

**Session Topic:** Feeling – Self Esteem (Fear in a Hat)

**Developmental Level:** Middle School

**Purpose:** To anonymously share fears and practice identifying with the fears that others are experiencing.

**Materials Needed:** Hat, Strips of paper, pencils

**Description of Session:**

1. Introduce the topic of fear and how we all have something(s) of which we are afraid. Explain that the best way to approach fear is to face it head on. Since that can be an intimidating thing to talk about in a group setting, introduce the idea of sharing fears anonymously.
2. Instruct each student to write down at least one fear that they currently have on a sheet of paper. Give the students at least five minutes to complete so that they can think and not feel stressed to put down the first thing that comes to their mind.
3. Collect the strips of paper with the fears on them and place in the hat. Pass the hat around. The first person pulls out a strip of paper and reads it. They then describe what they think it would feel like to be experiencing that fear. They can also suggest a way for dealing with that fear. If they pull out their own fear, they should put it back in the hat and re-draw.

**Discussion Questions:**

1. Was there anybody who read a fear that you were able to identify with really easily? Were there any fears read aloud that you had a really hard time identifying with?
2. Why is it important that we try to understand the fears that other people have?

Reference: <http://www.wilderdom.com/games/descriptions/FearInAHat.html>