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Last night, I felt scared when I heard a strange noise outside my window



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My heart beat fast, and my hands felt cold



I remembered what Dad told me about fear being a normal feeling



I tried to be brave and peeked out the window



**It was just the wind moving the
branches of the tree**



**I took deep breaths to calm
myself, just like Mom taught me**



Then, I hugged my teddy bear tightly. It made me feel safer



I decided to turn on my night light, which brightened the room



I also remembered my happy place, the beach, and imagined being there



Slowly, my fear went away, and I started feeling sleepy



In the morning, I told Mom and Dad about my fear and how I coped



They were proud of me for managing my fear on my own