



The Find Out Files

my
fears



DISCOVER MORE
ABOUT YOURSELF
WITH THE
FIND OUT FILES!

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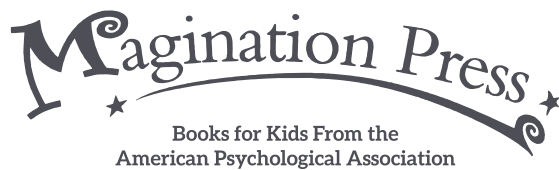
my fears



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Read this first!

Hello! I am Meerkat. It's nice to meet you. I'll pop up throughout this book and guide you on your journey. Now, you might be wondering many things! Let's see if I can answer your questions.

What is this book about?

This book is about fears, as you may have guessed from the title. Fear is the emotion that warns you of dangerous or scary situations either real or imagined. Your brain prepares your body to respond by fighting back or taking off. Everyone feels afraid sometimes. Everyone has fears. Fears can be uncomfortable and make it hard to do everyday things. Here's the catch: fears aren't all bad! Some fears can be quite useful. Fear has allowed humans to survive for thousands of years. Pretty nifty, right?

How do I use the activities?

This book has activities like drawing pages and crafts. The drawing pages are good for when you want to feel calm and focused. There are cool quizzes too, all about fears. Towards the back of the book, you'll find crafts you can cut out, like a fortune teller and a fear thermometer. And to top it all off, there are stickers! It's very exciting.

What will I learn?

You will learn to deal with your fears whether they happen in response to a real danger or anticipation of a previous experience. These emotions can be intense, but you can learn ways to calm yourself and feel better. You might find that some activities are more helpful for you than others. That's totally fine, and you can just figure out what works best for you. Are you in?



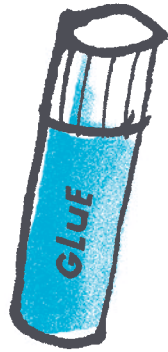
I'm in. What's next?

You can read this book with a grown-up or by yourself. There's a guide for grown-ups at the back of the book. You can go through the book as slowly or as quickly as you'd like. I think it's helpful to go through the pages in order, but it's all up to you.

**Ready?
Let's go!**

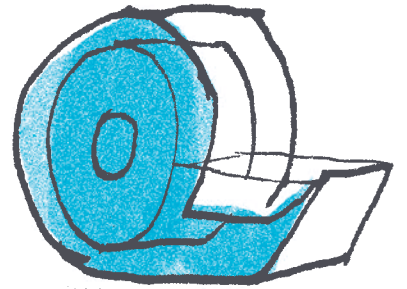


scissors

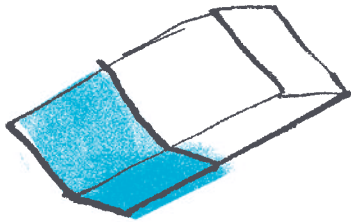


glue

To learn to understand and cope with your fears, you will need a few things.



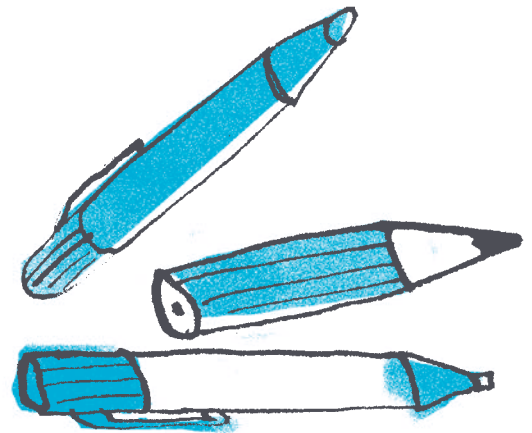
tape



eraser



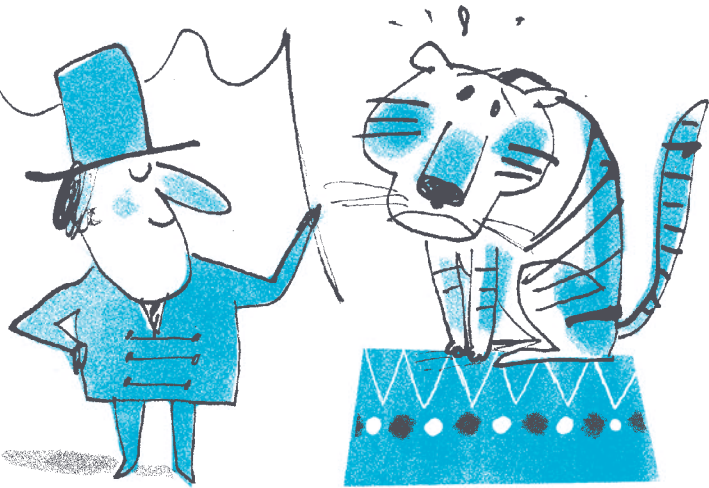
You'll also need the stickers at the end of the book.



markers, crayons, or pencils

Some people seem to have no fear. But everyone feels fear and each has their own way of taming it. Some do it by frightening others!

Draw a line between the characters and what you think they do in response to fear.



I hide in my shell.

I alert others.

I make noise with my whip.

I yell and scare others.

I make myself big and scary.



**I know fear really well!
I can help you deal with
your fears without
responding in mean or
angry ways.**



People can be afraid of all sorts of things.
Circle what frightens you.



storms



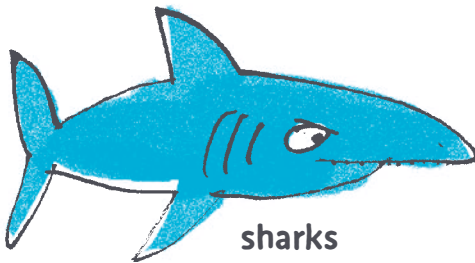
your parents arguing



your doctor



clowns



sharks



taking tests



your teacher



getting in trouble



loud noises



being teased



a teddy bear



death



a wolf