

QUESTIONS FOR PERSONAL REFLECTION & GROUP DISCUSSION

1. Think about a time when you have been frightened or scared. Who/what made you feel better? What did they say or do?
2. List and reflect on 5 different strategies you have used in the past when responding to children's fears.
 - a. Are these strategies effective?
 - b. Which strategies help to acknowledge children's feelings and make children feel heard?
 - c. Which strategies may belittle a child's fear?
 - d. Which strategies seem to genuinely reassure and support the children?
 - e. Which strategies just distract and redirect the children's attention?
3. As a team, discuss ideas for how you can avoid the urge to just jump in with suggestions, reassurance and redirection when a child expresses fear.
4. Reflect on and discuss what happens when we try to stop and listen more? Why is it hard to do? What might make it easier?
5. Practice with role-playing! Break into pairs and take turns being the child and educator. Act out some of the following different scenarios and practice responding to a child when they are afraid.
 - a. A child who is afraid of a thunderstorm.
 - b. A child who doesn't want his/her parent to go to class.
 - c. A child who is scared of a bug.
 - d. A child who is scared of getting dirty.
6. Together, list three key points from this tutorial and team training that you would like to do in your program in the future.

