



Everybody Feels....SCARED!

Written by Moira Butterfield

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NOVEL STUDY

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SUMMARY

The book is split into two stories about a boy and a girl who are scared. Omar is scared to start school and Chloe is scared to do a 'show and tell' for her class. They are kind to each other and help each other to feel better. The book talks about the different reasons that people feel scared and the way that being scared feels inside.

CHARACTER REVIEW

Omar

Chloe

SEL THEMES IN THE BOOK

- Feelings – scared, happy, calm
- Friendship
- Self- control

STUDY QUESTIONS

PAGES 4 AND 5

- **Can anyone think of a time that they felt scared?** If the children are unable to share, staff can use an example from their observations in the setting or share a personal example.
- **Is 'scared' a comfortable or uncomfortable feeling?** Refer to the Feeling Face cards.
- Re read the description from page 5. **What could you do if you begin to feel this way?** Elicit discussion from the group and praise all answers. Remind children of the Turtle technique if none of them have mentioned it.

PAGES 6 AND 7

- **Look at Omar, he is holding his stomach because the scared feelings are going round and round in his tummy and his face looks scared. Can you show me what it looks like to be scared?** Praise the children for their efforts.

PAGES 8 AND 9

- Draw the children's attention to page 8. **Omar looks really scared on his way into school. Someone else looks scared in this picture too, can you see who it is?**
- Draw the children's attention to page 9. **What do you notice about Omar's face now? Has it changed?**
- **How do you think Omar is feeling?** Refer to the Feeling Face cards for support.

PAGES 10 AND 11

- **Chloe was very kind to share her lucky toy with Omar. She was a good friend.** Refer to the *What Friends Do* poster.
- **Does anyone have a lucky toy or a favourite toy that always makes them feel better?** Encourage the children to share with the group. Staff can share their lucky items too.

PAGES 12 AND 13

- **Look at Chloe's face, she is scared. Her lips are closed and tight, her eyes are wide and she's holding her stomach because the scared feelings are going round and round. Let's pass a scared face around the circle.** Ask a confident child to demonstrate a scared face to the rest of the group. The children then take it in turns to turn to the child next to them and show them a scared face. Encourage the children to look closely at each other's facial expressions.

PAGES 14 AND 15

- **Chloe was so scared about talking in front of the class that she couldn't get to sleep. Have you ever felt like this?** Staff to give examples if the children are unable.
- **What was scaring you so much that you couldn't sleep?**
- **What could Chloe have done to help her sleep?** Encourage the children to think of ideas. Discuss the Turtle technique.



- Omar told Chloe, “you will be great!” That was a really kind thing to do.

PAGES 16 AND 17

- **Once Chloe remembered that she had Beebee in her pocket, her feelings changed. How can we tell?** Use the ‘scared’ and ‘happy’ Feeling Face cards to demonstrate the change in Sophie’s facial expression and feelings.

PAGES 18 AND 19

- **Omar and Chloe helped each other. When was the last time one of your friends helped you?** Staff to help children by giving examples from their observation in the setting – ‘Jo, you were feeling angry earlier because you were told to wait for your turn on the bikes. George helped you to feel better by sharing his cars with you.’
- **Look at Omar’s and Chloe’s faces here, do you think that they still feel scared?**

PAGES 20 AND 21

- These pages are useful for recaps before completing activities related to the story.

PAGES 22 AND 23

- **These definition pages are useful for older children.** For an activity you could read some of these definitions and ask the children to act them out as you read them.

PAGE 24

- **This page is full of fantastic activity ideas from the story.**

ACTIVITIES

- Make a worry doll/ object
- Make calming mobiles to hang over beds to aid sleep
- Read stories where a character is scared
- Draw/ paint happy pictures for the children to keep and look at when they are feeling scared