



## “Head-lines” Episode 3: Phobias

### Conversation starters

Hey, adults! The “Head-lines” crew wants to make it easy for you to keep the conversation going after watching this week’s episode about phobias. Here are some questions you can ask to stimulate further dialogue between you and your kiddos.

Please note: If this is the first time you’re having these conversations as a family, be kind to yourself -- it can be hard to get our kiddos to open up. It’s OK if they’re hesitant at first. But over time and with practice, we hope that your family can build trust, develop productive ways to share more about mental health and grow closer. After all, we’re all fronds here!

### Questions

- Can you remember a time when you did something, even though you were scared? What did you learn from that?
- Why is it important for us to acknowledge when our friends or family members are scared?
- How would you talk to a friend who was feeling scared about something? What do you think are some nice ways to ask if a friend is scared?





## Let's get crafty!

### Draw those feelings

Together, as a family, draw what your fear looks like. Is it a big scary blob? Or a little mean shrimp? What color is it? What does its nose look like? Its feet? Is it fluffy? Shiny? Get as creative as you want. And feel free to draw other feelings too, like anxiety, anger or sadness.

Then, as a family, talk about what it feels like to see your fear(s) and other feelings in front of you. What do you want to say to your fear?

### Safety notes

Grab some note cards or quarter-size pieces of paper and have each family member write phrases and images that make them feel safe. Maybe it's a friendly dog with the words, "You are safe." Or some nice flowers that remind you of your grandma's garden. Decorate your cards and keep them handy -- maybe stick them on the fridge or a mirror somewhere -- to remind you when you're feeling scared of what helps you feel safe. or the receiver of the kit.