**Why do we like being scared?**

**BIG QUESTION:** How does getting scared help us? - Ben, 10

Fear is one of many emotions that we feel or seek. How are you feeling?

See the descriptive words below that also mean afraid or scared:

- Anxious
- Fearful
- Frightening
- Dread
- Eerie

**How Are You Feeling?**

- Happy
- Sad
- Scared
- Mad

Ask an expert. Who?

Find a safe source. Where?

What will you ask?