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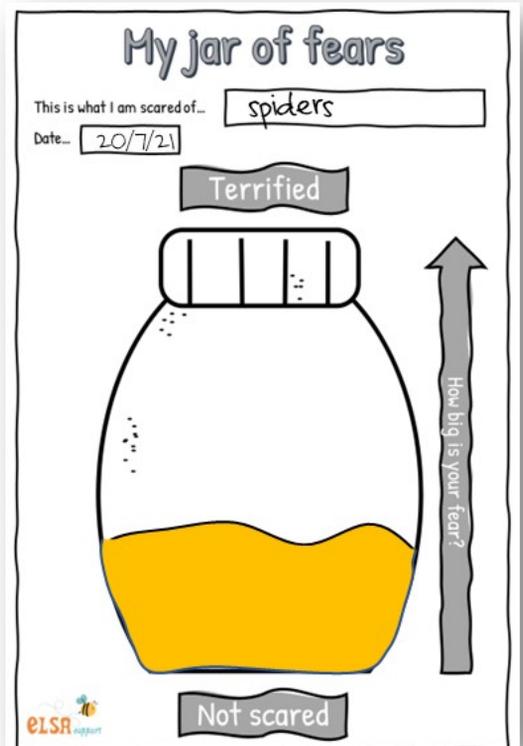
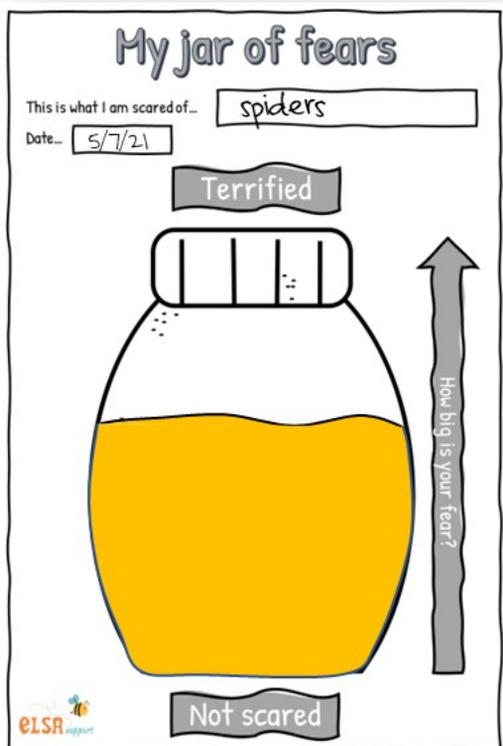
Jar of fears

This is a great visual tool for pupils to visualise and scale their fear(s).

Ask them to write what they are afraid of in the box. Then ask them how big is that fear? They can draw a line across the jar and colour it in.

When you have worked with them on that fear you can then do another jar to measure the progress that has been made.

The second sheet is for monitoring lots of fears. The pupil can put up to six fears they may have.

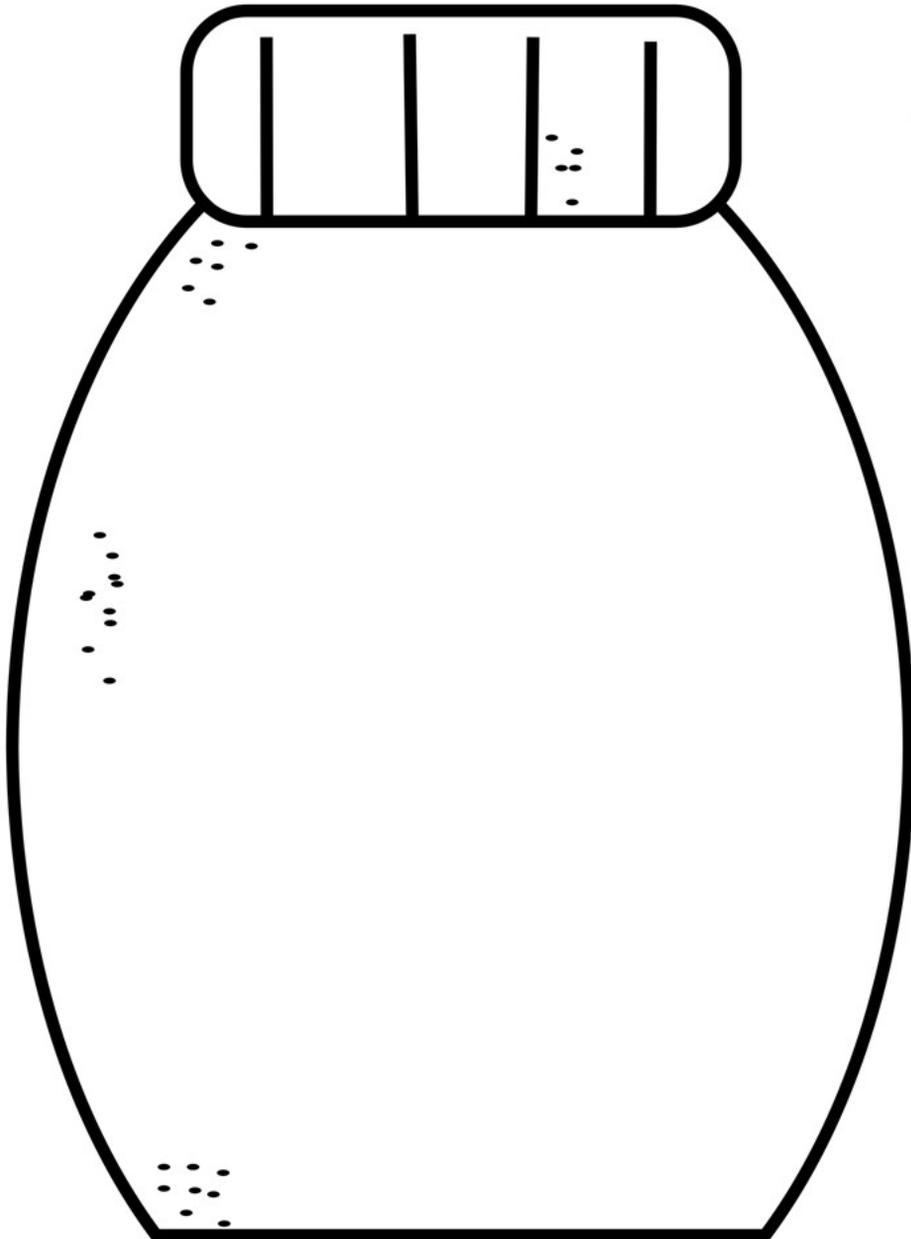


My jar of fears

This is what I am scared of...

Date...

Terrified



How big is your fear?

Not scared

My jars of fears

Date...

This is what I am scared of...

