



## Goal

Sometimes we have a difficult time understanding why we are afraid. When asked why, we might simply answer, "because it's dark," or perhaps even "I don't know." Your family can help each other by further exploring what might be scary to them about these things. This will help "shed a light on our fears."

# Bringing Fears to Light

If you were in a dark room and it scared you, what would you do?

You could turn on the light, so you could see if something were really there. "Shining a light on" (or talking about) scary things can help make them less scary.

If something scary were to really happen, how would you react? What would happen next?

Who are your support people? Do you think these people could help you when you are scared? How could they help?



## Supplies Needed

Paper  
Writing Utensil (Pen, Pencil, Markers or Crayons)

## Time Needed

Approximately 20-30 minutes

## Conversation

- What is something you are scared of?
- Do you get scared at night, or certain times of the day?
- What is something you can do that helps you when you feel afraid?
- Share as a family some things you are scared of
- Discuss ways to find out what makes your family members feel better when they feel scared.

## Instructions

1. Draw a picture of something that makes **you feel scared**. (For older children and adults, consider drawing what 'fear' looks like to you.
2. Draw a picture of something that makes **you feel better**. (For older children and adults, consider drawing what 'comfort' and 'calm' look like to you.



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