conducts viewers on a psychological journey, well unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the poignant evaluation, we shall investigate the book is main harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

https://ftp.thebrandexperience.com/results/browse/Documents/framework_nutrition_guide.pdf

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