

I AIN'T AFRAID OF NO GHOST!

OVERCOMING THE THINGS THAT SCARE YOU WITH SOME SPOOKY FUN!



Grade: K+

Month: October

Lesson Focus and Goals:

October is all about the spooky and creepy things that go bump in the night, but sometimes there are things in real life that give us a big fright. Whether it's something in a movie, an action we have to take, or even just our own imagination, it's easy to get a little scared some times. But we don't have to be ashamed to be afraid. Fear is a natural emotion that helps us know when we are in danger or when something may not be right. It's important to recognize our fears in order to learn to face them.

Materials Needed:

- Tissues
- String
- Black Marker
- Alternative - Use the Ghost template printable

Learning Objectives:

- What does it mean to be afraid?
- How can we use our fear to help make us stronger?
- What does being brave look like?
- How can you be brave when you are scared?

Structure / Activity:

Step One: Take a tissue from the box and roll it into a ball. The tighter the better.

Step Two: Place the rolled up tissue into the middle of a second tissue.

Step Three: Twist the outer tissue around the balled up tissue to form your ghost's head.

Step Four: Using the string, tie just below the ghost's head, letting the bottom flow free.

Step Five: With your marker, draw eyes and a mouth to give your ghost a face. It can be happy, sad, scary, angry, whatever you decide.

Step Six: Use the string to hang your ghost up around the house.

Step Seven: Make more ghosts!

**** A great idea is to have kids write things they are afraid of on the tissue they are going to roll up. If they are willing to share, talk about why they are afraid of that thing, and how they might defeat those fears. After they create their ghost, you can tell them that they are setting the fear free and can use this as a way to talk about that fear passing on.**

Take Aways:

While scary movies and haunted houses can be fun, real fear can sometimes be too much to handle. It's important to remember that in times when you feel overwhelmed by your fears that there are things you can do to help find your peace. Try taking a deep breath, seeking out a space where you feel safe, discussing your fears (even if you don't feel like you have the words to express it), or finding a way to ground yourself as best you can with something you feel comfortable with. It's okay to take all the time you need to describe, face, and overcome your fear. And remember that being brave doesn't mean you aren't afraid, it simply means you keep going even when it seems hard. Sometimes that just means putting one foot in front of the other. Don't let your fears haunt you, you have the power to bust those ghosts within you! Just give it a try!



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