

Sometimes I'm Scared

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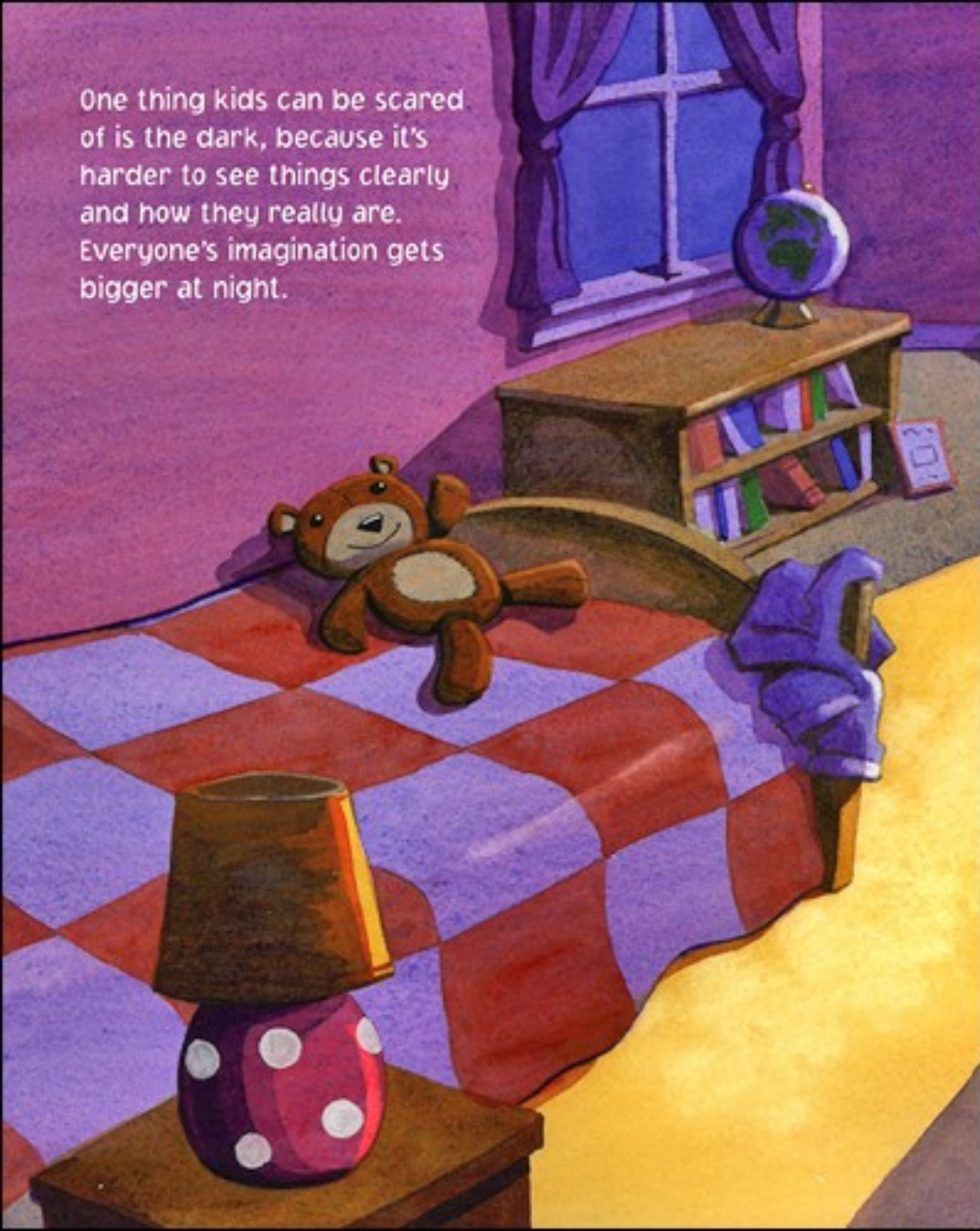


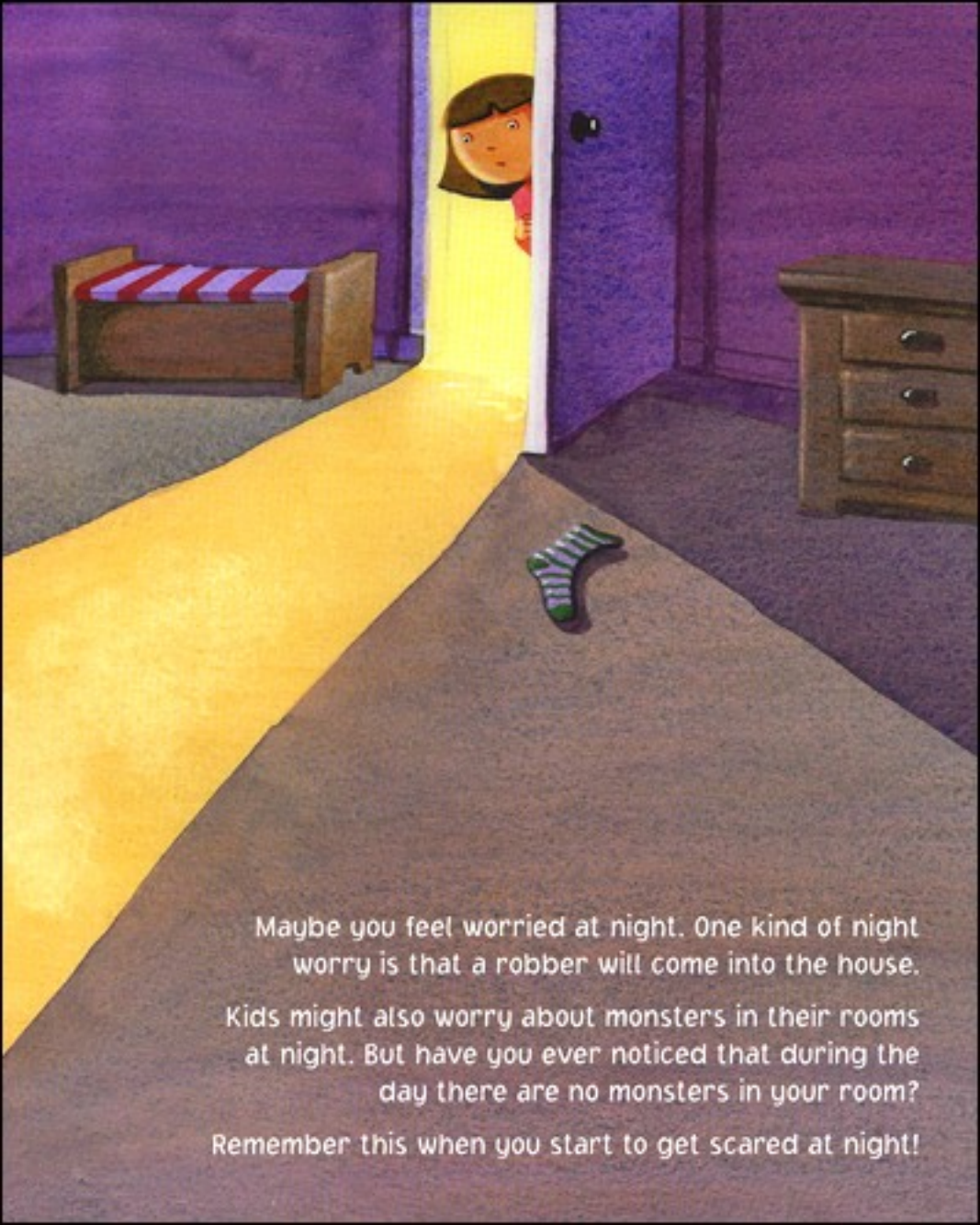


Everyone is afraid sometimes.
It's normal.

There are lots of different things
that kids can be afraid of.

One thing kids can be scared of is the dark, because it's harder to see things clearly and how they really are. Everyone's imagination gets bigger at night.



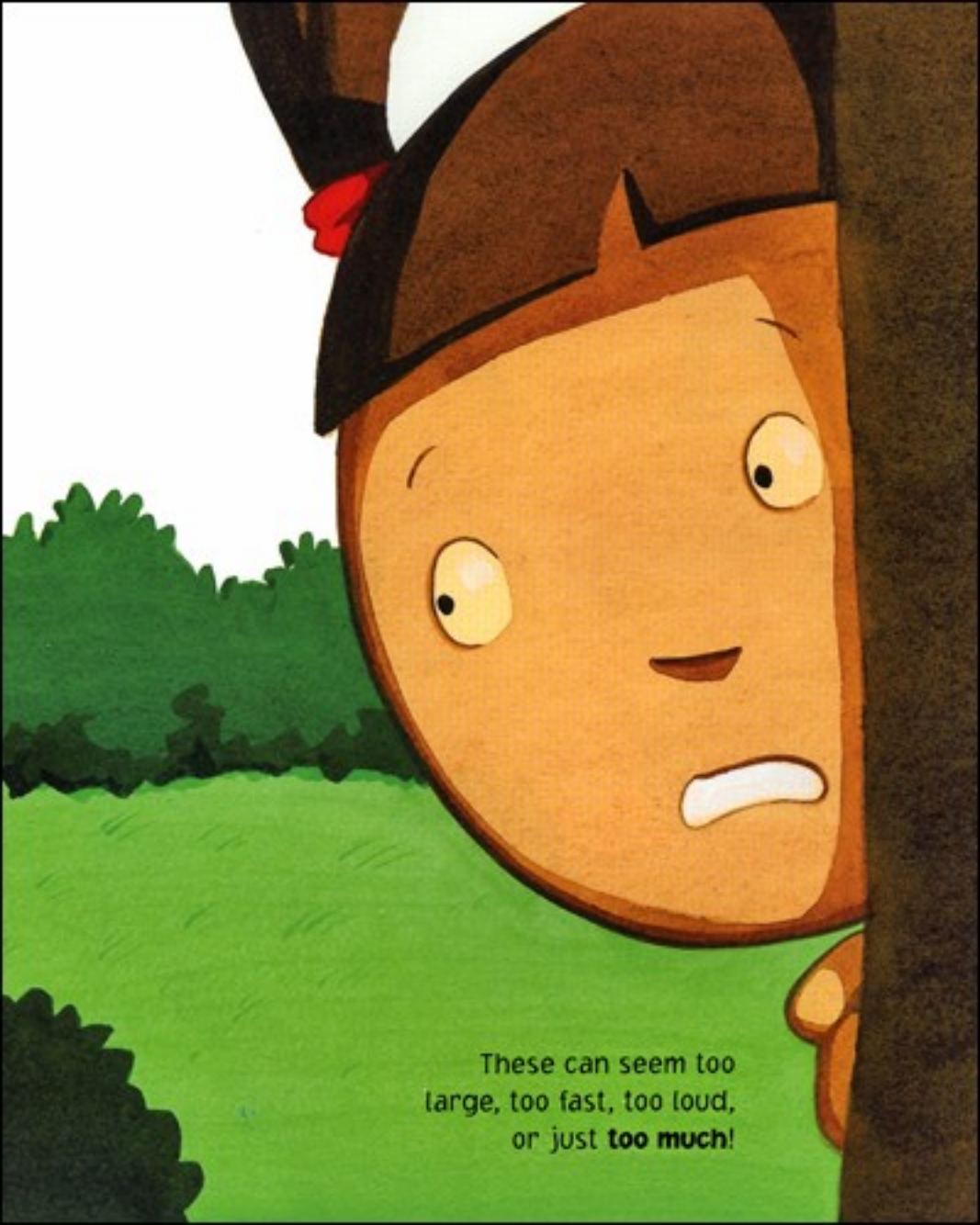


Maybe you feel worried at night. One kind of night worry is that a robber will come into the house. Kids might also worry about monsters in their rooms at night. But have you ever noticed that during the day there are no monsters in your room? Remember this when you start to get scared at night!

There are also some things in nature
that might feel scary to you.

Kids sometimes get afraid of things like
loud thunder, bright lightning, strong
winds, fast storms, big water, or fire.





These can seem too
large, too fast, too loud,
or just **too much!**

And sometimes your own feelings
seem the same way. They can feel
too big and out of control,
and that really bothers kids.





Kids like to be the boss of things.
But some things you just can't control.
That's why big feelings might scare you.