

Ollie the Owl Learns About Feeling Scared

Lesson Objective:

Students will learn about the emotion of fear, how to manage it, and the importance of friends in helping us feel safe through the story "Ollie the Owl Learns About Feeling Scared."

Materials Needed:



- The story "Ollie the Owl Learns About Feeling Scared"
- The song "Song Title"
- Ollie's Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Puppet Role-play
- Activity 2- Courage Card Activity
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on the feeling of being scared.

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - "Good morning, everyone! Let's all sit in a big circle together. Today we're going to talk about a feeling that many of us have felt before, even Ollie the Owl: feeling scared."
 - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
 - Can anyone share a time when they felt scared? Maybe it was a thunderstorm, or maybe it was something new, like the first day of school."
 - "Thank you all for sharing! Feeling scared is something many of us experience sometimes, even grown-ups. And it's okay to feel this way because there are ways to make ourselves feel better."

Read the Story (15 minutes)

Story Time Outline:



- Read the story “*Ollie the Owl Learns About Feeling Scared*” aloud to the class
- Engage the children by asking questions during key parts of the story

Story Time Teacher Script:

Prepare the Students for the Story:

- a. "As we read 'Ollie the Owl Learns About Feeling Scared,' let's pay attention to what makes Ollie feel scared and how his friends help him feel better."
 - b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)
- **Read the Chapter with Emphasis on Key Moments:**
 - **While reading**, pause during key moments.
 - **Ask Questions:**
 - What do you see in the forest at night?
 - How do you think Ollie is feeling right now?
 - What sound do you think the wind makes when it howls?
 - Have you ever seen shadows that looked spooky?
 - What does Harriet do when she feels scared?
 - Can you think of something happy, like Ollie is trying to do?
 - Buzz the Bee hums a song—can you hum a soft tune like Buzz?
 - Betty counts to three—can you count to three with me?
 - Do you think Ollie is starting to feel a little braver?
 - What do you think Ollie might try next to feel calm?

Ollie the Owl Learns About Feeling Scared

In a forest dark and deep,
Lived Ollie the Owl, who loved to sleep.
But sometimes at night, he'd feel a fright,
When shadows danced in the pale moonlight.

One windy evening, with a creak and a howl,
Ollie felt scared, he didn't want to prowl.
He saw Harriet the Hare with her ears so tall,
"Hare," he asked, "do you get scared at all?"

Harriet nodded, her nose a-wiggle,
"Sometimes the dark makes me shiver and giggle.
But I think of happy things, like the warm sun,
And soon my fears are on the run."

Ollie tried to think of sunny days,
And slowly his fears began to erase.
With Harriet's help, he felt more brave,
In the forest, dark and wave.

Buzz the Bumblebee buzzed by so fast,
Ollie asked, "Buzz, do fears ever last?"
Buzz buzzed around, then came to a rest,
"Yes, sometimes fears make me feel stressed."

"One time a storm made my hive shake,
I was so scared, I began to quake.
But then I hummed a gentle tune,
And felt as safe as in a cocoon."

Ollie hummed a soft, sweet song,
Feeling his fear wouldn't last long.
With Buzz's help, he found some peace,
The scary feelings began to cease.

By the river, Ollie found Betty the Beaver,
Building a dam, such a clever achiever.
"Betty," he asked, "do you feel fear?"
When things get scary, do you shed a tear?"

Betty nodded, her tail a-swish,
"Once I was scared by a big, scary fish.
I took deep breaths and counted to three,
Soon I felt calm, as calm as can be."

Ollie breathed deep, counting slow,
And felt his fears begin to go.
With Betty's help, he stood up tall,
Feeling braver, he could face it all.

Ollie learned from his friends so dear,
It's okay to sometimes feel fear.
With happy thoughts, songs, and breaths so deep,
You can find courage and peace to keep.

Now, when the forest is dark and wide,
Ollie feels brave with friends by his side.
Harriet, Buzz, and Betty too,
Helped him see what he could do.

So if you're scared, just remember Ollie,
Think of happy things, sing a little jolly.
Take deep breaths and count to three,
And soon your fears will let you be.

- **Post-Chapter Teacher Script**
- “Today, we learned that it’s okay to feel scared sometimes—everyone does! Ollie felt scared in the dark, but with help from his friends, he learned ways to feel brave again. Just like Ollie, we can take deep breaths, think of happy things, or sing a quiet song when we feel afraid. And remember, talking to someone you trust—like a friend or grown-up—can help you feel safe and strong inside.”

4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- What made Ollie feel scared in the beginning?
- Who was the first friend Ollie talked to about being scared?
- What helped Harriet feel better when she was scared?
- What did Buzz do when the storm scared him?
- How did Ollie feel after he hummed a little song?
- What scary thing happened to Betty the Beaver?
- What helped Betty feel calm again?
- What are three things Ollie learned he can do when he feels scared?
- Can you name one friend who helped Ollie feel brave?
- What will *you* try the next time you feel scared?

Sing the Song (10 minutes)



- Teach the children the “*Ollie the Scared Owl*” song

- Sing the song together a few times, encouraging the children to join the actions.

“Now that we’ve read about how Ollie the Owl learned to feel brave when he was scared, let’s sing a song together! This song is called ‘*Ollie the Scared Owl.*’ It’s all about Ollie feeling scared in the dark—and how he found ways to calm down and

feel brave again. As we sing, listen for the different things Ollie does to help himself feel better. You can even try doing some of them too!"

"Ollie the Scared Owl"

Hand Movements

[Verse]

Ollie the owl flies in the night
Bright moon shines big and white
Ollie hears a spooky sound
Heart pounds fast, can't calm down

Flap arms
Make a big circle with arms above head
Cup hands around ears
Place hands over heart

[Verse 2]

Leaves rustle, wind does howl
Poor Ollie feels like a scaredy owl
Eyes wide, he looks around
Finding courage not yet found

Wiggle fingers to represent rustling leaves
Hug yourself
Cup hands around eyes
Hands on hips

[Chorus]

Ollie the owl, don't be afraid
Friends are here to give you aid
Hold your head up, don't you hide
Feel the strength that's inside

Hug yourself
Link arms with neighbors
Point finger and shake back and forth
Flex arms

[Verse 3]

Ollie flies to the tallest tree
Shaky wings, but he's still free
Sees his friends there by his side
Giving cheer and a great big smile

Hold arms up like branches
Flap arms
Link arms with neighbors
Punch fist in the air

[Verse 4]

Nighttime noises fade away
Ollie's fears begin to sway
Under stars, he finds his peace
Heartbeat slows, his fears release

Sway side to side
Wiggle fingers above head
Pat your chest

[Chorus]

Ollie the owl, don't be afraid
Friends are here to give you aid
Hold your head up don't you hide
Feel the strength that's inside

Hug yourself
Link arms with neighbors
Point finger and shake back and forth
Flex arms

Song Wrap-up

"Great job singing, everyone! Just like Ollie in the song, we all feel scared sometimes—and that's okay. What matters is remembering the ways we can help ourselves feel safe and brave, like taking deep breaths, thinking of something happy, or talking to someone we trust. Ollie learned that being scared doesn't last forever—and so can we!"

Do an Activity (20 minutes)

- Students will practice self-awareness and develop tools to manage fear and build resilience with the support of friends and caregivers.

Please choose from the following 2 activities:



Activity 1: Name of Activity (15 minutes)

Introduce Activity

"Now, let's use our friends, the owl, hare, bumblebee, and beaver puppets, to practice how Ollie and his friends shared their feelings and helped each other."

Activity Instructions

- "I'll start by using Ollie the Owl. I'm going to pretend that I'm feeling scared of a shadow at night. Who would like to be Buzz the Bee and show how he helps Ollie feel better?"
- Allow different children to act out scenarios with each puppet, practicing calming techniques like humming, deep breathing, and thinking of happy things.
- "Great job, everyone! When we help our friends, we help them feel safe and brave, just like Ollie's friends."



Activity 2: Courage Cards (15 minutes)

Introduce Activity

- "Now, we're going to make 'Courage Cards.' These are special cards with drawings or words about things that make us feel brave. When we feel scared, we can look at our cards to feel a little bit stronger."

Activity Instructions

- Hand out the Courage Card worksheet and the sayings.
- "In the first square, you can draw something that helps you to be brave, like the sun or your favorite toy, or person. In the next square, you can draw the person or write their name who helps you feel brave. In the third square, you can draw or write about places that help you feel brave. And in the fourth box, you can also select some brave sayings to glue on your Courage Card as well."
- As they work, ask questions like:
 - "What makes you feel brave?"
 - "How can you help a friend feel safe when they're scared?"
- "Would anyone like to share what they drew on their Courage Card or a part of the story they liked the most?"

Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

Review and Reflection Teacher Script



1. **Gather in a Circle for Reflection:**

- "Let's all come back together in a circle."

2. **Closing**

○ "Today, we learned that it's okay to feel scared sometimes—everyone does, even Ollie the Owl! But we also learned that there are things we can do to feel better, like thinking happy thoughts, taking deep breaths, humming a song, or talking to a friend. Ollie's friends helped him feel brave, and we can do that too, for ourselves and for each other. Your Courage Cards and puppet play showed how strong and kind you all are. I'm so proud of how you shared and supported one another today!"

- “What is one thing you can do when you feel scared?”
- “Can you name a friend or grown-up you could talk to when you need help?”

Home Connection Letter

1. Sending Information Home:

- “Before you go, I have a letter for you to take home that explains what we learned today in class.”
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,



Today in class, we learned about feeling scared through the story "Ollie the Owl Learns About Feeling Scared."

This story teaches children that it's normal to feel scared sometimes and that there are ways to manage those feelings with the help of friends.

Here's what we learned:

- Feeling Scared – It's okay to feel scared, and it's a normal part of life.
- Managing Fear – Thinking of happy things, singing songs, and taking deep breaths can help us feel brave.
- Helping Friends – Friends can support us and help us feel safe.

We practiced these concepts through role-playing and/or making "Courage Cards."

You can help reinforce this at home by encouraging your child to express their fears and use the strategies we learned to manage them.

Thank you for your support!

With gratitude,



Courage Card

***Things that help me
feel brave***

***People that help me feel
brave***

***Places that help me feel
brave***

***Thoughts that help me
feel brave***

**"I can do
hard things."**

**Even if I'm
scared, I can
be brave."**

**"Take a
breath,
then do my
best."**

**"It's okay
to ask for
help."**

**"I am strong,
I am kind,
I will try."**

**"Brave means
trying, even
when it's
new."**