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Kids Heal

# Sometimes I'm Afraid

A Book about Fear

Written by Maribeth Bozko

Illustrated by Cheri Bladholm

With a Foreword by Dr. Scott Brinkman, PhD

Zonderkidz

# Sometimes Im Afraid

**Michaelene Mundy**



## **Sometimes Im Afraid:**

**Sometimes I'm Afraid** Michaelene Mundy,2014-08-19 We want our kids to be safe happy and well adjusted But we all know that our children like us have to face a lot of difficult things in their lives And one of them is fear Although adults have learned that one of the best remedies for tackling fears is an abundance of love and care children still need support and guidance In *Sometimes I m Afraid A Book about Fear Just for Me* author Michaelene Mundy helps young readers understand what it means to be afraid and how to find courage and support in their friends and loved ones **Sometimes I'm Afraid**

Maribeth Boelts,2004 Three different children are helped by caring adults to use prayer to deal with frightful feelings

*Sometimes I'm Scared* Jane Annunziata,Marc A. Nemiroff,2009 Kids can be afraid of lots of things this book outlines easy steps kids can use to overcome their everyday fears *Sometimes I'm Afraid* Wendy Cuskey,2022-06 Written with the assistance of a mental health professional *Sometimes I m Afraid* is a book for children who are experiencing fear or are acting out in anger that is rooted in fear If you have a small child who is angry fearful or anxious this book may be just what he or she needs to understand the big feelings and what to do with them During the pandemic many of us unwittingly projected fear onto our children Children are so much more perceptive than most of us believe They can pick up on our emotions by the slightest change in behavior voice tone facial expression and even by the things that we don t do or say As we begin our exit of this very surreal period in history we are finding that our children have come out on the other end with remnants of fear anxiety and an inability to stay focused on the task at hand This book speaks to those feelings not only letting children know that their feelings are validated and that it is okay to feel what they do but that there are ways to control the resulting behaviors and help themselves feel better In this story Sergio finds himself the odd man out when he is the child in preschool who cries the most experiences outbursts and generally separates himself from the other children With the help of a therapist Sergio learns about his feelings and how to help himself feel better no matter where he is Sergio learns about different activities physical and creative that help him release the anger from his body He also learns that breathing exercises can help to calm and focus him This picture book is geared towards preschool and kindergarten aged children but is suitable for all ages with whom the story may resonate **INSIDE YOU WILL FIND** Everyone is sometimes afraid It s okay to be afraid because we all are sometimes Techniques to help This story is full of ways to help you deal with the big feelings as well as ways to control the resulting behaviors Introduces the concept of a therapist This story removes any possible stigma associated with a therapist and shows how the therapist was helpful to Sergio and not scary at all and You re not alone By discussing fears that a child may be bottling up inside we are letting them know that they are not alone in their fears and it s okay to talk about them I wrote this book with the intent to help children who are struggling with some pretty big feelings I hope it helps your child as much as it has the children who have already been introduced to it **Sometimes I'm Afraid** Sylvia Root Tester,Frances Hook,1979-01-01 A young child describes some of her fears and how she deals with

them *The Journal of Psychohistory*, 1982      **The Gentleman's Magazine**, 1881      **The Psychic World of Peter Hurkos** Norma Lee Browning, 2000-08 Book Description When the Dutch psychic Peter Hurkos approached Norma Lee Browning to write his story her reply was blunt You know better than to ask me I m the one who exposes people like you Norma Lee Browning is a professional skeptic a journalist with a reputation for exposing frauds and charlatans Hurkos persisted The result is this incredible book in which Browning skeptic proves beyond a reasonable doubt that Peter Hurkos is a man with phenomenal psychic powers a man who can conjure up the past envision the future and describe people and places he has never seen Hurkos has also participated in missing persons and murder investigations across the United States To fully describe a man like Peter Hurkos is not possible Ms Browning deals in facts in names and places and dates and these facts speak for themselves Author s Bio A well known columnist and reporter Norma Lee Browning has written numerous books including the fascinating FACELIFTS Everything You Always Wanted to Know She lives in Palm Springs California

*Gentleman's Magazine and Historical Review*, 1881      **Sometimes I'm Afraid** Jane Werner Watson, Robert E. Switzer, J. Cotter Hirschberg, 1971 A three year old describes some of the things he is afraid of and how his parents help quiet his fears

*This Strange and Sacred Scripture* Matthew Richard Schlimm, 2015-02-10 The Old Testament can seem strange and disturbing to contemporary readers What should Christians make of Genesis 1:3 seemingly at odds with modern scientific accounts Why does the Old Testament contain so much violence How should Christians handle texts that give women a second class status Does the Old Testament contradict itself Why are so many Psalms filled with anger and sorrow What should we make of texts that portray God as filled with wrath Combining pastoral insight biblical scholarship and a healthy dose of humility gifted teacher and communicator Matthew Schlimm explores perennial theological questions raised by the Old Testament He provides strategies for reading and appropriating these sacred texts showing how the Old Testament can shape the lives of Christians today and helping them appreciate the Old Testament as a friend in faith      [Life Span Perspectives of Suicide](#) A.A. Leenaars, 2013-06-29 In recent years a great deal of interest has been focused on suicide in the elderly and in the young However in line with modern trends in psychology sociology psychiatry anthropology and other human health fields interest has now shifted to suicide across the life span from childhood through adulthood to old age This book has been conceptualized within this developing tradition There are various ways in which life s timelines can be conceptualized Developmental theory we believe should be open ended This has widened and will continue to widen our understanding of many complicated human acts including suicide Though suicide is in many ways the same across the entire life span understanding the time lines in the suicidal process is imperative To do so however is we believe challenging In this volume we attempt to engage in the process of understanding suicide from a developmental perspective To do this we have been fortunate to obtain the cooperation of a highly competent group of contributors One interesting footnote to our list of authorities is that they represent suicidologists from across the life span a few who are at the beginning of their careers a

large number in their middle years and a few who are in the Indian summer of their professional lives      **The Temperance Mirror ...** ,1890      **Sometimes I'm Afraid** Joan Singleton Prestine, Meredith Johnson, 1988 Tim describes some of the things that scare him and asks his mother if there s anything that makes her feel afraid      *Letters of Lost Hope 1* Vishal Dhanda, 2018 This is the first volume of a collection of my correspondence posts and thoughts      **Library of Famous Fiction: pt. 1 Ceasarine Dietrich** ,1880      *The Personal History and Experience of David Copperfield the Younger* Charles Dickens, 1907      The Welsh Vocabulary of the Bangor District Osbert Henry Fynes-Clinton, 1913      Hearst's International ,1912      **The Parliamentary Debates (official Report)**. Great Britain. Parliament. House of Commons, 1921

## Reviewing **Sometimes Im Afraid**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Sometimes Im Afraid**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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