

# MY BIGGEST FEARS

## WHO CAN DO IT

This project can be done by anyone under the age of 15. It can be done either from home or in school.

## WHAT YOU'LL NEED

Paper, pens, paints, crayons or pencils. You may need a scanner or camera so you can upload it to your school's website.

## HOW TO DO IT

You can do this project in any format you like. It could be a drawing or a painting. Think about things, events or situations that frighten you. It may be another person or type of person, it may be something you have to do or it may be something that is happening in our world. We all have fears and we are all different. There is nothing to be embarrassed about in being frightened. Richard admits to fearing snakes, spiders, flying, drugs, violence and heights. Between 2003 and 2009 he flew on 26 different journeys so you can conquer some fears if you need to do so. He has also suffered with panic attacks all his life. Some things that we think are fears for only us, turn out to be experienced by loads of other people. Make a list of everything you can think of that frightens you.

Then decide how you are going to show, in a picture, some or all of the things on your list. Are you going to draw them, paint them or have you got access to a computer drawing package? The decision is yours.

Next you can begin to produce your picture.