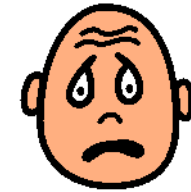


When I am Afraid

**I feel afraid sometimes.
When I feel afraid, I feel like I am in danger.
My body tells me to run or scream or fight.
Sometimes this is a false alarm, and I am not really in danger.**

afraid



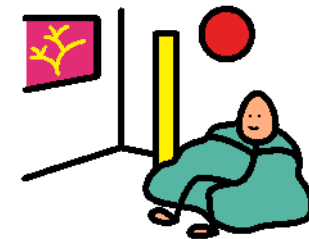
**My body thinks there is an emergency. I am not really
in danger, and I don't need to fight or yell or run,
even if I feel like I do.
My heart might beat fast and my hands might get sweaty.
I might feel really shaky inside.
My body feels afraid.**

afraid



**It is important to remember that I can help my body
to calm down.
I am afraid, but I am going to be okay.
I can calm my body by thinking about things that I like.
I can repeat words that make me feel good.
I can take slow and deep breaths.**

calm



**I can listen to music. I can read a book.
I can draw pictures.
I can use a toy or putty to calm my hands.
I may need to ask to take a short walk with a friend or adult.
I try to remember that my body is okay, and I am okay.
I try to make good choices, even when I am afraid.**

calm

