

I FEEL SCARED



Feelings & Emotions

This adapted book teaches about feeling scared. Scared is a feeling a person has when something feels unsafe or frightening.



Scared



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HOW TO USE THIS ADAPTED BOOK

What is an Adapted Book?

This adapted book is a hands-on learning tool designed for children with special needs.

It uses simple pictures, labels, and short sentences to support understanding, communication, and independence.

Adapted books help students:

- Build functional vocabulary
- Improve comprehension
- Practice making choices
- Increase attention and engagement
- Follow routines and expectations

How this book supports the student:

- Each page presents one clear idea only
- Pictures support understanding of the text
- The student interacts by choosing and placing pictures
- Repetition helps with learning and routine building

Differentiation Note:

This adapted book may not fully align with your student's routine or current learning goals. Please feel free to edit this resource according to his or her learning needs.

HOW TO PREPARE THE BOOK

PRINT

- Print pages 3 to 9 using A4 paper
- You may print it on regular bond paper or cardboard.

CUT AND LAMINATE

- Cut each page neatly
- Cut out all mini pictures
- Laminate all pages and mini pictures

BINDING OPTIONS

OPTION 1: Wire Binding (Recommended)

- Use a wire or coil binding machine
- Bind the pages on the left side

OPTION 2: Ring Binding

- Punch one hole on the upper left corner of each page
- Use a loose ring or ring binder

VELCRO SETUP

- Add soft Velcro to the back of each mini picture
- Add rough Velcro to the designated answer spaces

BASE PAGE (LAST PAGE)

- This page holds all Velcro-backed mini pictures
- Remember to replace the word "student" with the student's name to add personalization.



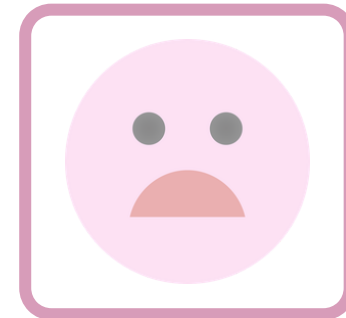
I FEEL SCARED



Feelings & Emotions

This adapted book teaches about feeling scared. Scared is a feeling a person has when something feels unsafe or frightening.

Scared means I feel afraid.



My body may feel shaky when I feel scared.

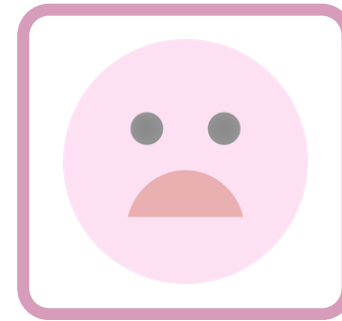


When I hear loud thunder,



I feel scared.

When it is very dark,



I feel scared.



When I see a big dog
barking loudly,



I feel scared.

When I am in a high place,



I feel scared.

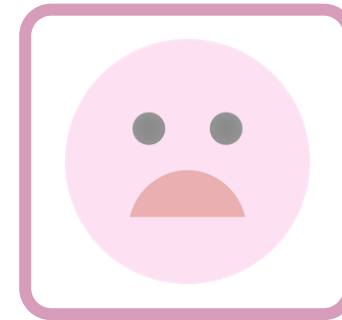


When I get lost,



I feel scared.

When I see a large spider near me,



I feel scared.



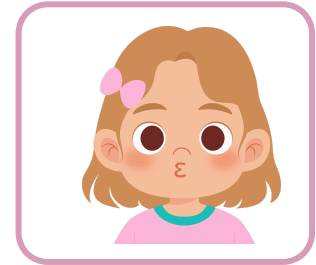
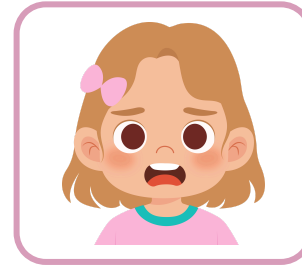
When someone jumps out and says "Boo!",



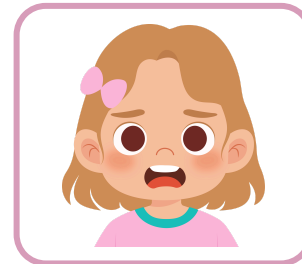
I feel scared.

? Comprehension Questions:

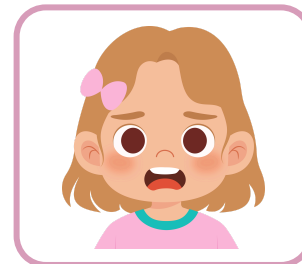
1. What feeling means I feel afraid?



2. When I hear loud thunder, how do I feel?



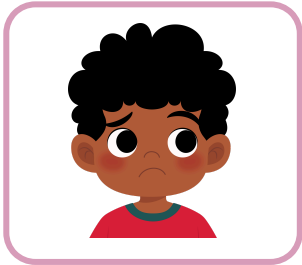
3. When it is very dark, how do I feel?





? Comprehension Questions:

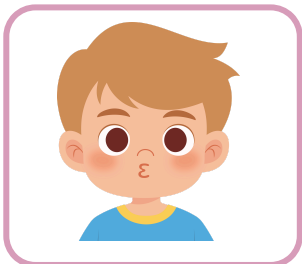
4 . When I get lost, how do I feel?



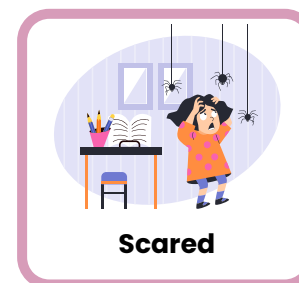
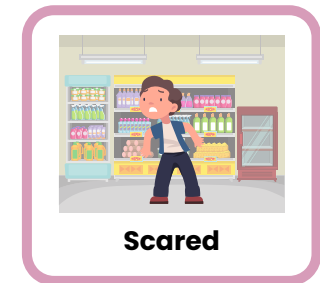
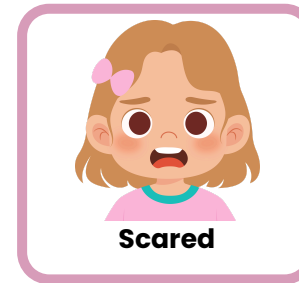
5 . When I see a large spider near me, how do I feel?



6 . When I see a big dog barking loudly, how do I feel?



Mini picture choices :



**GOOD JOB,
STUDENT!**



I know when I feel
scared!

