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### Feelings Matter: Feeling Scared

Carly Atchley

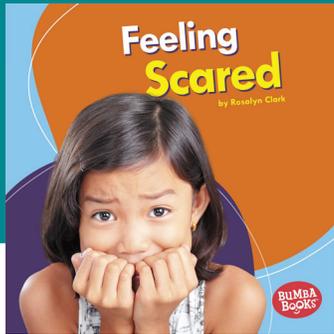
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## Book Review

# Feelings Matter: Feeling Scared

### Author

Rosalyn Clark

### Illustrator

Rosalyn Clark

### Reviewer

Carly Atchley

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### Rating

Excellent

### Level

Preschool

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### Pages

24

### Year

2018

### ISBN

9781512433692

### Publisher

Lerner Publications

What does it mean to feel scared, and when does it happen? It could be climbing to tall heights on the playground, being in a big crowd, or starting your first day at a new school. When we feel scared, our hearts may beat fast or we may feel as though we want to run and hide, but this is normal. In fact, our friends may have some of the same fears that we do! Talking to a trusted friend or adult about our fears can help us to stay calm, even when we might be afraid.

Feeling Scared is a helpful way for parents or teachers to explain the basic feeling of fear to young children. With descriptive pictures and examples, it simply describes what fear looks like and how it can make us feel. The book also provides interactive questions, a picture quiz, and an illustrated glossary that can assist parents and teachers in starting important conversations on fear. Finally, Feeling Scared offers solutions to our physiological reactions to being afraid: taking a deep breath, asking a friend for help, or talking to a trusted adult. Due to the simplistic nature of this book, it should be used with very young children that are starting to learn how to understand and control their emotions.