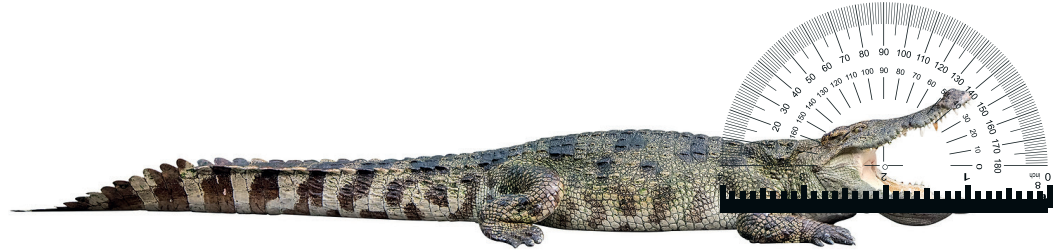


THE WIDTH OF WORRY

How could you measure your fears to see how big they really are? List your top 4 fears and explore how you could measure them. Putting your fears into numerical measurements might help you deal with them.



Length of a juvenile Madagascar hissing cockroach = 3.8 cm
(That's smaller than a french fry!)



Angle of the bite of a saltwater crocodile = 46°
(A kitten gawns wider than that!)

Read the measurements below to give you ideas about different ways you could measure your fears. If these don't work for your particular problem, research other types of measurements, as there are many out there!

- length
- mass
- flow rate
- width
- volume
- angle
- perimeter
- time duration
- energy
- area
- temperature
- sound

Fear	Measurement with units	How I measured this fear

Have these numbers changed the way you look at your fears? How?
