

# FACE YOUR FEARS



PARENT ARTICLES, CONVERSATION STARTERS, AND ACTIVITIES

# LETTER TO PARENTS

Dear Parents,

Isn't it just amazing to see what our children can accomplish when they put their mind to something and go for it! Sometimes, though, fear can get in the way. It's up to us as parents to prepare our kids to face their fears when they want to do something and their mind is just getting in their way.

Our children feel fear when there isn't any real danger. It's usually fear of failure or being judged by others. They should thank their brain for warning them, but push past that fear and do it anyway!

There are so many opportunities in life that they can miss if they let fear stop them from trying something new. We should teach our children to not let the fear of failure stop them from being adventurous. While they might fail, they might succeed! It could turn out to be amazing! But they'll never know unless they try.

We hope you enjoy these parent articles, children activities, family dinner table conversation starters, and extra resources about facing your fears.

—The Tuttle Twins team

PS: This content is from the October issue of our *Tuttle Times* magazine. You can access the full issue when you sign up for our Plus Pack.

## SUBSCRIBE TO THE TUTTLE TIMES

### Did you know we have a monthly magazine?

Your children can have our fun and educational magazine sent to your home each month. It includes a Tuttle Twins short story, articles, activities, and more! You'll have access to a Parent Guide PDF that gives you family dinner table conversation starters and a bonus parent article.

And, for even more fun, sign up for our Plus subscription. You'll receive an extra PDF (emailed to you or accessed online) with more activities, more articles, and writing prompts! Plus you'll have access to all previous issues online!



Scan the QR code to learn more or visit [TuttleTwins.com/Magazine](https://TuttleTwins.com/Magazine).

# HELPING CHILDREN OVERCOME FEAR

One of the most important lessons we can teach our children is how to overcome fear. Fear is a natural emotion, especially when facing something unfamiliar or challenging.

Fear can also hold our children back from trying new activities, developing talents, or even finding joy in something they never expected. However, we can help our children move past fear.

It's important for them to understand that everyone feels afraid sometimes, even adults. It can help to share your own experiences of feeling afraid but pushing through to try something new. Examples could be a career change, a hobby, or building relationships.

Frame new experiences as exciting adventures. Encourage your child to be curious about the world around them. If they're nervous about joining a new group, learning a skill, or trying a new activity ask them, "What might you learn? What if this becomes something you really love?" You can help your child shift their mindset from fear to excitement.

Sometimes it's hard to jump in feet first when you're scared. Small steps are a good way to make progress and face fears. If your child is afraid of trying a new sport, suggest they start by watching a practice or by talking to a friend who plays that sport. They can slowly become more comfortable with the idea. If it's possible, try it at home first instead of in a group setting.

While it can be great to set big goals, it is best to do it with a growth mindset. If an 11-year-old child has never played basketball, they probably shouldn't have a goal to be the best player on their team the first season they play. Understanding that some kids have been playing basketball since they were four years old will help them go into the new adventure with a realistic view of how the season might progress. They should be ready to try their best, learn a lot, and improve their skills.

Our role isn't to eliminate our children's fear—that is up to them. We can teach them how to manage and overcome fear though. By guiding them with understanding and encouragement, they have the opportunity to discover their passion, develop new skills, and achieve goals they thought were impossible.

Helping our children learn to face their fears will set them up for a life full of opportunity!

# FAILURE IS A LEARNING EXPERIENCE

As parents, it's natural to want to shield our children from failure and disappointment. However, learning how to handle failure is an important step in a child's life.

Learning how to face disappointment and frustration builds their emotional strength. They realize they can bounce back when they fail. If they always succeed or are protected from failure as a child, they may struggle to handle life's inevitable challenges as an adult.

Children who fear failure might avoid trying new things altogether. Whether it's trying out for a sports team, auditioning for a play, or entering a science fair, children should learn that trying something new and failing is normal.

Children begin to understand that the world doesn't end when things don't go as planned. Setbacks are a natural part of life. The first few times, failing might feel devastating, but children will develop a "this-didn't-kill-me" mentality.

That mentality is liberating! They become less afraid to try new things, knowing they will be fine even if things don't work out as planned.

When children fail, they have the opportunity to reflect on what went wrong—and why. Did they need more practice? Did they need more knowledge? Were they distracted? Did they try their best? Reflection helps children learn and become more self-aware.

Parents can guide their children through this reflection process. Instead of simply saying, "It's okay," help them think through the experience. Ask them what they learned and what they would do differently next time. This mindset helps them see failure as a learning experience.

It's difficult, but let your child navigate challenges on their own, fail, and learn from it. They will be more willing to be adventurous in the future and more prepared to persevere in life.

# FAMILY DINNER TABLE CONVERSATION STARTERS

We hope that these family dinner table conversation starters bring about conversations that expand your children's knowledge and understanding of how the world works as you spend quality time together as a family.

What's one thing you were scared to try but decided to do it anyway?

Why is it important to keep trying even if you're afraid of failing?

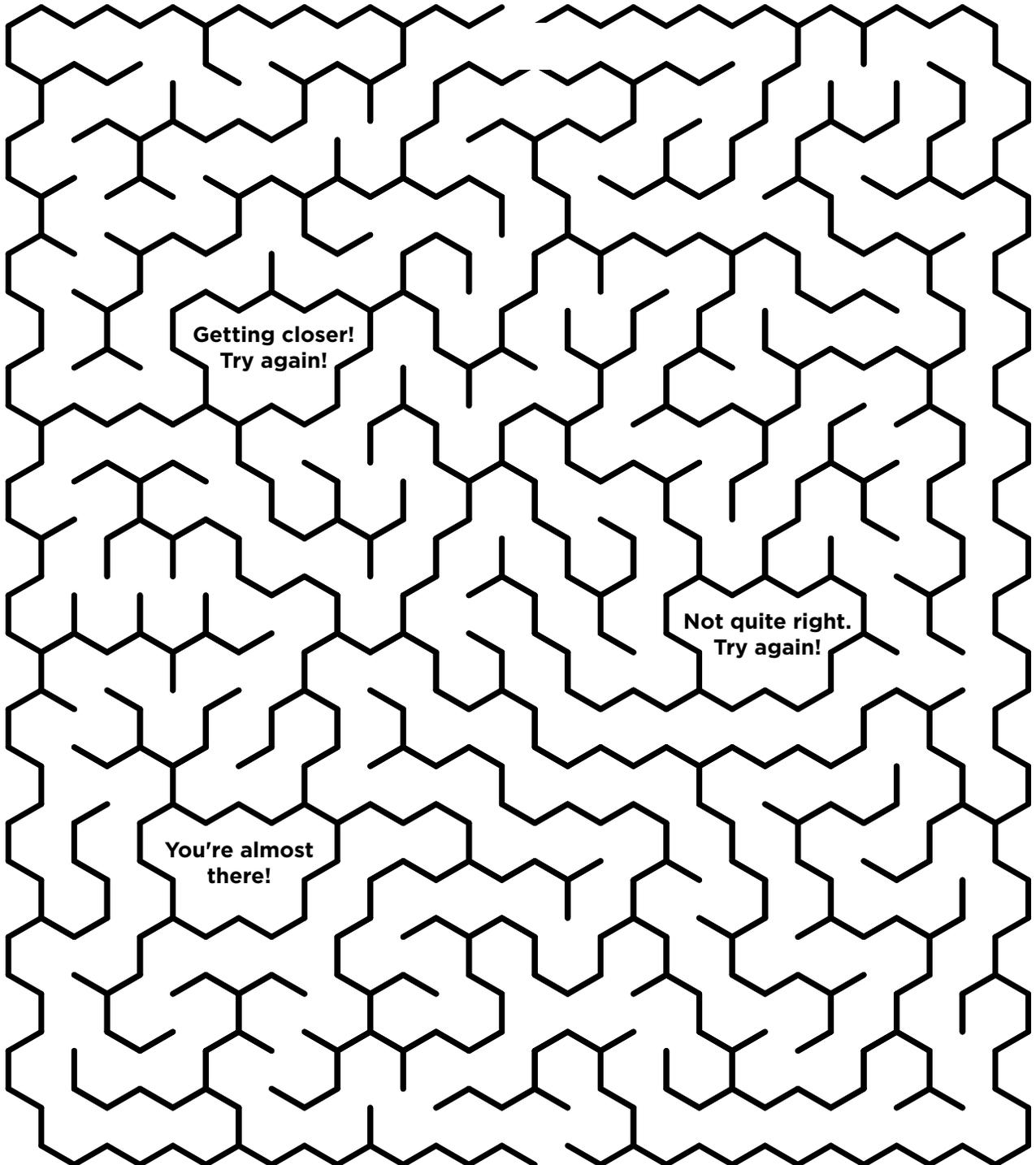
What's something you've been wanting to try but your "fear alarm" has kept you from doing it?

What do you think is the best way to deal with feeling fear when it's not something dangerous?

# MAZE

You shouldn't be scared to try something new or fail. You can learn so much from trying something new—and from failing. You can try again and again and see yourself improve. You might find something you really enjoy!

TRY IT



FINISH

# DECIPHER THE QUOTE

Use the Pigpen Cipher at the bottom of this page to figure out this Vincent Van Gogh quote.

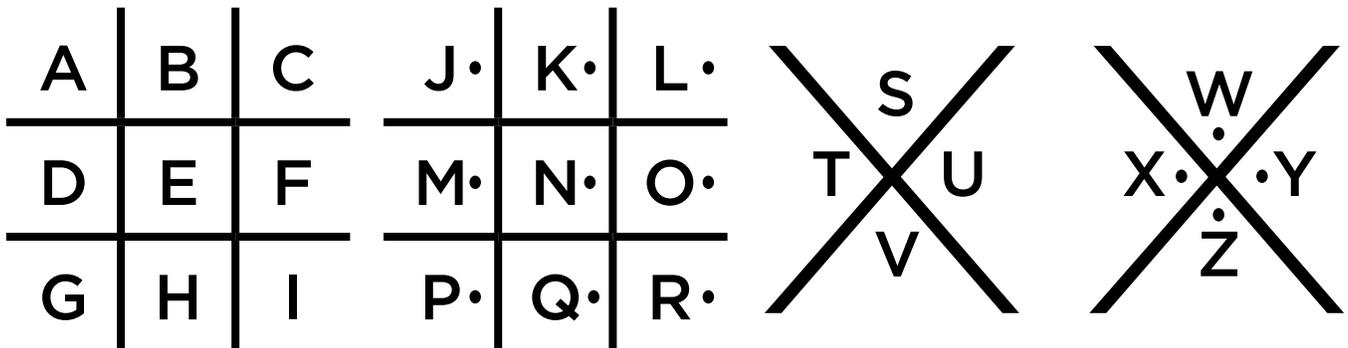
“

∇ ∩ ∟ > ∇ ∘ < ∟ ∟ ∟ ∟ ∟ ∟

∟ ∘ ∇ ∟ ∩ ∟ ∟ ∟ ∟ ∘ ∘ ∟ ∘ < ∟ ∟ ∟ ∟

> ∘ ∟ > > ∟ ∟ ∟ ∟ ∟ ∟ ∟ ∟ ∘ < > ∩ ∟ ∟ ∟ ∟ ?”

## Pigpen Cipher



## Examples

∟ = G    ∘ = Z

# POETRY: WRITE A HAIKU

Compose a haiku (or two) about facing your fears.

**What is a haiku?** Haiku is a type of poetry that is three lines long. The first and third lines have five syllables, and the second line has seven syllables.

Since they are such short lines, they aren't usually full sentences. Be creative. Happy writing!

## Example Haiku:

### Tuttle Twins

5: Full of ideas.  
7: Creating change in their world.  
5: Helpers. Love learning.

**Title:** \_\_\_\_\_

**5:** \_\_\_\_\_

**7:** \_\_\_\_\_

**5:** \_\_\_\_\_

**Title:** \_\_\_\_\_

**5:** \_\_\_\_\_

**7:** \_\_\_\_\_

**5:** \_\_\_\_\_

# POETRY: AN ACROSTIC POEM

It takes courage to face your fears. Write an acrostic poem describing courage.

**What is an acrostic poem?** It's a poem where the first letters of each line spell out a word or phrase.

It helps to brainstorm words about your theme word first. Then write short phrases or sentences for each letter in the word. Be creative. Happy writing!

## Example Acrostic:

**T**wo curious minds,  
**W**ondering and learning.  
**I**ncredible adventurers.  
**N**ever-ending ideas.  
**S**hining hearts helping others.

**C** \_\_\_\_\_

**O** \_\_\_\_\_

**U** \_\_\_\_\_

**R** \_\_\_\_\_

**A** \_\_\_\_\_

**G** \_\_\_\_\_

**E** \_\_\_\_\_

# EXTRA RESOURCES

## Podcasts

[Why Is It Important To Face Your Fears?](#) - Episode 210

[How Can You Turn An Idea Into A Reality?](#) - Episode 477

[Why Is It Good To Seek Challenges?](#) - Episode 346

[Why You Should Enjoy the Journey, Not the Destination?](#) - Episode 345

[Why Is It Good To Have a Dream?](#) - Episode 341

[What Have We Learned From Our Failures?](#) - Episode 333

## Tuttle Twins Books

*The Tuttle Twins and Their Spectacular Show Business*

*The Tuttle Twins and the Fate of the Future*

*The Tuttle Twins and the Leviathan Crisis*

