



## Fear Factor

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If a friend is feeling afraid, are you able to recognize it?

# Empathy

Recognizes & Manages Own Emotions & Recognizes the Emotions of Others

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**Mindfulness Principle:** Put It in Neutral

**Skill Focus:** Acknowledge when others show signs of fear and mistrust.

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- 1 • Think about how your body feels when you're afraid or unsure about something or someone. What happens? (Provide examples such as feeling shaky, a racing heartbeat, or sweaty palms.)
  - It's important to remember that everyone becomes afraid sometimes.
  - Why is it important to acknowledge when people are afraid of something?

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- 2 • Close your eyes and imagine you just got a new pet that you're really excited about and can't wait to show a friend.
  - As your friend meets your new pet, you notice that they are keeping a distance from the pet and seem fidgety.
  - How do you think your friend is feeling? What can you do for them?

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- 3 • Open your eyes. What did you do when you noticed how your friend was feeling? Why is it important to be aware when someone is nervous or fearful?
  - Remember that we're all afraid of different things. There will be times when you feel calm or brave, but someone else may feel unsure or fearful. Acknowledging when others show signs of these feelings can help keep people safe, respect their boundaries, and try new things on their own terms.