

We feel excited

Yippee! Hurray! What are the animals looking forward to today?



We feel happy

What are the animals happy about?



Reading my favourite book makes me happy



We feel scared

Why do the animals feel scared?



Thunder and lightning can be frightening

But soon there will be a rainbow

I don't like the loud noises

Look at the pretty colours instead

Things that make us feel scared might not be scary at all

Focus on the positives

Hello!

Yay!

first day at school

What if I don't make any friends?

Look! Sloth is saying hello!

The dark seems scary, but -

The sky is full of stars, so it's never truly dark

This story is scary

If we close the book they will go away

don't worry, they will be back soon

I've had a bad dream

What helps you feel less scared?

Try and think of something happy instead

We all have bad dreams sometimes

Sometimes we can feel scared and excited at the same time

Sometimes we feel scared when away from our loved ones

I'm scared

what is that noise?

Talking to someone about what scares you can make it less scary

Look closer, he's friendly!

I'm scared of spiders!

I haven't jumped before!

you can do it!

We all feel scared sometimes!