



## FAMILY TIME FUN

DESIGNED TO HELP FACILITATE FAMILY DISCUSSION

- What are you most afraid of?
- What are you afraid of losing?
- What are you afraid of seeing?
- Do you know anyone who is fearless? If so, who?
- How is it good or bad to be fearless?
- At what time of day do you feel the most fearful?
- How can you help someone who looks afraid?
- What makes you feel better when you are afraid?

OCTOBER 2020  
FEARS AND TEARS

### WORRY BOX ACTIVITY

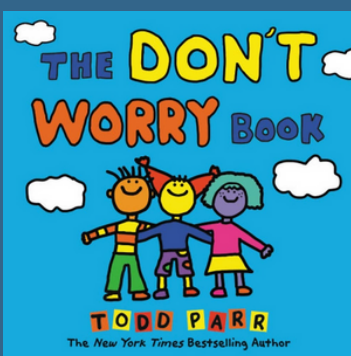
Supplies: old shoe box or tissue box, strips of paper, markers/pens

Let the kids decorate the box with whatever supplies you may have around the house. You can let them each create their own or create one for the family to share.

The box is a place that your kids can put their worries and move on with their day, hopefully feeling more calm and free.

It is also a great way to keep worries and fears anonymous if somebody in the family doesn't want to express them out loud.

## BILLY'S BOOK CORNER



A COLORFUL, ENCOURAGING BOOK THAT REASSURES KIDS EVERYWHERE THAT EVEN WHEN THINGS ARE SCARY OR CONFUSING, THERE'S ALWAYS SOMETHING COMFORTING AROUND THE CORNER.



# Table Talk

When everyone is together, ask each person what they have done in the past that they were afraid to do. You can follow up asking how they got through that situation and if anyone helped them get through it. You can also discuss how they felt after it was over and if they would be worried/afraid if the situation presented itself again.

Another discussion you can follow up with is asking what you are afraid of for the future and help each other out with ideas of how to potentially get through that fear.

By asking these questions and having these discussions, you can confirm your kids belief that you will help them through tough times.

It is also a great reminder to children that adults also have worries and fears, but they aren't afraid to ask for help when they need it.

