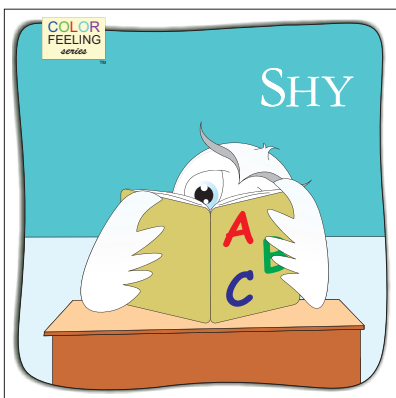




This is how I look when I feel shy:

Glue or tape a picture
of how you look
when you feel shy.



Worksheets are from the book

Shy: Helping Children Cope With Shyness

by Esther Adler

For our complete catalog and free online resources:

www.brightawareness.com



Book sold by
amazon.com

This worksheet is not a diagnostic tool. It is for educational use only and should be tailored to each child's needs. Please contact a qualified mental health provider if you have any questions or concerns about your child's mental health. Copyright © 2014 Westlake Gavin Publishers LLC. All rights reserved.

Worksheet may be printed and copied for educational use if this copyright notice is retained. See www.brightawareness.com/print for full disclaimer, terms of use, and to print additional copies.



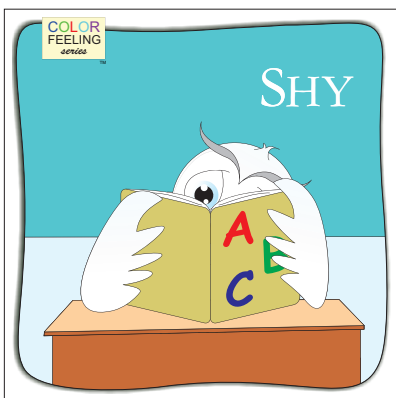
When do you feel shy?

1. _____

2. _____

3. _____

4. _____



Worksheets are from the book

Shy: Helping Children Cope With Shyness

by Esther Adler



For our complete catalog and free online resources:

www.brightawareness.com

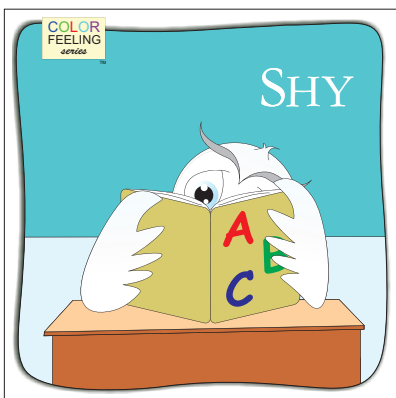
Book sold by
amazon.com

This worksheet is not a diagnostic tool. It is for educational use only and should be tailored to each child's needs. Please contact a qualified mental health provider if you have any questions or concerns about your child's mental health. Copyright © 2014 Westlake Gavin Publishers LLC. All rights reserved.

Worksheet may be printed and copied for educational use if this copyright notice is retained. See www.brightawareness.com/print for full disclaimer, terms of use, and to print additional copies.



Write a story about a time when you felt shy:



Worksheets are from the book
Shy: Helping Children Cope With Shyness
by Esther Adler

For our complete catalog and free online resources:
www.brightawareness.com



Book sold by
amazon.com

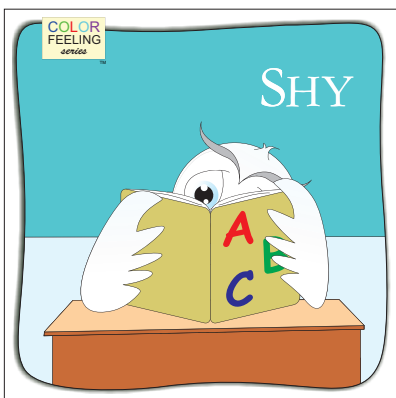
This worksheet is not a diagnostic tool. It is for educational use only and should be tailored to each child's needs. Please contact a qualified mental health provider if you have any questions or concerns about your child's mental health. Copyright © 2014 Westlake Gavin Publishers LLC. All rights reserved.

Worksheet may be printed and copied for educational use if this copyright notice is retained. See www.brightawareness.com for full disclaimer, terms of use, and to print additional copies.



Draw a picture of a time when you felt shy:

A large white rectangular area intended for drawing a picture of a time when the child felt shy.



Worksheets are from the book
Shy: Helping Children Cope With Shyness
by Esther Adler

For our complete catalog and free online resources:
www.brightawareness.com



Book sold by
amazon.com

This worksheet is not a diagnostic tool. It is for educational use only and should be tailored to each child's needs. Please contact a qualified mental health provider if you have any questions or concerns about your child's mental health. Copyright © 2014 Westlake Gavin Publishers LLC. All rights reserved.

Worksheet may be printed and copied for educational use if this copyright notice is retained. See www.brightawareness.com/print for full disclaimer, terms of use, and to print additional copies.



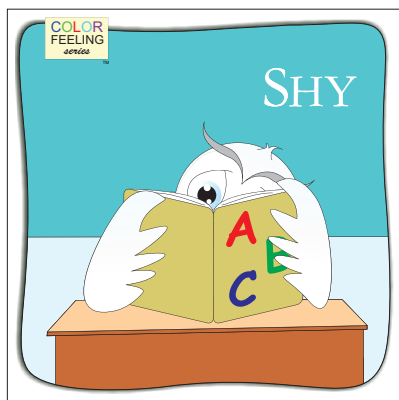
Who do you want to talk to when you feel shy?

1. _____

2. _____

3. _____

4. _____



Worksheets are from the book

Shy: Helping Children Cope With Shyness

by Esther Adler

For our complete catalog and free online resources:

www.brightawareness.com



Book sold by
amazon.com

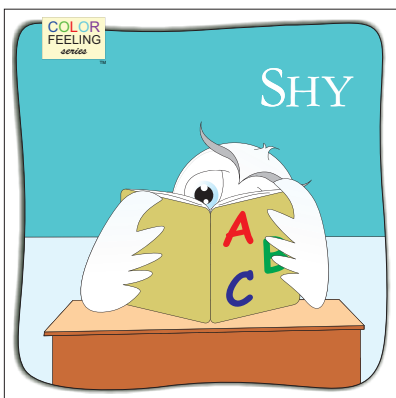
This worksheet is not a diagnostic tool. It is for educational use only and should be tailored to each child's needs. Please contact a qualified mental health provider if you have any questions or concerns about your child's mental health. Copyright © 2014 Westlake Gavin Publishers LLC. All rights reserved.

Worksheet may be printed and copied for educational use if this copyright notice is retained. See www.brightawareness.com/print for full disclaimer, terms of use, and to print additional copies.



Circle what you could do when you feel shy.
Cross out what you should not do when you feel shy.

Hide in the corner	Talk to an adult	Pull at your mother's clothing
Express your feelings	Cover your face	Cry
Ask for help	<i>Write something else you could do</i>	<i>Write something else you should not do</i>



Worksheets are from the book
Shy: Helping Children Cope With Shyness
by Esther Adler

For our complete catalog and free online resources:
www.brightawareness.com



Book sold by
amazon.com

This worksheet is not a diagnostic tool. It is for educational use only and should be tailored to each child's needs. Please contact a qualified mental health provider if you have any questions or concerns about your child's mental health. Copyright © 2014 Westlake Gavin Publishers LLC. All rights reserved.

Worksheet may be printed and copied for educational use if this copyright notice is retained. See www.brightawareness.com/print for full disclaimer, terms of use, and to print additional copies.