

I AM FEELING
SCARED

A
lift-the-flap
book



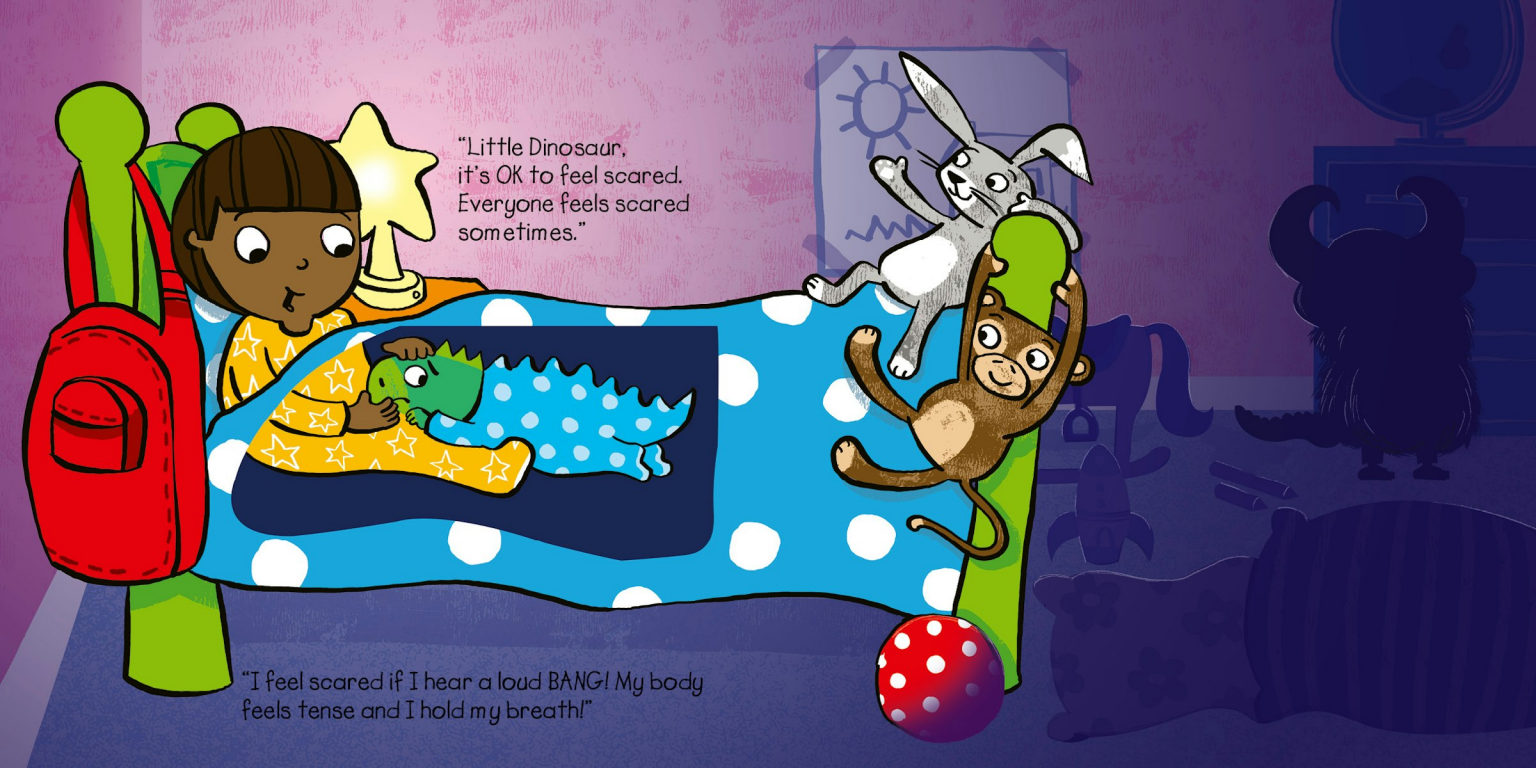
HAIA IRONSIDE & DR LESLIE IRONSIDE

CHARLIE ALDER

"Don't worry, it's just a pile of toys."



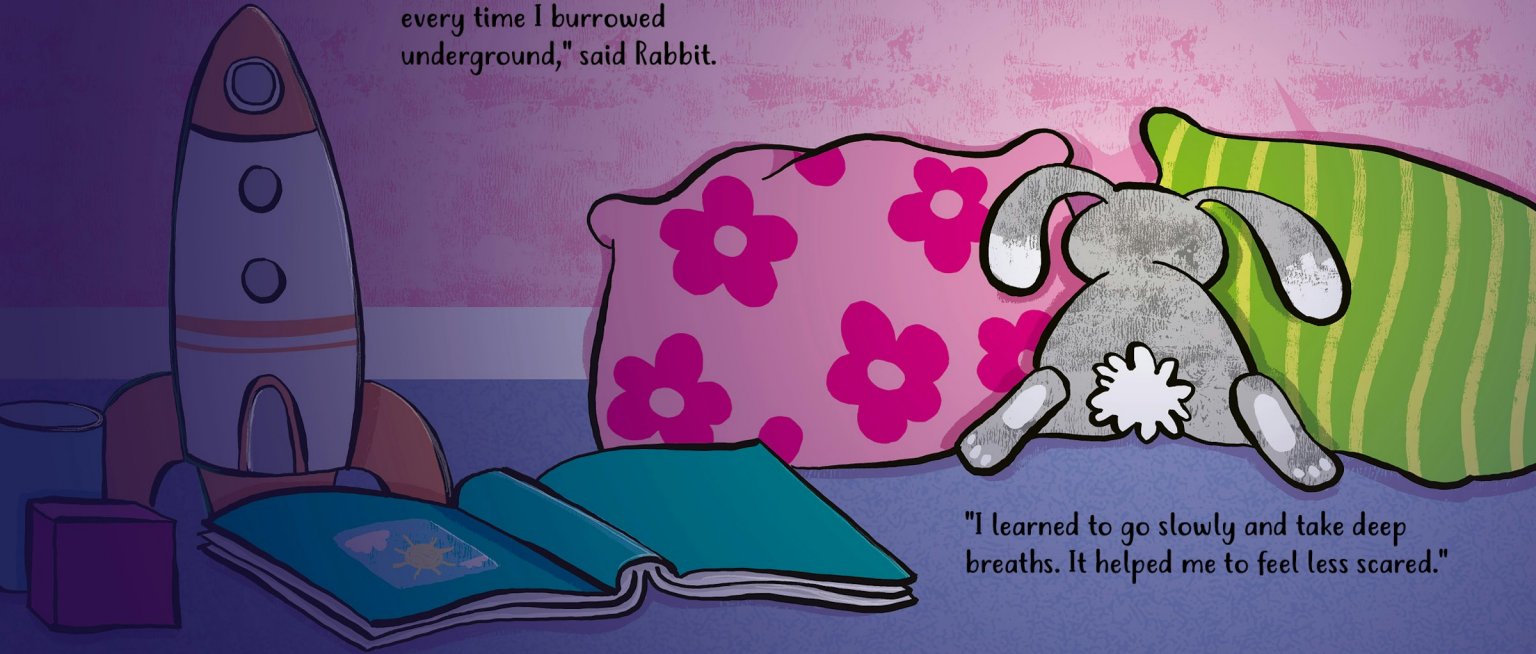
"No, it's a monster!
Look at its BIG horns and
SPIKY tail! It's going to eat us!"



"Little Dinosaur,
it's OK to feel scared.
Everyone feels scared
sometimes."

"I feel scared if I hear a loud BANG! My body
feels tense and I hold my breath!"

"I used to feel scared every time I burrowed underground," said Rabbit.



"I learned to go slowly and take deep breaths. It helped me to feel less scared."

"I feel scared every time I climb up high," said Monkey.

"My friend told me feeling scared helps us to stay safe. I've learned to keep my balance, but I sometimes still feel scared."

