EVERYBODY HAS A FEAR

Koleka Putuma

Amanda Mijangos
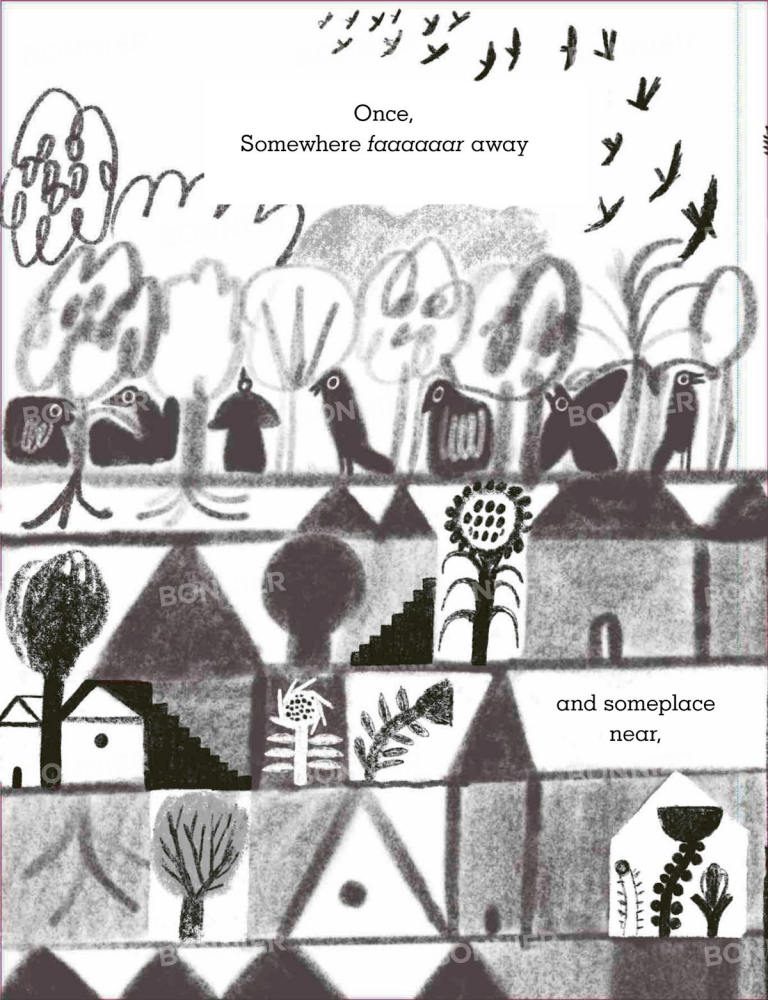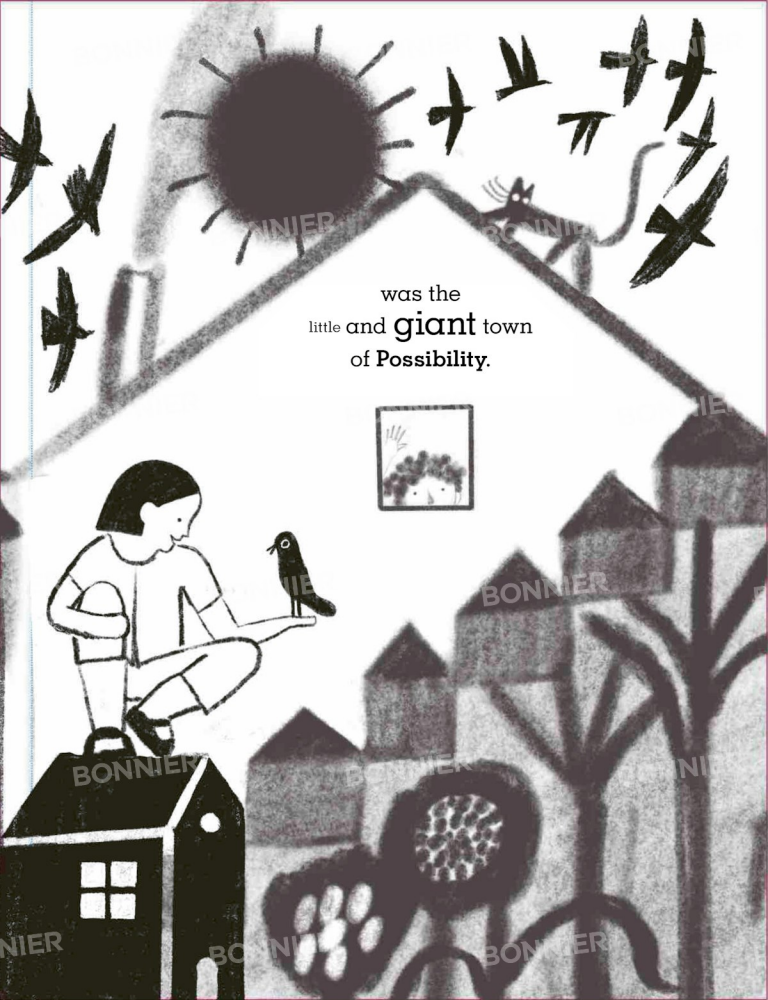
BIG PICTURE PRESS

Once,
Somewhere *faaaaaar* away

was the
little and **giant** town
of **Possibility**.

and someplace
near,

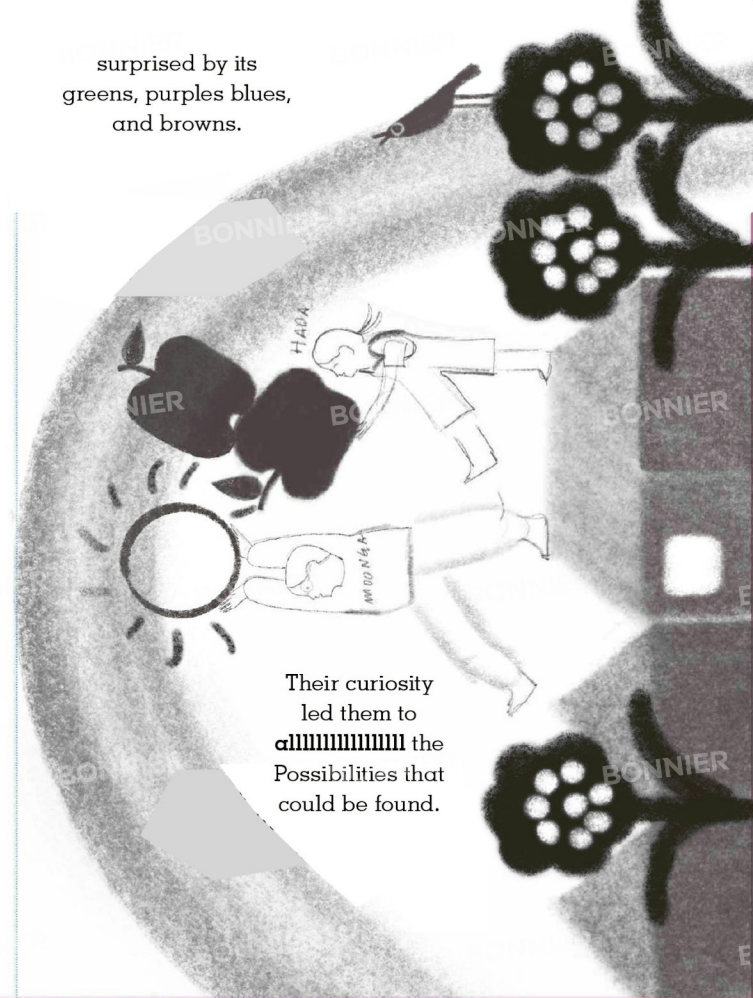The children of Possibility
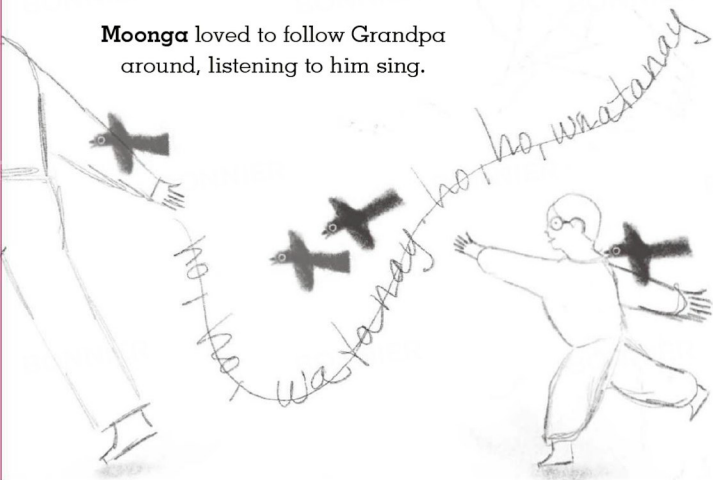took care of their town;

surprised by its
greens, purples blues,
and browns.

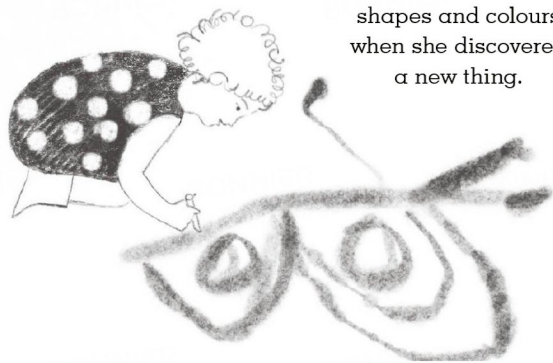Their curiosity
led them to
allllllllllllllll the
Possibilities that
could be found.
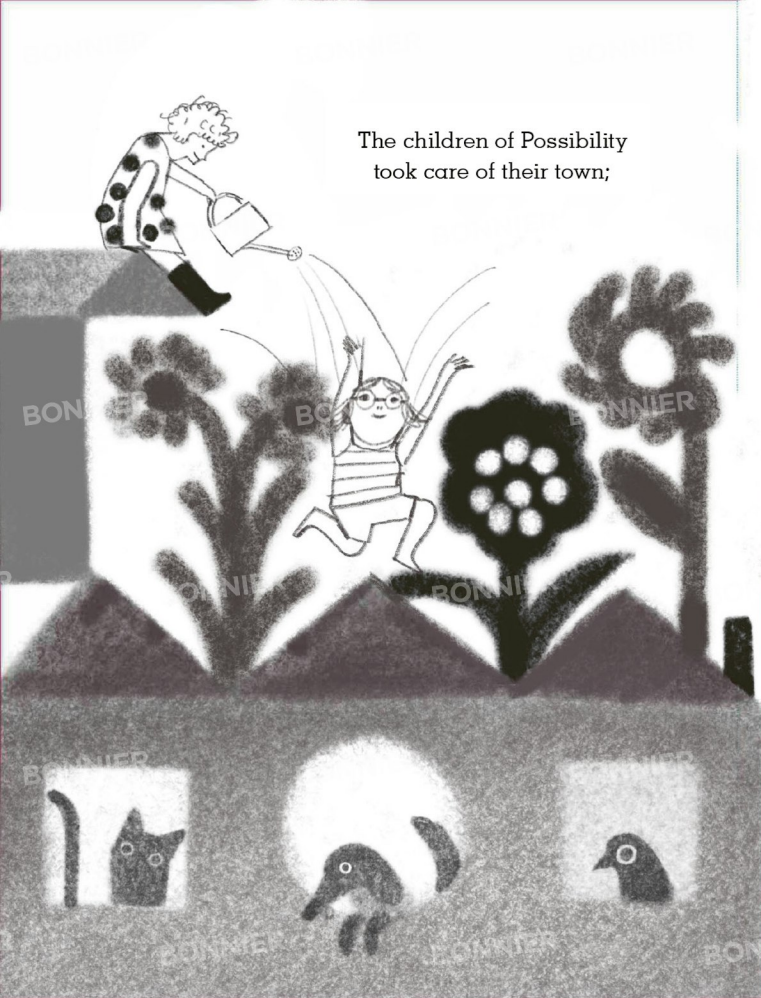
Moonga loved to follow Grandpa
around, listening to him sing.

ho ho Wa ta ta ya ho ho whatanay

Hadda was happiest playing
with Ponko sniffing around
and having fun.

Gigi scribbled
shapes and colours
when she discovered
a new thing.

Lelo would leap and laugh
as he danced in the
rain and the sun.

Until one day

They were faced with something *new*, something that made the **possible** feel *impossible*...

The children of Possibility were **unstoppable**, or so they believed...

It was

BIG

And small.

Far away

And **too near.**

It appeared *suddenly.*
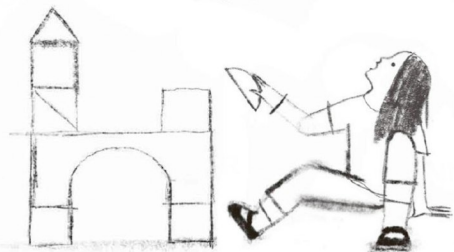
It happened over time.
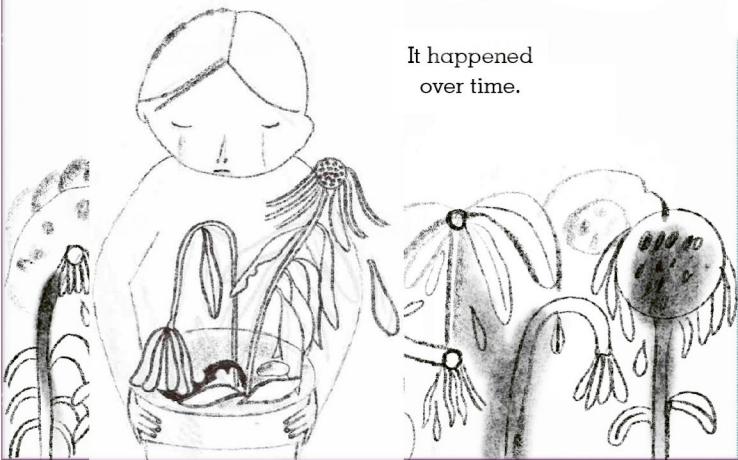
It came during the day.
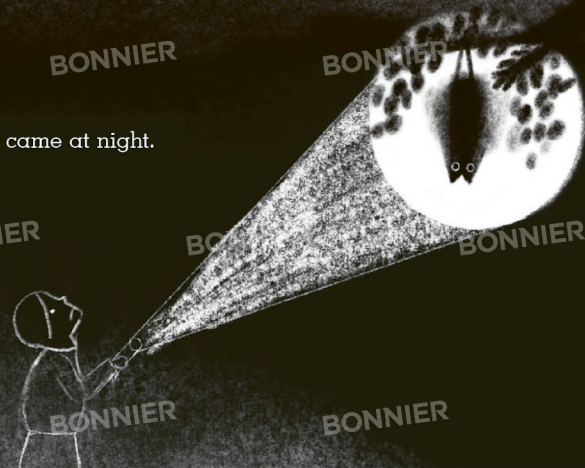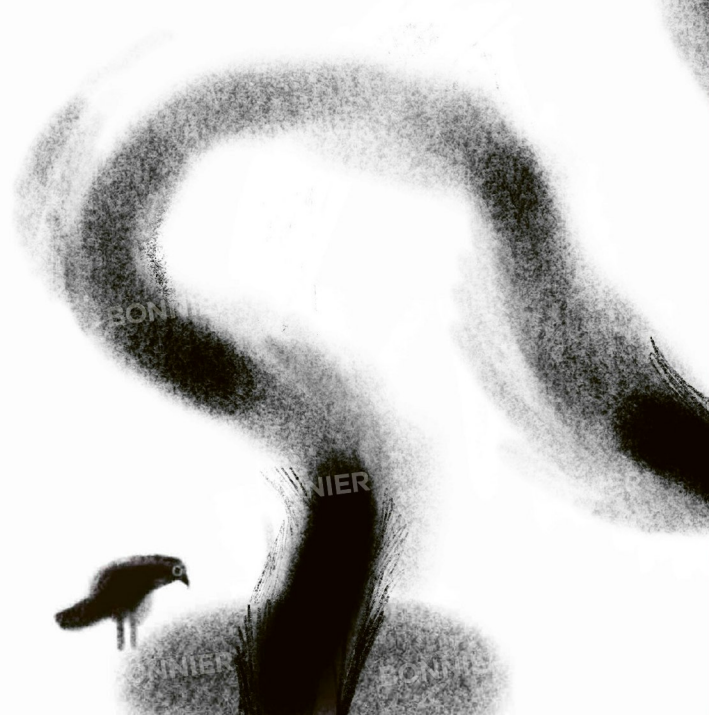
It came at night.

Sometimes,
It arrived out of nowhere.

Sometimes, it appeared as something
the children could not see or touch.

It *whispered*.

It was too loud.
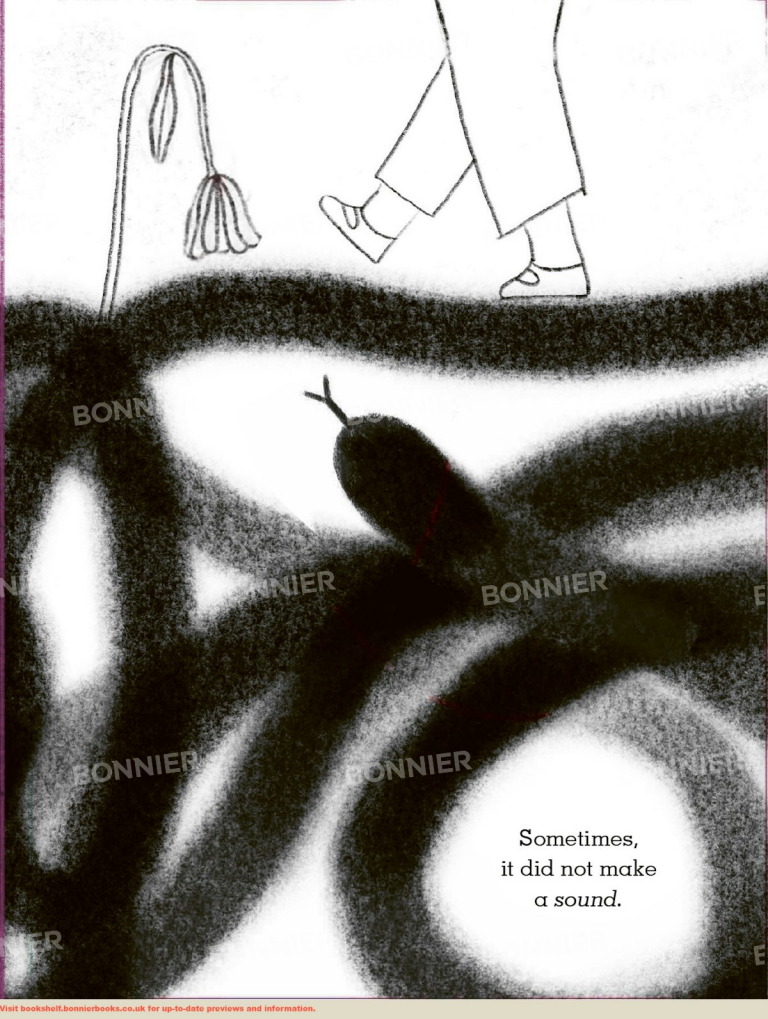
Sometimes,
it did not make
a *sound*.

When night came
The children of Possibility tossed
and turned in their dreams...
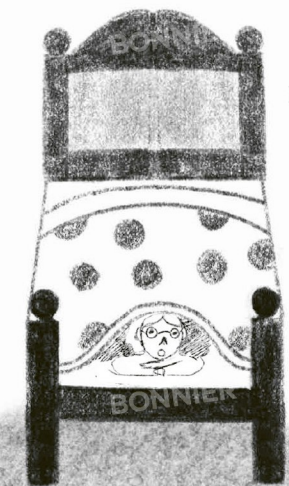
Moonga hid under his
blankie, and cried and cried.
Looking for Grandpa,
who could not be found.
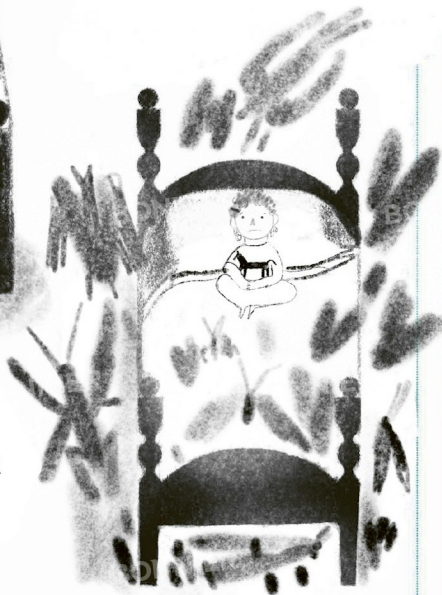
Gigi gulped and
her tummy fluttered.
What is that? She asked
Pointing at the shapes
flying all around.

Lelo **FROZE.**
as the waves washed
over him. He kicked his feet
but he couldn't swim.
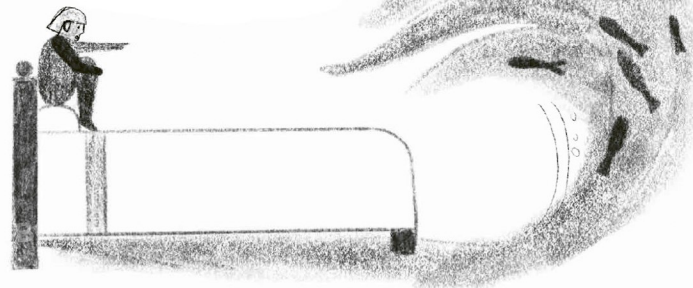
Hadda
SHoooooo**oK**

and shrank when she heard the thump,
THUMP, THUMMMMMMPING of the crowd.
They were *too close*, and *too loud.*

Grandpa's singing could not sing it away, Ponko the pet could not keep it at bay, not even a snug hug would make the clouds less grey.

Ho, ho watanay Ho, ho watanay Ho, ho watanay Ho, ho watanay Ho, ho watanay
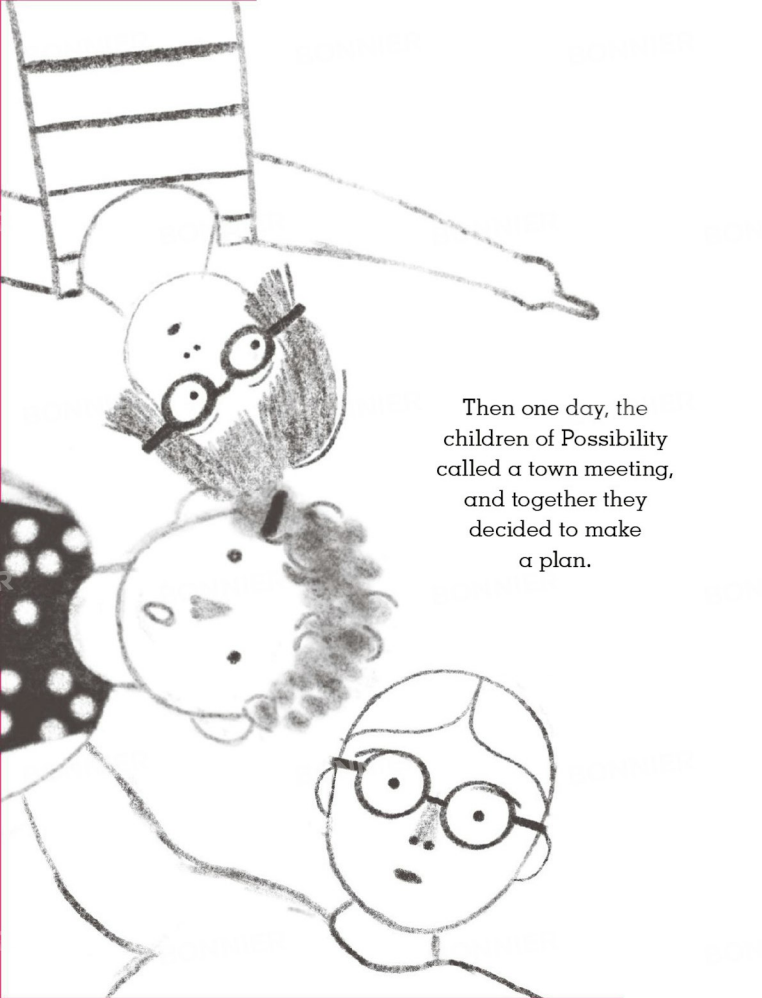
Then one day, the
children of Possibility
called a town meeting,
and together they
decided to make
a plan.

First, we must give it a name… they thought

On the tips of their tongues,
a word started to

$F_{i_{z}}{}^{z}$,

Flicker and

Form…

FEAR ... said Moonga.

My Grandpa calls it
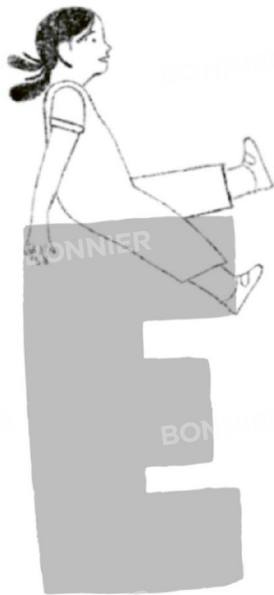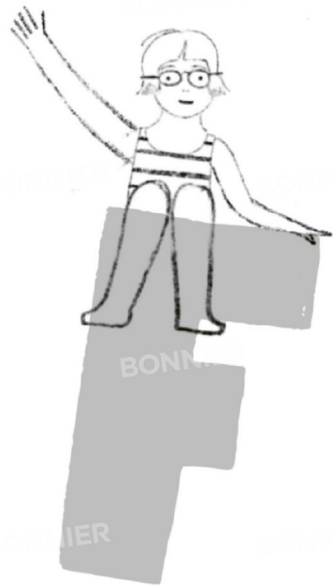
Fear makes my tummy feel weird, said Hadda.

or enjoying things we want to do, added Lelo.

Sometimes
Fear stops us from having fun, said Gigi.

But with a little bit of bravery maybe we can try something new, said Moonga.

For a little while,
the meeting went

quiiiiiiiiiiiiiiiiiiiiiiiiiiiiiet.

Then, with their capes pulled on tight
And courage in their hearts, eyes shining bright,

The children set out to meet their fear,
Ready for whatever might appear.

When Grandpa had to leave
Moonga hummed their song.

Ho, ho watanay

Ho, ho watanay Ho, ho watanay Ho, ho watanay Ho, ho watanay

This reminded Moonga
that Grandpa was always with
him in his own special way.

When Gigi slowly moved towards the shapes she saw that they were all different.

There were
BIG shapes,

small shapes,

funny shapes

all sorts of shapes.

Some wriggling,

Some crawling,

And others

flying...

Lelo came

closer and closer

and closer…

little…

by little…

by little… until

SPLAAAAAAA AAAAAAASH!

But I still don't feel **brave** enough,
Hadda whispered as she shºok
and shrank deep down inside.

Some fears need time,
The children of Possibility replied.

The more Hadda tried
the less her heartbeat went

THUMP,

THUUUUUUMP,

thump

ABSTRACT
COLORFULL
SHAPE

and the braver she felt.

When thunder came,
they turned it into a drum
and danced to the

Booooooom,
Boooooooooom,
BOOOOOOOOOOOOOOM!

When night was too long
They counted the stars together
with a song:

*Everybody has a fear
but with a little bit of bravery
a fear can disappear.*

Then one day

the children of
Possibility, made
the **impossible** feel
possible,

facing their

F E A R!

one brave act at a time.
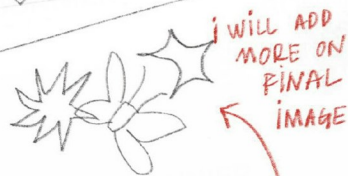
I WILL ADD
MORE ON
FINAL
IMAGE

Managing Fear and Anxiety: Tips for Kids

Sometimes, we all feel scared or worried. It's okay to have these feelings, and it's important to know that there are ways to help ourselves feel better. Here are a few things you can try when you're feeling anxious or afraid:

Take Deep Breaths

Breathing deeply is one of the best ways to calm your body and mind. When you're feeling nervous or scared, try this:

Breathe in slowly through your nose for a count of 4.

Hold your breath for a count of 4.

Breathe out slowly through your mouth for a count of 4.

Repeat this a few times. This helps your body relax and tells your brain that everything is okay.

Talk About Your Feelings

Talking about what scares you can make it less scary. You can talk to a parent, teacher, or even a friend. When you say your worries out loud, it's easier to understand them and see that they might not be as big as they feel.

Use Your Imagination

Sometimes, your imagination can help you feel braver. Picture a safe and happy place in your mind, like a sunny beach, a cozy blanket fort, or a magical forest. Imagine yourself there, feeling calm and safe. You can even imagine a superhero or magical animal that helps protect you.

Be Kind to Yourself

It's okay to feel afraid. Everyone does sometimes! Remind yourself that it's normal to have feelings like fear and anxiety, and you can get through them. Be gentle with yourself, just like you would with a friend.

Make a Worry Box

If you have a lot of worries, try drawing or writing them down and putting them in a "worry box." When the worries are in the box, it can help you let go of them for a little while and focus on something fun instead.

Move Your Body

Sometimes, moving can help shake off nervous feelings. You can jump, dance, stretch, or even take a walk. When your body moves, it sends a signal to your brain that helps you feel better.
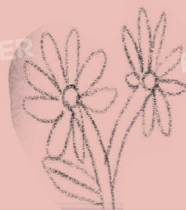
Use Positive Thoughts

When you feel scared, think about the things that make you feel strong and brave. You can say things like:

"I am safe."

"I can handle this."

"This feeling will pass."

You're stronger than you know!

Remember:

It's normal to feel anxious or scared sometimes. What's important is that you know how to take care of yourself. Using your breath, talking about your feelings, and imagining happy thoughts are just a few ways you can manage fear and anxiety. You are in control, and with practice, you can face anything that comes your way!