



When I Feel Scared



*A Comforting
Story for Big
Feelings*





By Godswill Ambrose



ABOUT THIS BOOK

When I Feel Scared is part of the Healthy Little Minds series — a collection of gentle stories made for children ages 4 to 8.

This book helps young readers:

-  Understand that fear is a normal feeling
-  Learn calming strategies like breathing and imagining safety
-  See themselves in Destiny, a thoughtful child navigating big feelings
-  Build trust in family, caregivers, and themselves



Dear Grown Ups,

Fear is a natural part of growing up.

Big feelings like fear can feel overwhelming for little ones, especially when they don't yet have the words to explain them.

This book was created to help children:

- Recognize what fear feels like in their bodies
- Understand that being scared is normal and okay
- Explore calming strategies through a safe, loving character
- Learn that trusted adults can be their anchors in stormy emotions



Dear Grown Ups,

Tips for Using This Book:

- Read together and pause to talk about each scene
- Ask your child: “What makes you feel scared?”
- Try the breathing or drawing exercises alongside them
- Revisit the book during bedtime, after tough days, or before transitions

You are your child’s safe place.

With your presence and care, they’ll learn to feel brave even when things seem scary.

Thank you for helping little hearts grow strong.

— **Healthy Little Minds.**

Introducing



Destiny —
a kind, thoughtful child
learning to face fears with
courage, breathing,
imagination, and connection.
Through his story, children
see themselves and gain
gentle tools to cope.



A Healthy Little Minds® Book by Godswill Ambrose



Sometimes I feel scared.

Like when I hear a loud sound...

Or when I try something new for the first time.

My tummy feels tight.

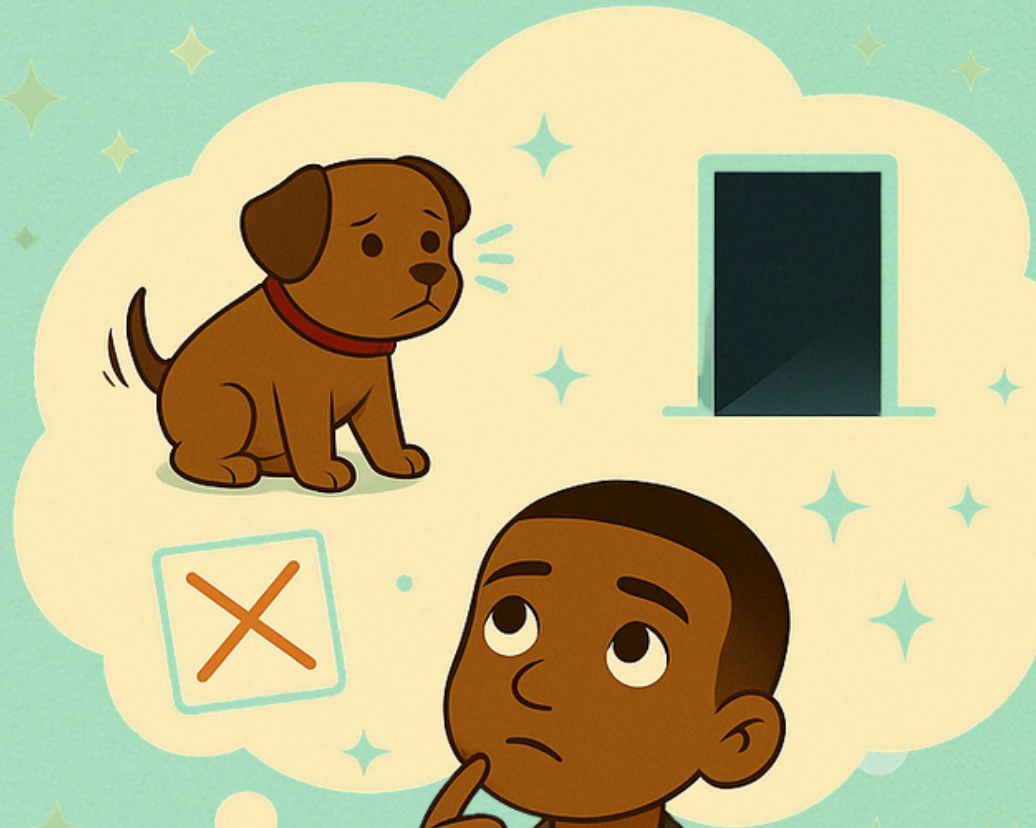
My heart beats fast.

My thoughts run away like wild horses.

- ✓ Talk to Dad
- ✓ Hug Teddy
- ✓ Breathe
- ✓ Feel Safe



Is it real,
or just
a thought?



Why do I feel scared?


Because I don't know what's going to happen.

Because something feels big or different or dark.

But not everything scary is truly dangerous.

Sometimes my brain gets confused.

So I ask myself:

 Is this fear
trying
to protect me...
or just surprise
me?



I can pause and ask...



What am I really afraid of?



Is it real, or is it a thought?



Am I safe right now?





Family Can Help!

When I feel scared, I can...

 Tell my mom or dad

 Hold my sister's hand

 Cuddle with someone I love



In... 1... 2... 3.
Out... 1... 2... 3.

My Calm Down Tools

Here's what helps me feel brave again:

- **Breathing slowly like a turtle 🐢**
- **Holding a stuffed toy or blanket**
- **Drawing my fear and giving it a funny name**
- **Turning on a night light**
- **Sitting beside someone I trust**
- **Whispering: "I'm safe. I'm strong. I can handle this."**



Think About It

What makes you feel scared sometimes?

 A shadow?

 Being alone?

 Making a mistake?

 Draw it here or talk about it with someone kind.



You Are Brave!

Every time you pause, ask questions, and find
your calm...

You're using your superpower: emotional
strength.

Even scared kids can be brave.

And you're already doing it. 🌈



THANK YOU FOR READING!



We hope this book helped your little one feel understood, supported, and a little braver today.

Keep talking.
Keep drawing.
Keep breathing.
Keep growing — together.
Emotions can be big,
but so is your love.

Credits

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