

# When I Feel Scared

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*I'm Feeling Scared* Lisa Regan 2012 Each book looks at different scenarios provoked by a different set of feelings, and provides information to help them positively deal with each. Extensive research will be carried out with children and experts, with text built around their responses. In this series, difficult emotions and issues are treated seriously, sympathetically and constructively through an accessible illustrative approach.

**Bear Feels Scared** Karma Wilson 2011-08-23 The sun is setting and it's getting chilly. When Bear's friends discover that he is not at home in his lair, they march out into the cold to find their pal. Friends don't let friends stay lost! Wren, Owl, and Raven take to the skies while Badger, Mole, and Mouse search on the ground. Pretty soon Bear is found, and once he's back in his cave, he feels quite safe with his friends all around. Little ones are sure to love the Classic Board Book edition of this sweet, reassuring Bear story!

*I Feel Scared* DK 2021-11-02 This sweet little ebook helps preschoolers learn about why they feel scared and gives them helpful ways to manage their fears. *I Feel Scared* helps little ones discover what it means to be scared and what fear feels and looks like. Adults and children can read along together and follow the story of the scared little Ghost who tries to understand its fears and how to find helpful ways to make the frightening feelings go away. With the help of this picture ebook, youngsters will realize that being afraid has an important function--it can help us to stay safe. This colorful story also shows little ones that sometimes we can feel scared even when we're safe and how we can be brave instead. Bright cartoon characters paired with simple, interactive text make *I Feel Scared* an ideal first ebook for preschoolers to learn from and enjoy.

*Why Do I Feel Scared?* Pat Thomas 2010 Introduces young readers to the importance of being brave in different ways, even when it is uncomfortable or scary, and advises them that being scared of some things is normal, but they can still show courage when they are afraid.

**I Feel Scared when Mum and Dad Fight** Tess Rowley 2004 This book addresses a range of feelings that a child may experience when there is family conflict or violence. It suggests ways that may assist a child to deal with their home situation and gives ideas on who they could talk to if they are frightened or feel unsafe.

**The Feelings Series** Trace Moroney 2019-12 This is the definitive box set

collection all 10 titles available in the Feelings series. Helping young children develop skills to identify and manage their feelings leads to an increase in confidence, self-esteem, and an optimistic and hopeful state of mind--creating a healthy emotional foundation. Each book features a page of parents' notes written by a child psychologist.

**Daniel Gets Scared** 2015-12-15 A new generation of children love Daniel Tiger's Neighborhood, inspired by the classic series Mister Rogers' Neighborhood! Daniel Tiger and O the Owl get scared during a thunderstorm in this Pre-level 1 Ready-to-Read story based on a popular episode of Daniel Tiger's Neighborhood! Daniel Tiger and O the Owl are having fun playing in the rain. But when it starts to thunder and they come inside, they get scared! Join them as they learn how to close their eyes and think of something happy so that they aren't as frightened anymore. This relatable story includes tips at the end for how parents and caregivers can help their little ones learn how they can make themselves feel better when something scares them! © 2015 The Fred Rogers Company

**Bear Feels Sick** Karma Wilson 2009 When Bear is too sick to play, his animal friends go to his cave to make him soup and tea and keep him company.

*Little Unicorn Is Scared* Aurélie Chien Chow Chine 2019-07-09 For fans of unicorns, Mr. Men, and Little Miss, this book in the Little Unicorn series about coping with strong feelings offers tools to manage anxiety or fear of the dark--and integrates a breathing exercise right into the story. A little unicorn's rainbow-colored mane is magic--it shifts to a single color when he's feeling a particularly strong emotion. At bedtime, he often is scared of the dark, and his mane turns bright green. But when he repeats a special three-step breathing exercise, his fear disappears and his rainbow returns--and if he ever feels scared again, he'll know just what to do. With simple, accessible artwork and the universal character appeal of unicorns, each How Do You Feel Today? story allows children and caregivers to talk about and work through specific moods. Other Little Unicorn books you will enjoy: Little Unicorn is Scared Little Unicorn is Sad--Coming January 2019 Little Unicorn is Shy--Coming January 2019

**When I'm Feeling Nervous** Trace Moroney 2017-09 Feeling nervous is uncomfortable, but it can mean that you're about to do something really really brave! Talking about feelings teaches children that it is normal to feel sad, or angry, or scared at times. With greater tolerance of painful feelings, children become free to enjoy their world, to feel secure in their abilities, and to be happy.

*The Scared Book* Debra Tidball 2017-08-29 It's story time, but this book has bad news - as soon as it realises there are monsters in it, it's too scared to tell you the rest of the story! Can you help it feel better? It needs you to rub away its goosebumps, blow away the giant butterflies in its tummy, and fan away the yucky smell the monsters have left behind. A fun and quirky interactive story, with distinctive and stylish illustrations from an innovative young illustrator and muralist. A CBCA Notable book.

**Feeling Scared** Trace Moroney 2011-06

**The Girl Who Was Scared of Everything** Emma Pascoe 2020 Elaine feels scared of everything, and she doesn't always know why . . . but she doesn't want to miss out on all the exciting things her friends get to do. Luckily for Elaine, her

best friend Lou is here to help!

**El Cucuy Is Scared, Too!** Donna Barba Higuera 2021-07-13 A boy and his monster confront their mutual fears in this unlikely friendship story that's rooted in Mexican folklore Ramón is a little boy who can't sleep. He is nervous for his first day at a new school. And El Cucuy is the monster who lives in Ramón's cactus pot. He can't sleep, either. It turns out that El Cucuy is scared, too! This gentle, perceptive story explores the worries that can accompany moving to a new place and beginning a new journey—and reveals how comfort, bravery, and strength can be found through even the most unexpected of friendships.

**Who Feels Scared?** Sue Graves 2014-04-24 A series that introduces young children to different emotions and aspects of behaviour, through a fictional story appropriate for the age group. Jack is having a sleepover at his house. But the boys hear noises and they get very scared! Jack's big sister Ellie says she gets scared sometimes as well. Perhaps Dad can make them all feel better? This series introduces young children to different aspects of our emotions and behaviour. A fictional story is backed up by suggestions for activities and ideas to talk about, while a wordless storyboard encourages children to tell another story.

The I'M NOT SCARED Book Todd Parr 2012-06-05 Sometimes I'm scared of dogs. I'm not scared when they give me kisses. Sometimes I'm scared I will make a mistake. I'm not scared when I know I tried my best. With his signature blend of playfulness and sensitivity, Todd Parr explores the subject of all things scary and assures readers that all of us are afraid sometimes.

**When I Feel Angry** Cornelia Maude Spelman 2000-01-01 Everyone feels angry sometimes, but there are always ways to feel better! Join a bunny rabbit and her family as she learns to manage angry feelings. With a focus on identifying the causes of an emotional reaction, and coming up with ways to start feeling calm and happy again, this book explains simple strategies to help kids understand and take care of their emotions.

**Carla's Sandwich** Debbie Herman 2015-06-01 This charming story presents a new way for young children to understand how to creatively embrace who they are, no matter what others think. Carla's lunch box is filled with odd delights like the Olive, Pickle and Green Bean Sandwich, the Banana-Cottage-Cheese Delight, and the unforgettable Chopped Liver, Potato Chips, and Cucumber Combo. To Carla, they are delicious and creative lunches, but her teasing classmates are unconvinced and abandon her at the lunch table to eat her bizarre sandwiches alone. One day, however, tables turn when Buster—the worst tease of all—forgets his lunch on the day of the picnic and Carla thoughtfully offers him her extra sandwich. Her own spirited nature helps Carla teach her classmates that "unusual" can actually be good. Lively illustrations help showcase the book's messages of acceptance, tolerance, individuality, and creativity, and the funny plot and authentic dialogue are sure to make this tale a favorite among elementary school children. Carla's creative sandwich solutions provide young chefs-to-be with the inspiration to create sandwich masterpieces of their own.

**Why are You So Scared?** Beth Andrews 2011-08-01 Introduces post-traumatic stress disorder and explains why it can occur in family members, its symptoms, and how to live with an individual affected by PTSD.

**Scared** Savina Collins 2019-03-27 Do you ever get scared? What are some things

that scare you? Learn about what it means to be scared and what you can do to make yourself feel better.

**Something Happened and I'm Scared to Tell** Patricia Kehoe 1987 This title discusses, in simple terms, sexual and physical abuse, explains why adults may become abusive, and encourages children to report such abuse to a trusting adult.

Sometimes I'm Scared Jane Annunziata 2009 Presents some of the common objects and situations that cause fear in children and provides advice on different things that they can do themselves to overcome their feelings of being afraid.

*Born Scared* Kevin Brooks 2018-09-11 Elliot has lived his first thirteen years confined to his home, incapacitated by fear. Now he's out of pills, snow is falling, and his only safe person is missing. A terrifying thriller from Carnegie Medalist Kevin Brooks. From the moment of his birth, Elliot's life has been governed by fear of almost everything, even of his own fear – a beast that holds him prisoner in his room. The beast is kept at bay, though not eliminated, with a daily regimen of pills. But on Christmas Eve, a mix-up at the pharmacy threatens to unleash the beast full force, and his mother must venture out in a raging snowstorm to a store that should be only minutes away. Hours later, when she still hasn't returned, Elliot sees no choice but to push through his terror, leave the house, and hunt for her. What happens if the last of his medication wears off and the beast starts scratching at the doors of his mind? Everyone has a breaking point – will Elliot come to his? With plot twists and turns that keep readers on the edge of their seats, multi-award-winning author Kevin Brooks offers a high-suspense exploration of fear and what it means to truly be afraid.

Once I Was Very Very Scared Chandra Ghosh Ippen 2017-01-25 A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

**Feeling Scared!** Kay Barnham 2017 Danny is a big help when his friends and his little sister feel scared for all kinds of reasons, from a loud thunderstorm to meeting a new dog to giving a talk in front of the class. Then, in his dark bedroom one spooky evening, it's his turn to feel afraid. Will he know how to be brave and face his own fear? *Everyday Feelings Series: Young children face many strong feelings, some of which can be difficult to handle. This series uses humor and compassion to show children how to help others--and themselves--feel better when dealing with challenging emotions. Lively art illustrates the stories with charm and energy. At the end of each book, a special section for adults presents ideas for helping children deal with feelings in healthy ways, as well as a list of recommended books for further reading. Also available is a free downloadable leader's guide for this series with additional information, discussion questions, and activities.*

*When I Feel Scared* Cornelia Maude Spelman 2010-09-01 Children will recognize similar experiences in their own lives as this little bear describes feeling scared when he has a bad dream or his mother goes away. Eventually our hero

realizes that it's OK to be scared sometimes, and there are ways he can help himself when he's frightened.

**When I Feel Scared** Amy Beattie 2019-07-16 What are you afraid of? Whether it's a big spider, a ghost story, or going to the dentist, we've all felt scared at times. This book builds on key aspects of social and emotional learning as it guides children through the messy process of recognizing our emotions. Readers will understand why they feel scared and how to cope with scary situations in the world around them. With an easy-to-follow narrative, the text will engage young readers and bolster not only their reading comprehension skills, but their confidence to live in the face of fear as well.

**When I Feel Worried** Cornelia Maude Spelman 2013-09-01 Everyone feels worried sometimes, but there are always ways to feel better! Join a cuddly hamster and her toy zebra as she learns to manage feelings of worry. With a focus on identifying the causes of an emotional reaction, and coming up with ways to feel calm and happy again, this book offers simple strategies to help kids understand and take care of their emotions.

*I'm Silly! (My First Comics)* Jennifer L. Holm 2017 This board book explores why Tizzy Tornado is silly.

*When I Feel Sad* Cornelia Maude Spelman 2002-01-01 "Sometimes I feel sad. I feel sad when someone won't let me play, or when I really want to tell about something and nobody listens. When someone else is sad, I feel sad, too...Sad is a cloudy, tired feeling. Nothing seems fun when I feel sad." Children will take comfort in this story. Readers will recognize similar experiences in their own lives as this little guinea pig describes feeling sad when someone is cross or when something bad happens. Eventually our heroine realizes that feeling sad doesn't last forever.

**Feeling Scared** Rosalyn Clark 2018-08-01 Audisee® eBooks with Audio combine professional narration and text highlighting for an engaging read aloud experience! Yikes! What made that noise in your closet? If you've ever felt your heart beating fast and your palms sweating, chances are you were feeling scared! Find out what it means to feel scared and how to acknowledge your feelings. Carefully leveled text and fresh, vibrant photos engage young readers in learning about their feelings and why they matter. Age-appropriate critical thinking questions and a photo glossary help build nonfiction learning skills.

**This Makes Me Scared** Courtney Carbone 2022-06-14 This *Dealing with Feelings* book about first swimming lesson helps kids understand what they're feeling when they're upset. Now a part of the premier early reading line, *Step into Reading!* When a little boy goes to his first swimming lesson, he is nervous. The water is deep, and he doesn't float. After water goes up his nose, he gets out of the pool. It's too scary. The little boy's teacher assures him that it's okay to be scared. And when they face his fear together, he discovers swimming is fun! The *Dealing with Feelings* series of early readers is designed to give voice to what's brewing inside. Through short, simple text and repetitive observational phrases, children will learn to name their emotions as they learn to read. *Step 2 Readers* use basic vocabulary and short sentences to tell simple stories, for children who recognize familiar words and can sound out new words with help. Rhyme and rhythmic text paired with picture clues help children decode the story.

**When I Feel Scared** Cornelia Maude Spelman 2002-01-01 Children often feel afraid. This book, with its comforting words and illustrations, will help children address those fears and learn some new ways to cope with being afraid. First, a little bear describes some of the things that frighten him, like bad dreams or big, tall slides, or when his mother goes away. Sometimes, he just feels scared and doesn't know why! But he learns there are things he can do to make himself feel better. A "Note to Parents and Teachers" reinforces the positive messages in the book.

**What Makes Me Scared?** Heidi Howarth 2019-11-26 What makes you feel scared? Are there things in your life that scare you? There are plenty of things that scare Little Leopard! Follow along with this baby leopard as he encounters the things that scare him in the forest where he lives. The water is too deep, the trees are too high, and even the wind and rain frighten him. What if the storm gets stronger and something happens to his family? Then his Mommy tells him all the things that she's scared of, and he realizes that sometimes feeling scared is not necessarily a bad thing. Filled from cover to cover with bright pictures of spotted leopards and the beautiful forest, What Makes Me Scared? will assure your child that it's okay to be scared sometimes. Use the discussion questions at the back of this book to teach your child about the important topic of fears and that it's okay to tell adults when you're feeling scared, as well as help your child recognize their emotions and make connections to the world around them. What Makes Me Scared? will comfort your child with the knowledge that everyone gets scared sometimes, including their parents.

**When I'm Feeling Scared** Trace Moroney 2019-06 It's easy for anyone to be scared of some things, like the dark or dangerous animals! But lots of other things aren't really as scary as they seem. Each of the books in this series has been carefully designed to help children better understand their feelings, and in doing so, develop confidence and self-esteem as they grow. Talking about feelings teaches children that it is normal to feel sad, or angry, or scared at times. With greater tolerance of challenging feelings, children become free to enjoy their world, to feel secure in their abilities, and to be happy.

**When I Care about Others** Cornelia Maude Spelman 2002-01-01 In today's society, perhaps more than ever, young children need to develop empathy. In this simple book, the author begins by helping children see that when they are sick, hurt, or unhappy, others care about them. Children can then begin to see that others need to be cared about as well. Common situations will further a child's appreciation for and understanding of what others feel and need.

**I Feel Scared** DK 2021-11-02 Little one, what scares you? Follow the story of the scared little ghost who tries to understand its fears and find ways to make them go away. The vibrant picture book teaches children what fear is, how it feels and how to manage this unpleasant emotion. First Emotions: I Feel Scared is an interactive board book for 3-to-5-year-olds that guides young children to understanding big emotions through storytelling. Inside you'll find: • Clear questions directed at young readers that create an interactive learning experience. • Illustrations and bright colors that engage young children. • A simple and easy-to-understand approach to explaining emotions. Feeling scared isn't nice at all. But, it has a specific function – it keeps us safe. With the help of this colorful storybook, kids will learn that we all feel afraid sometimes. The book also shows youngsters that even when they are safe, they might still feel scared, and how they can be brave instead. The story and illustrations are especially helpful to children who are often scared, anxious,

apprehensive or overwhelmed. The book helps children learn emotional intelligence and encourages them to face new situations at an early age. DK has published a range of books for toddlers and young children that help parents, caregivers and preschool teachers support social and emotional skills. Other books in the series include *I Feel Sad*, *I Feel Proud*, *I Feel Angry*, *How Am I Feeling?*

*What to Do When You're Scared & Worried* James J. Crist 2004-01-15 From a dread of spiders to panic attacks, kids have worries and fears, just like adults. This is a book kids can turn to when they need advice, reassurance, and ideas. They'll find out where fears and worries come from, practice Fear Chasers and Worry Erasers, and learn to seek help for hard-to-handle fears they can't manage on their own.

Scared Is ... 2011

**Everybody Feels Scared!** Moira Butterfield 2017-10-19 Did you feel scared on your first day of school? Have you ever felt nervous talking in class? Did your heart beat really fast? Read about Omar and Chloe, and what they did when they felt scared. With a mix of stories, questions for the reader, and advice, this book focuses on why children may feel a certain way and how they can deal with those feelings. With fun, engaging illustrations the book reassures young readers, providing them with a vocabulary to express and understand their feelings as they grow up and encounter different situations.