



# An alarm

Scared? From fear to courage

Are you often afraid? Sometimes, being afraid is very good. Imagine if you were not afraid of anything. You would see a hole in the ground and stick your hand inside without thinking twice! But being afraid is like an alarm that warns you—watch out, there might be a poisonous spider in there! This alarm makes us be careful and keeps us safe.

2



Sometimes the alarm does not work properly and we are afraid of things that don't represent any danger at all, such as a fly. Then being afraid is not very good because it keeps you from doing things you would otherwise do!

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# I'm afraid of...

You can be afraid of the dentist, cars, snakes, pencils, monsters, roller coasters, storms, chewing gum, darkness, dogs, having your hair cut, glasses, rats, spiders, aliens, mosquitoes, loud music, noise, lightning and thunder, some people ... and of as many things as you can imagine!

But there are some things in this list that make you laugh, right?

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# I can't see anything!

The lights in the hallway are out and you just have to go to the bathroom. You'd like someone to go with you but no one is available. You consider the distance you have to walk and it seems so long!

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But don't worry—get a flashlight and pretend you are an explorer. The hallway at home can become an exciting tunnel. In the dark it is not unusual to be a little afraid because you can't see anything. But if you learn how to use it to play, you'll discover it's a lot of fun. Come on, let's get going!

7

