



Why Do I Feel Scared?

This book explores things that scare the main character and asks your child if they get scared, too. The scenarios explain how the main character deals with the fears and then ask your child how they deal with their fears. After reading this book, discuss any fears your child may have with them and write them down. Next to the fear, write down a way to deal with the fear, and then let your child throw away the paper when they have overcome the fear. For example, your child may be afraid to ride a bike. A way to overcome the fear is for you to hold the back of the seat until they get balanced. After many attempts, when your child starts riding a bike, let them throw the paper away! On to overcoming the next fear!

