



Name: _____

Class: _____ Date: _____

Know Your Fears!

An activity of "COVID-19: Waiting for better days"

Everyone is talking about COVID-19 (see page 1, 6 and 7 of *What's Up* March 2020). Many people feel afraid of this coronavirus because it is new to humans. Having some fear of a pandemic is understandable. However, even when all is well, many kids still have fears of one kind or another.

Do you know what your fears are? And, what can you do about them? Artist Linda Yew says that we can learn a lesson from turtles! View her art and read her advice on page 24. Then, do this activity to help you to know your fears. Let's start with your life at school.

1) Do you have any fears about your school life?

Some examples are given here. You may add your own to this list. Then, rate six of your fears with 1 being the scariest, and 6 being the least. If you have no fears at all about school life, then ask a friend about his or hers and rate your friend's responses.

<input type="checkbox"/> Sitting for a test <input type="checkbox"/> Performing in front of your class <input type="checkbox"/> Taking your final exams <input type="checkbox"/> Doing group work <input type="checkbox"/> Forgetting to do an assignment <input type="checkbox"/> Being called to the Principal's office	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
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2) Explain why the top three fears are rated the scariest.

3) What are your fears related to the COVID-19 pandemic? List them here.

4) How can you overcome the fear(s) you have just described?

Having a little fear is a normal part of life as long as you can handle it. If you or someone you know cannot cope with fears, talk to a parent, teacher or any other trustworthy adult about it.

You can also talk to Tinkle Friend by calling 1-800-2744-788 or chatting online at <https://www.tinklefriend.sg/>. Tinkle Friend is a free helpline by the Children's Society for primary school kids in Singapore.