

What to Do
When You Feel

Too SHY

A Kid's Guide
to Overcoming
Social Anxiety



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Clowning Around

When you go to the circus, you almost always see clowns. They perform tricks and make us laugh. They wear bright colors, big shoes, and all kinds of wigs and colorful hats.



One thing is for sure: clowns bring a lot of attention on themselves with their lively costumes and silly antics. Have you noticed that they seem to like people looking at them and laughing at them?



There may be times when you enjoy having others focus on you, but also times when you don't. At those times, you may not feel comfortable having the spotlight focused on you. Lots of kids feel shy when they believe that other people notice them, and those feelings are okay. Feelings are an important part of who you are. Even the ones that feel uncomfortable.

But some kids get super uncomfortable being in the spotlight. It seems their minds and bodies feel too shy or nervous too often. The problem is being too shy in front of other people can really get in your way at times.

Besides making you feel uncomfortable, when you have strong feelings of embarrassment or worries about others laughing at you or criticizing you, you might not join in on cool activities and you might miss the fun. You could end up feeling left out or lonely.

These kinds of feelings might keep you from getting what you want or need.

Do you remember times when being in the spotlight made you feel way too shy? Have any of these situations happened to you?

- You knew an answer in class, but you didn't raise your hand.



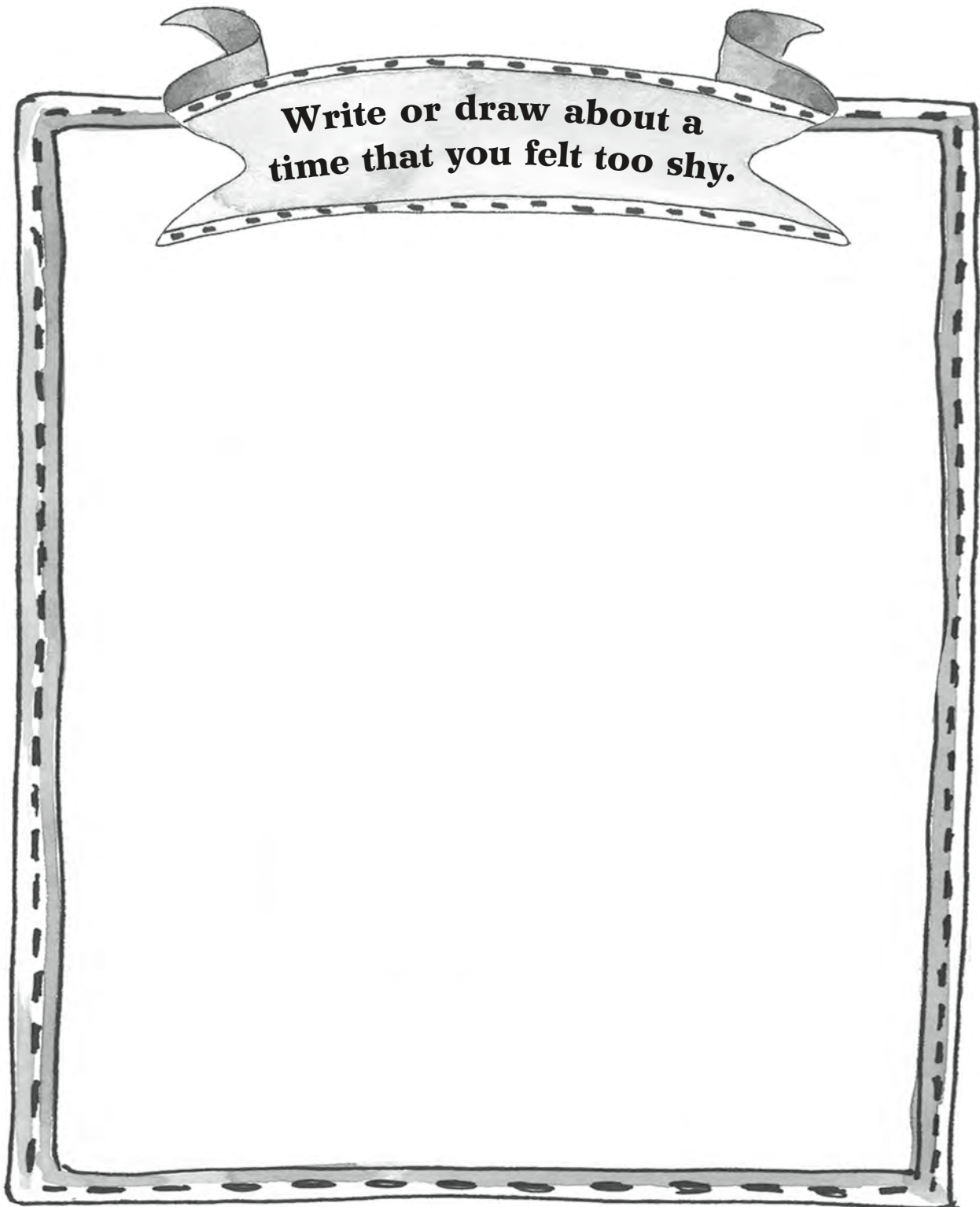
- Or maybe you felt too shy to join the ice skating team even though you're a good skater.

- Or the party sounded like fun, but you decided not to go because you were nervous that there might be kids there you didn't know.



- Maybe you didn't buy the item you wanted because you felt too uncomfortable to ask the sales person to help you find it.

Maybe there were other times when your worries about other people's attention were a problem for you.



Write or draw about a time that you felt too shy.

To keep your worries about being in the spotlight from getting too strong, you need to learn different ways of handling yourself. It won't happen all at once. By taking small steps, you'll make progress and begin to work around feeling too shy. You'll get more confident being around other people. And you'll find the spotlight isn't so bad after all.



What-to-Do
Guides for Kids®

What to Do When You Feel Too SHY

A Kid's Guide to Overcoming Social Anxiety

Circus clowns perform tricks and make us laugh. They wear bright colors, big shoes, and all kinds of wigs and colorful hats. Have you noticed that they seem to like people looking at them and laughing at them?

Lots of kids feel shy when they feel that other people notice them. But some kids get super uncomfortable being in the spotlight. Does this sound like you? If you feel too shy or nervous too often, or if you miss out on cool activities and fun because you worry about what other people might think about you, this book is for you!



What to Do When You Feel Too Shy guides children and their parents through the emotions underlying social anxiety using strategies and techniques based on cognitive-behavioral principles. This interactive self-help book is the complete resource for educating, motivating, and empowering children to overcome social anxiety—so they can join in the circus of fun and friends!

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Helping Kids Live Happier Lives

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What to Do When You Worry Too Much:
A Kid's Guide to Overcoming Anxiety



**What to Do When
Mistakes Make You Quake:**
A Kid's Guide to
Accepting Imperfection

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