

Children's / Emotions
Ages 4-8

BOOKS

Hector loves his cozy, snugly, safe home. It's his favorite place to be. Hector loves his home so much that he doesn't often go out, and soon, it starts to affect his friendships.



Can Hector find the courage to break out of his comfort zone?

Included is a **Note to Parents, Caregivers, and Professionals** by Julia Martin Burch, PhD, that discusses helping children overcome their worries and break out of their comfort zone.

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Hector's Favorite Place

MAGINATION PRESS

Hector's Favorite Place



Jo Rooks

Hector loved his home. It was his **favorite place** to be.



At home,



there was always...



so much to do.

Hector loved his home so much that he didn't often go out. Home was cozy and snugly and safe.

But Hector liked to hear all the news of the forest when his friends came to visit.



One day, Hector was just having a little nap when there was a knock at the door.

“Hector, have you seen?
It’s snowing outside!”
said Archie. “Let’s go for
a walk in the forest
and make footprints!”

“Jumping June bugs!”
said Hector. “So it is!” And
he ran off to find his boots.



But then Hector began to worry.
What if he got cold and caught the flu?

“Er...sorry, Archie, I can’t,” said Hector.
“I’ve got **so much** to do. Maybe tomorrow.”

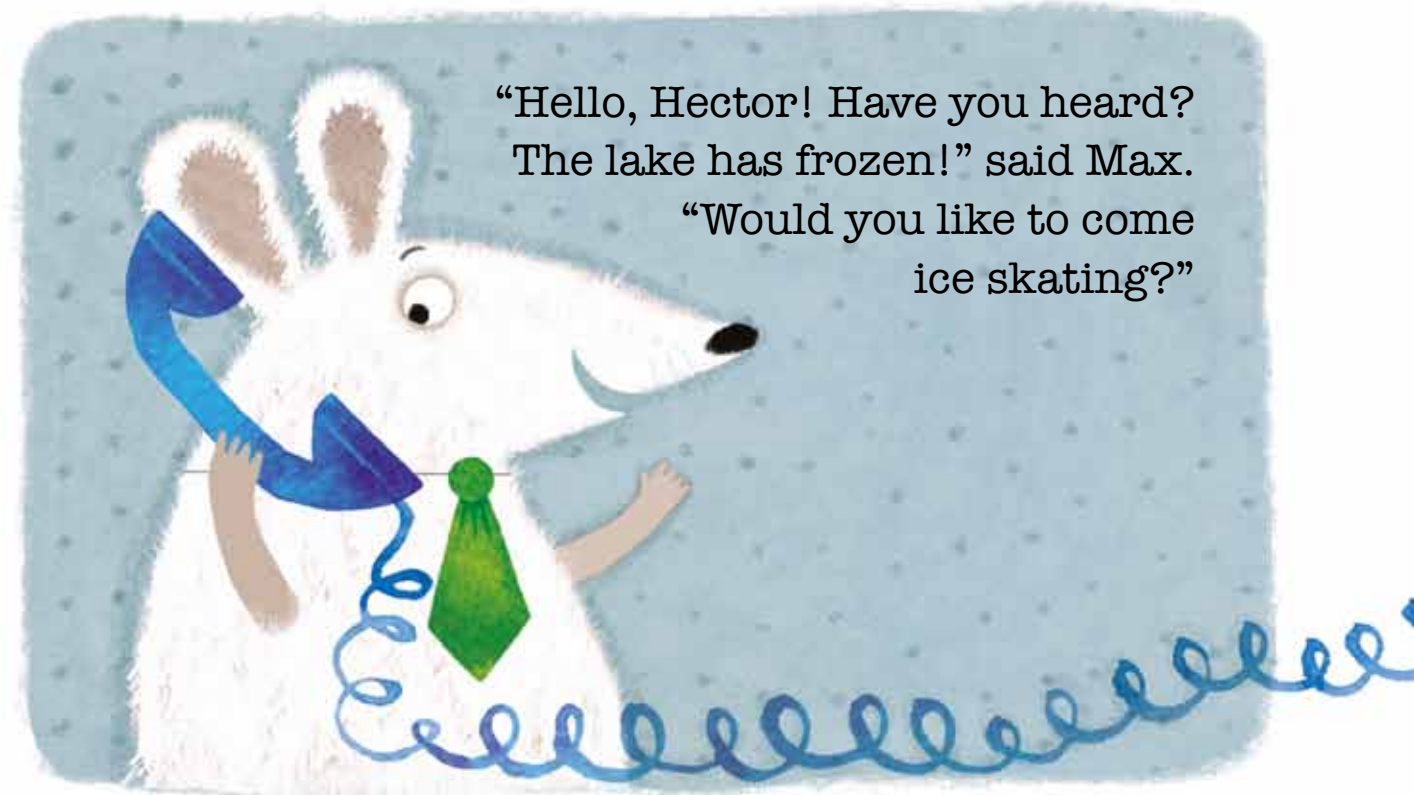
“What a shame,” said Archie.



The next day, Hector was reading his new book
when the phone rang.



"Hello, Hector! Have you heard?
The lake has frozen!" said Max.
"Would you like to come
ice skating?"



"Hopping honeybees!"
said Hector.

Hector used to go
skating when he
was small.
It was so much fun.



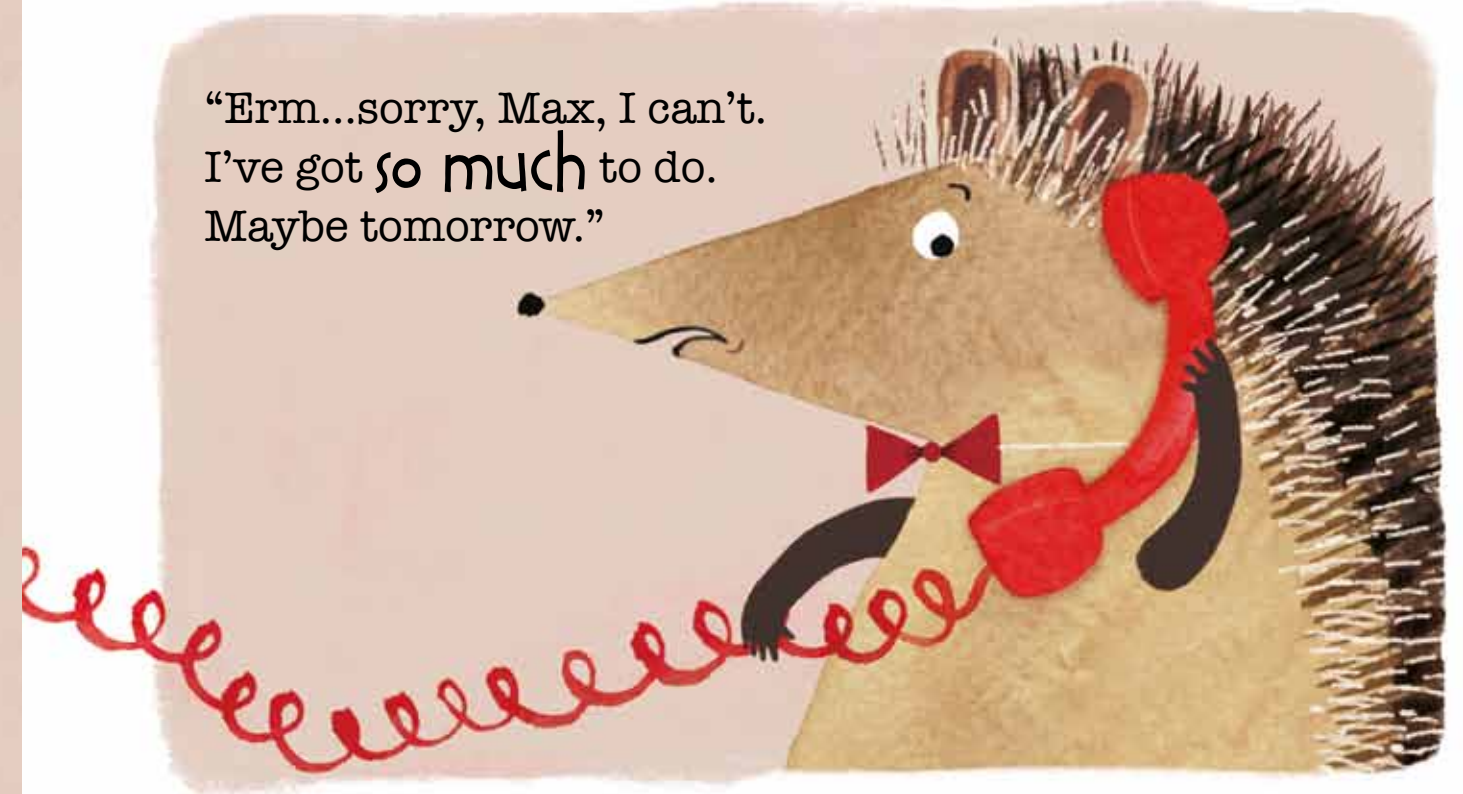
Hector was just
about to say yes when
he began to worry.

What if he had
forgotten how to skate?

He could fall over
and hurt himself.



“Erm...sorry, Max, I can’t.
I’ve got **so much** to do.
Maybe tomorrow.”



“What a shame!” said Max.

