



PRE/POST TEST



1. LIST 4 DIFFERENT EMOTIONS WE CAN FEEL:

2. WRITE 3 CHANGES OUR BODY GOES THROUGH WHEN WE' RE SCARED:



3. LIST 4 PEOPLE WHO CAN HELP WHEN YOU' RE SCARED:

TRUE OR FALSE

4. IT IS OKAY TO KEEP A BAD SECRET.

5. SHARE A TIME WHEN YOU WILL NEED TO GET PERMISSION TO DO SOMETHING.

6. WHO IS THE BOSS OF YOUR BODY?

