



Fear and Anxiety 3: Finding Peace and Overcoming Fear



Opening Affirmations

Before we begin our Soul Talk, we want to remind you that we are coming together to learn from one another. This means that this is a safe place to share our ideas and questions. Please take the hand of the person to the right and left side of you and share one of two possible affirmations.

“I am happy to share my ideas with you.”

[or]

“I respect and honor you and your beliefs.”

The Heart of the Soul Discussion: Finding Peace & Overcoming Fear

[Facilitator’s Note: While we do not want to shy away from facing fears, we also do not want to introduce new fears. This is a Soul Talk where we highly recommend letting the children provide you with the answers. If you wish to use some of the ones we have provided, please do, but do not feel like you need to read every single one out loud to the children present.]

1. Now that we can recognize fear, it is important to figure out different ways we can push through that fear and anxiety to find a feeling of calm or peace. This can sometimes feel very hard to do. Can you think of any activities that help you feel calm or bring you peace?

[Go around the circle and have everyone take a turn answering the question]

- Perhaps you feel peaceful and calm through art.
- Some people may want to draw, write or color
- Being active can help people feel calm.
- Some people may like to go for a walk or a run
- Talking about their fears may help some people feel a sense of peace

- Focusing their brains on something else, like music, a puzzle, singing or dancing can also help
- People may take some deep breaths and/or follow a meditation which can be soothing
- Sometimes closing your eyes and laying down can help a person feel calm

2. Another way to overcome fear is to meet each fear with something you are grateful for. This moves your brain through the fear and into a place of gratitude. What are some things you feel grateful for?

[Go around the circle and have everyone take a turn answering the question]

- Family
- Learning new things
- Friends
- Play and/or games
- Animals
- Food
- Nature
- Books

3. When faced with imagined fears, it can feel really hard to lessen the anxiety we may feel. One trick to fighting anxiety is to trick your brain into thinking about something else. Can you think of any things you can do to help your body not feel as anxious?

[Go around the circle and have everyone take a turn answering the question]

- To get their mind away from being anxious, some people may look for 4 colors in the room they are in
- Staying hydrated is important when dealing with anxiety. Drinking a glass of water can really help
- Counting backwards can help your body feel less anxious Slow deep and steady breathing is something that is often recommended and practiced
- Some people feel less anxious after saying their fears or emotions out loud and talking about it with a friend or adult

Activity - Option 1: Play With Your Fears

Materials Needed:

The puppets made from the last activity

Directions:

- Using the puppets from last week, let the children experience free play -- making up their own stories and situations.
- If you need some help getting the play started, feel free to initiate the conversation with one or two of the following prompts:
 - What's your name? (Naming their fear could be very helpful)
 - What do you like to do for fun?
 - How are you?
 - Did you know that you're disappearing?
 - What scares you? Is it real or imagined?
 - What do you love?

Follow Up Discussion:

How did it feel to play with your fears? Did they still seem scary to you? Taking our fears and turning them into something funny or silly or even beautiful can really help us not feel overwhelmed by them. One of the sure fire ways to combat fear is through laughter. Next time you feel scared, try picking up your puppet and playing a bit or having a conversation.

Option 2: Story Time

[In order to complete this activity, your group will need a copy of one of the suggested books. Our library has a collection of books dedicated to each Soul Talk which is updated constantly! You can visit our library at the link below. Search for the Fear & Anxiety section.] https://spiritualplaydate.com/spiritual_playdate_library

Since our Soul Talk was about *Finding Peace and Overcoming Fear*, we are going to read a book out loud. As you listen, start to think about how this story relates to what we just spoke about.

Calming Exercise - Meditation:

[Invite the group to find a relaxing position, take a mat or towel, if you are working on a hard floor. They may sit or lie down to be comfortable. Speak slightly slower in a soft, soothing tone throughout, pausing briefly between sentences. You may play soft,

instrumental music in the background while reading the meditation script]

Welcome to our Meditation Time: The time where we relax and connect to the spirit in and around us. I invite you to lie down on a mat or towel and make yourself comfortable. Quietly do that now. *[Wait until the group is settled, then read the meditation script]* Close your eyes and let your muscles relax into the floor. Take a slow, deep breath in, all the way down to your belly ... you feel your belly rise as you think 1, 2, 3. Feel your belly fall as you slowly breathe out, thinking 1, 2, 3. Breathe in — 1, 2, 3 ... breathe out — 1, 2, 3. Keep breathing in and out, slowly and steadily.

All people feel fear at some time in their lives. Fear is a very normal feeling. But we don't want to spend our lives in fear. So that is why it's important to learn how to deal with fear and to leave it behind. *[Pause.]* Whether we're having a realistic or imagined fear, there are many ways that we can peace and calm again. Think about a time that you were fearful and how you got through that rough time. *[Long Pause.]* However you got through it, you found that fear doesn't last forever ... that there is peace on the other side. How did you get to that place of peace? Did you talk it out with a friend or family member? Maybe you got your mind off your fear by drawing, listening to some happy music, or dancing. Or maybe you got quiet, like you are now, and just closed your eyes and relaxed. Think now about how you found your way back to peace. *[Long Pause.]* Think if you have ever used gratitude to let go of your fears. Have you ever imagined a cute animal, a rainbow, or a yummy piece of candy to get your mind off your fear? *[Pause.]* There are so many ways to release fear. Taking your mind off your fear is one way. You can take in deep breaths like we do when we meditate ... or shake your hands out to shake the fear away. You can also tell your fear that it has no power over you and that you are free of it. Or just get silly and laugh your fear away. *[Pause.]* Whether you talk to someone about your fear or just know that you are stronger than your fear ... you can get back to feeling peaceful and calm. Remember that fear is just a passing thing ... and it will be gone before you know it. You will be happy and feeling good again. *[Pause.]*

Now let's take one more deep breath in — 1, 2, 3. And one more deep breath out — 1, 2, 3. Now slowly open your eyes and slowly roll to the side and sit up to end our time of meditation.

[Optional: Turn off music] [Optional: Say: Please return your cushion to its starting place]

Closing - Choose One:

Closing Affirmation - Option 1:

Turn to the person to your right, look them in the eye and say "I am happy I could share this time with you and hear about your beliefs."

Closing Prayer - Option 2:

The light of god surrounds us
The love of god enfolds us
The power of god protects us
The presence of god watches over us
Wherever we are, god is and all is well!