



# WHAT'S THE WORST THAT COULD HAPPEN?

SHYNESS AND SOCIAL ANXIETY

# Discussion Questions:

1. Kayla's throat gets scratchy, her tummy gets wobbly and she can't think of anything to say when she gets to the cafeteria. How is Kayla feeling? Have you ever felt like Kayla?
2. Why did Kayla hide in the washroom until gym class was over?
3. Kayla imagines that her brother tells her to take a deep breath and stay calm. Have you ever been in a situation in which taking a deep breath and staying calm helped you? What happened?
4. How do you think Kayla felt when Naomi gave her the invitation to her party?
5. At the party, Kayla's heart slowed and she forgot about being scared. Why? Have you ever felt worried about going somewhere and then felt better once you were there?
6. Kayla was really nervous about singing in front of everyone at the party, but she really wanted the toy for Eric. Do you think you would have gotten up to sing? Why or why not?
7. How do you think Kayla felt after she sang with Naomi and got the toy for Eric? Have you ever been brave and done something that scared you? How did you feel after you did it?



# Related Activities:

1. Draw a picture of how you feel when you see a group of new people.
2. Make an invitation to have lunch or play with you at recess. Give it to someone you see sitting or playing alone.



# Worksheets:

1. Kayla's grandma says, "Face your fear, Kayla. What's the worst that could happen?" Think of one situation that is really scary to you and makes you feel worried. Now, use the chart to write down the worst things that you think could happen on one side. On the other side, write down the opposite, which is best thing that could happen. Compare the two sides. Do you think taking a risk is worth being worried or anxious about what could happen? Why or why not?
2. Match the situations that Kayla are in to how she deals with them. Put a star next to the reactions that show her being brave.
3. It is completely normal to feel worried or anxious in new situations. Give a list of different strategies to use when in a new social situation. Give different scenarios and decide which strategy you would use for each situation.

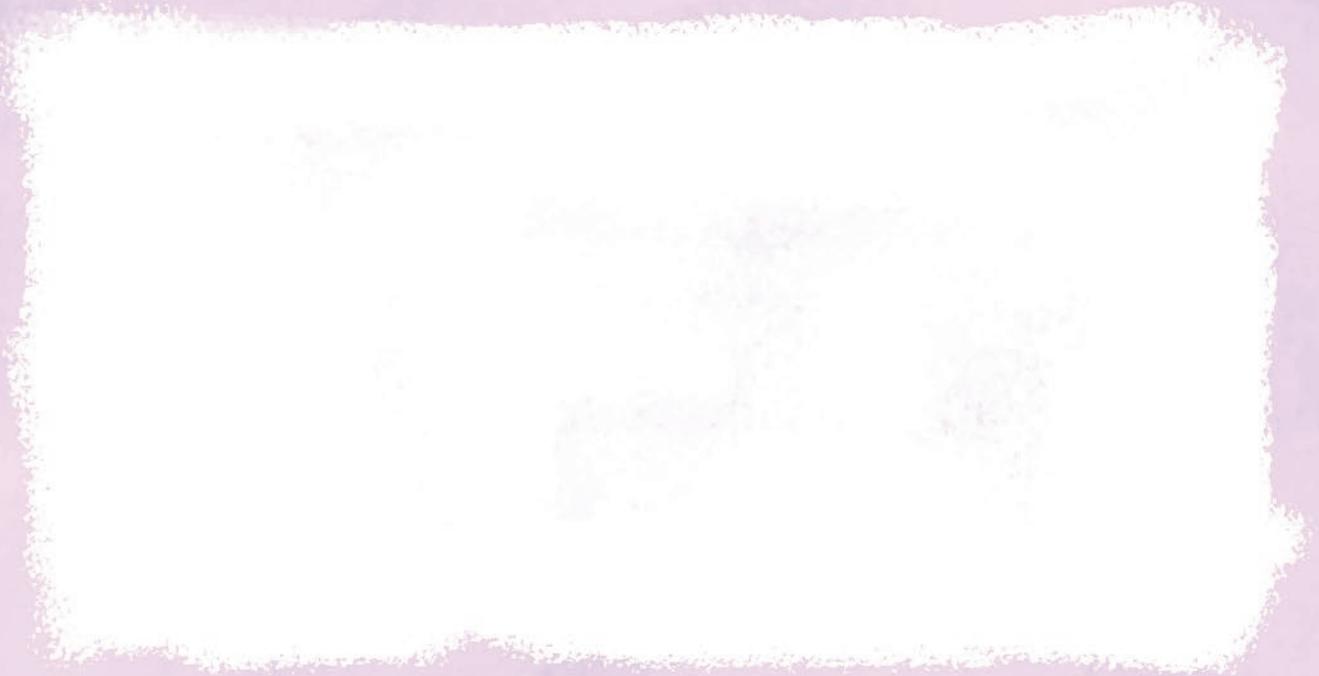
# Face Your Fear

Kayla's grandma says, "Face your fear, Kayla. What's the worst that could happen?" Think of one situation that is really scary to you and makes you feel worried. Now, use the chart to write down the worst things that you think could happen on one side. On the other side, write down the opposite, which is best thing that could happen.

This is what makes me scared or worried:



## The Worst That Could Happen



## The Best That Could Happen



Compare the two sides. Do you think taking a risk is worth being worried or anxious about what could happen? Why or why not?

# Matching

Match the situations that Kayla are in to how she deals with them.  
Put a star next to the reactions that show her being brave.

Kayla walks in to the cafeteria and tries to decide where to sit to eat lunch. Her throat got scratchy and her tummy got wobbly.

Mr. McQuillan told the class to find partners to practice bumps and serves.

Naomi walked up to Kayla at school and gave her an invitation.

Mrs. Lau told everyone at the party that whoever sings "Somewhere over the Rainbow" wins the toy that Eric wanted.

Kayla hid in the washroom until gym was over.

Kayla asked Naomi to sing with her.

Kayla found an empty table and sat alone.

Kayla smiled a tiny smile and picked up her head and glanced at Naomi.

# New Situations

It is completely normal to feel worried or anxious in new situations or around new people. Below is a list of strategies that you can use to help you. Read each of the different scenarios and then decide which strategy you would use.

## Strategies:

- ➡ Try even though you are scared
- ➡ Practice
- ➡ Take a deep breath
- ➡ Bring someone with you

1. You signed up to play soccer. When you get the list of people on your team, you realize that you do not know anyone. You don't think you want to play anymore.

What strategy could you use?

2. It is the first day of third grade. You have been going to the same elementary school since you were in kindergarten, but you are still really nervous.

What strategy could you use?

3. You want to deliver an invitation to your friend who lives down the street, but you have never gone down the street by yourself and you do not know who is going to answer the door.

What strategy could you use?



4. You were invited over to a friend's house. You have never been there before and are really nervous about going alone.

What strategy could you use?



5. You have been doing research and now you have to tell your class about what you learned. You are really nervous and don't want to do it.

What strategy could you use?



# What Would You Do?

It is completely normal to feel worried or anxious in new situations or around new people. Read each of the different scenarios and then decide what you would do.

1. You made a new friend in school and your new friend invited you over for a playdate. You want to go play with your new friend, but you are really nervous about being there alone.

What would you do?



2. Your parents are going out for dinner and they are leaving you with a babysitter. You have met the babysitter before, but you are still really worried about your parents being gone.

What would you do?



3. You are invited to the birthday party of someone in your class. You have never been to the place where the party is and you do not know what types of activities you will be doing. You are feeling really anxious about going.

What would you do?



4. You signed up to play soccer. When you get the list of people on your team, you realize that you do not know anyone. You don't think you want to play anymore because you are really nervous about going.

What would you do?



5. Your teacher asked you to bring some papers down to the office and ask for some papers back. You are worried that you are going to forget what to say and you have never talked to the people in the office before.

What would you do?

