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Me and My Fear

Karen Abbott

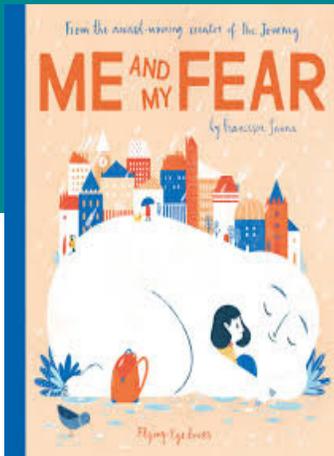
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Book Review

Me and My Fear

Fear can be helpful, but when it gets too big it can prevent people from doing or trying important things. This is true for a little girl who has arrived in a new country where she doesn't speak the language or have any friends. Fear is personified as a ghostly little companion who changes size as the girl's feelings grow and recede. When the girl makes a friend, she discovers that he has a little fear also. In fact, everyone does!

This is a wonderful book to address the topic of scary things with very young children. The personification of fear as a little companion who grows into an uncontrollable size is a wonderful way to illustrate how the feeling works, and how it can be helpful or harmful as it accompanies her to school. It also helps readers to see that everyone has this little companion. The illustrations use color to focus the action, making the fear white so that it stands out and tying it in to the pale aspect associated with the emotion. If you know anyone, young or old, who struggles with fear and anxiety, this is the book to begin a new understanding.

Author

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Illustrator

Reviewer

Karen Abbott

Rating

Outstanding

Level

Toddler, Preschool,
Primary

Pages

40

Year

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Publisher

Flying Eye Books

ISBN

978911171539