

Reading Fear Word Bank



As we read, listen to, or play through a forest story, pause at one moment that feels tense or “safe again.”

Use this sheet to collect words for how the story works on you and how your feelings change.

Story title:

Forest moment (page, scene, or clip):

What do you notice in the story?

What do you SEE?
(light, shadow, faces, trees...)

What do you HEAR?
(voices, silence, sounds...)

What CHOICES are given
(or not given) to the character?

Fear words - How do you feel?
uneasy / jittery / worried / trapped / thrilled / other:

Body words - How does your body feel?
heart racing / tight chest / holding breath / wanting to hide / other:

“Safe again” words:
relieved / calm / hopeful / protected / other:

Craft moves we can name:

This moment feels scary or safe again because of...

colour lightning silence

a pause a sound

the choice the character has

a close-up or camera angle

Other:

Teacher note:

You can reuse this sheet with different forest stories (e.g. a page from a picturebook, a short audio clip, or a short game sequence) and build a shared class word bank from students' answers.