

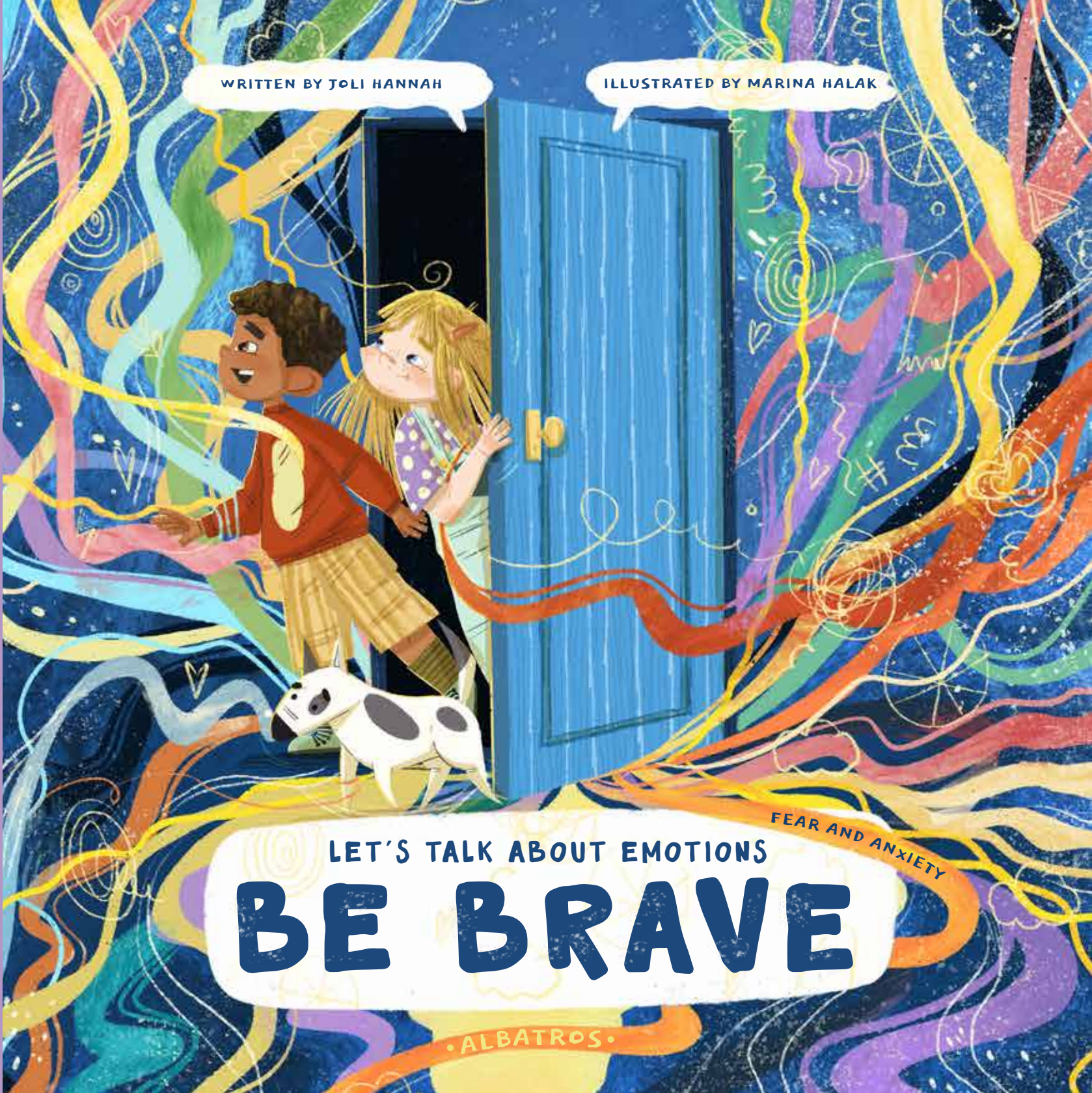
WRITTEN BY JOLI HANNAH

ILLUSTRATED BY MARINA HALAK

LET'S TALK ABOUT EMOTIONS – BE BRAVE



JOLI HANNAH & MARINA HALAK



LET'S TALK ABOUT EMOTIONS

BE BRAVE

FEAR AND ANXIETY

• ALBATROS •



LET'S TALK ABOUT EMOTIONS
BE BRAVE

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You don't have to be afraid. No emotion is completely wrong. With the help of our two friends Anna and Tom, we will show you how to deal with feelings like FEAR and ANXIETY.

Are you ready? Don't worry – everyone can be brave.

ANNA & FEAR

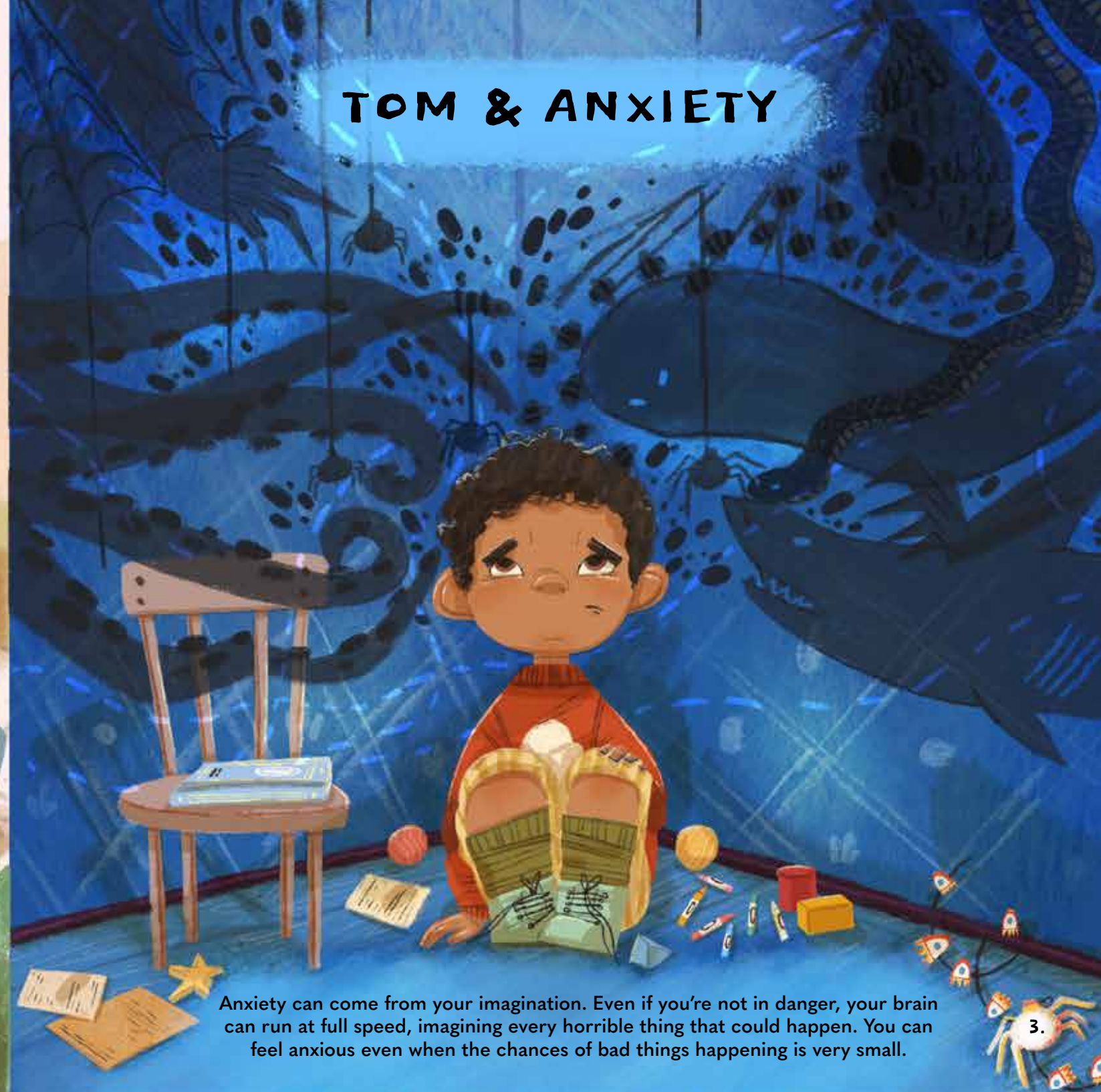
Fear is a very natural thing. Fear is the body's response to a person feeling threatened. Fear is something that all people in the world feel. It is normal to be afraid.



Some people are afraid of animals. Some are afraid of fire. Some are afraid of the water. And everybody is afraid of dangerous people. Fear happens whenever there is some kind of threat.

2.

TOM & ANXIETY



Anxiety can come from your imagination. Even if you're not in danger, your brain can run at full speed, imagining every horrible thing that could happen. You can feel anxious even when the chances of bad things happening is very small.

3.

WHAT TO DO?

FIGHTING YOUR FEARS



When you're afraid of the dark, **MAKE IT BRIGHT.**

When you're afraid of sounds going bump in the night, **PLAY MUSIC.**



ASK your mom, dad, aunt, grandma, or older siblings to **STAY WITH YOU WHILE YOU FALL ASLEEP.** If you're feeling brave, you can try it on your own, but it's OK if you don't. Next time it might work!)



Ask your mom to conjure up **A MAGIC BUBBLE** around you where nothing bad can get in – not a bad dream or a ghost.

SNUGGLE UP with your favorite soft toys and pillow. Let them comfort you as you fall asleep.



What **TO DO** to make your fear of the dark go away...

Listen to **CALM MUSIC.**

READ A FAIRY TALE with a good ending.



TALK to a parent about what you did during the day.

What **NEVER** to do if you're afraid of the dark...

Aaaa..

Don't watch **HORROR MOVIES**, especially not at bedtime.

Don't read **SCARY STORIES**, especially not at bedtime

Don't look up **SCARY THINGS** on the internet.

Don't play **VIOLENT COMPUTER GAMES.**



Even if you don't do any of these things before bed and you do them only in the daytime, your brain remembers them very well – usually when the lights go out and it's time to sleep.

KIDS ALL HAVE FEARS



Don't forget that everyone else has some kind of worry, fear, or anxiety too. Even those who don't look like it.

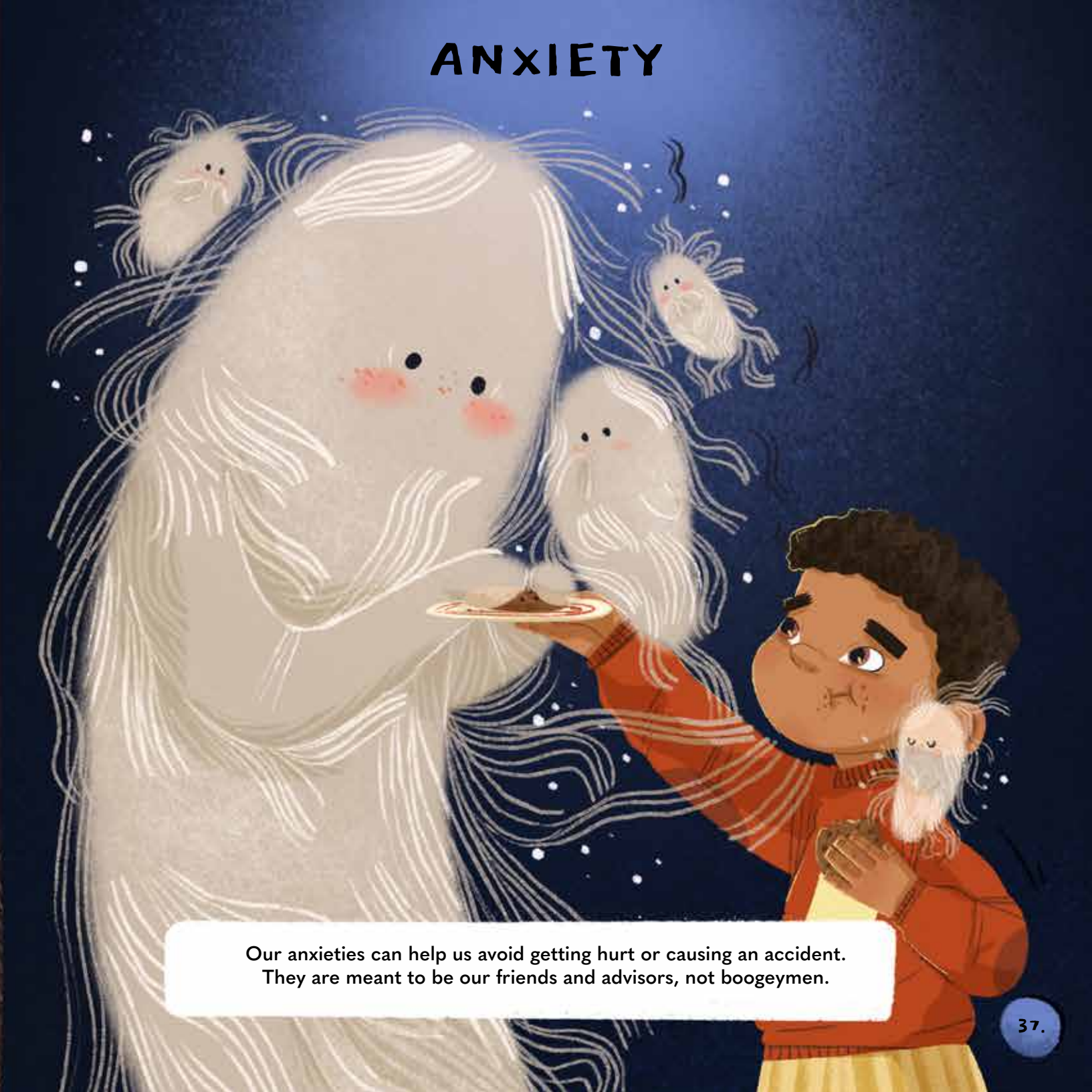
Don't let your fears get the better of you. Try to talk them through.

FEAR



Don't forget that our fears are actually here to protect us. There's no need to turn them into boogymen.

ANXIETY



Our anxieties can help us avoid getting hurt or causing an accident. They are meant to be our friends and advisors, not boogymen.

LET'S TALK ABOUT EMOTIONS

BE BRAVE

If you're looking for a book that will encourage children to have conversations about their **FEARS AND ANXIETIES**, this is the one.

This comic-style book is designed for children to easily understand it. The helpful hints and advice given in each of the situations make learning fun, not just something you do at school or home.



EDUCATION



FAMILY FUN
INTERACTION

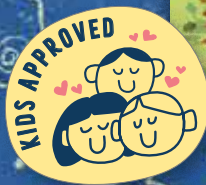


FUN
ACTIVITY



TARGET
GROUP

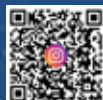
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Written by Joli Hannah
Illustrated by Marina Halak
Layout design by Sarka Novakova
Graphic design by Aneta Chmelova
Text edited by Scott Alexander Jones