

Unlike his friends, Adam doesn't like feeling scared - but he's just not sure what to do about it!

This book follows Adam's journey as he looks to others for answers and solutions for his fear.

This book has been written for younger children who struggle at times with fear. It helps them to address that and 'find their brave' in a very practical way.

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Sometimes I feel...

SCARED



Written and illustrated
by Ruth Lancey



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This is a work of fiction. Any resemblance to actual events or persons, living or dead, is entirely coincidental.

First edition

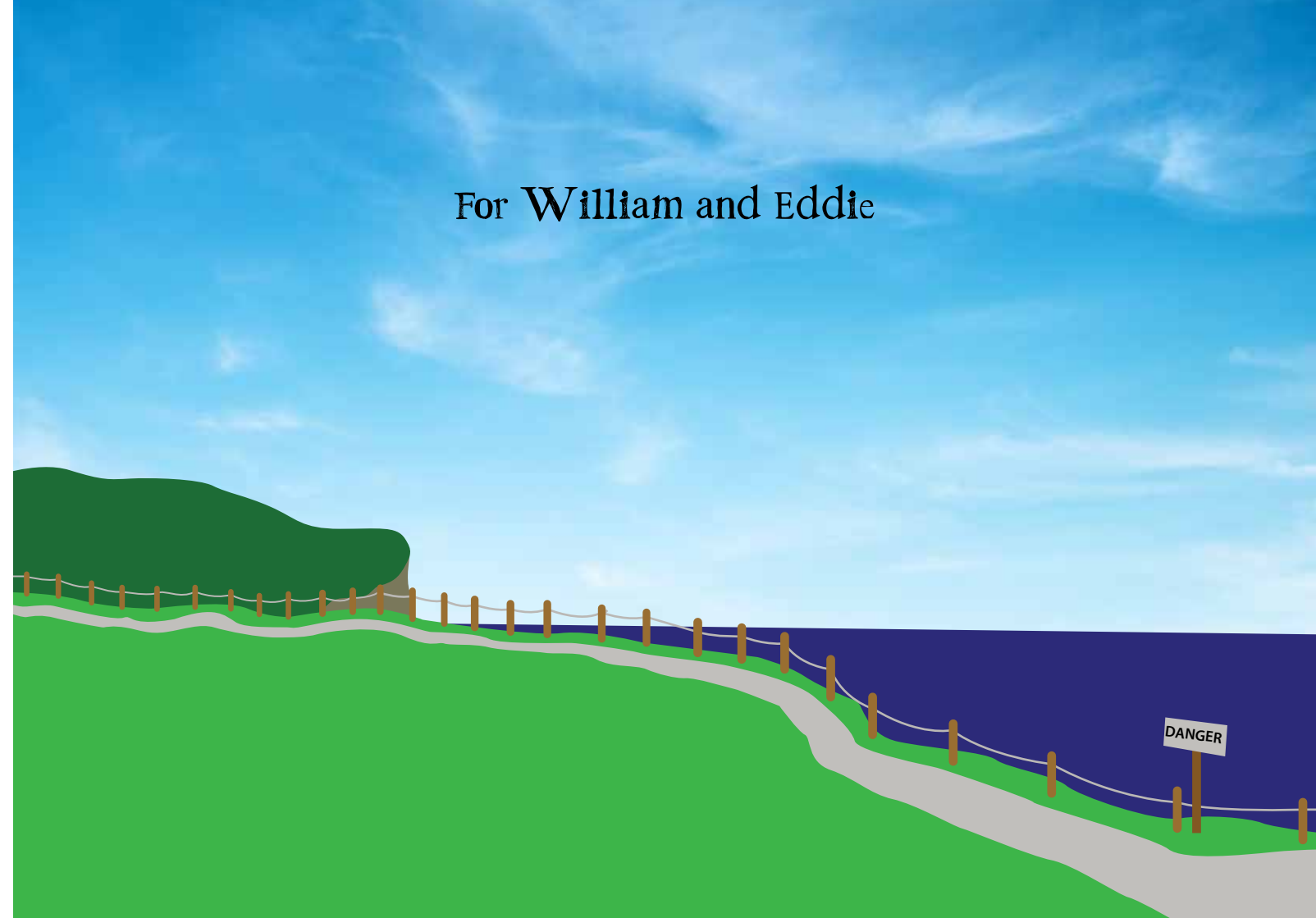
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For William and Eddie



Sometimes I feel scared.



I hide under the table and close my eyes.



Sometimes I cry.



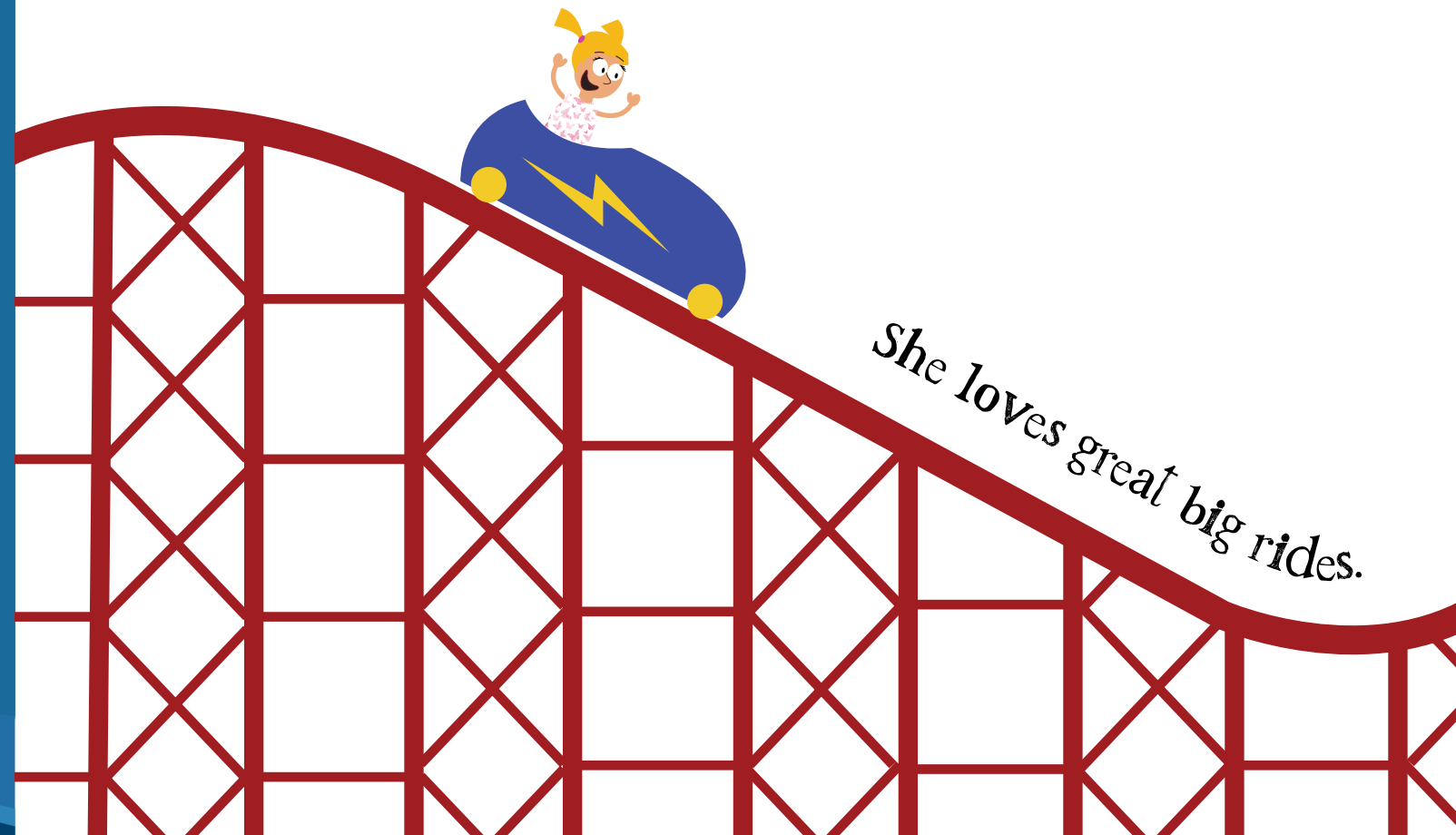
Mum says 'it's ok, don't be scared!'.



But it doesn't make the scared go away.

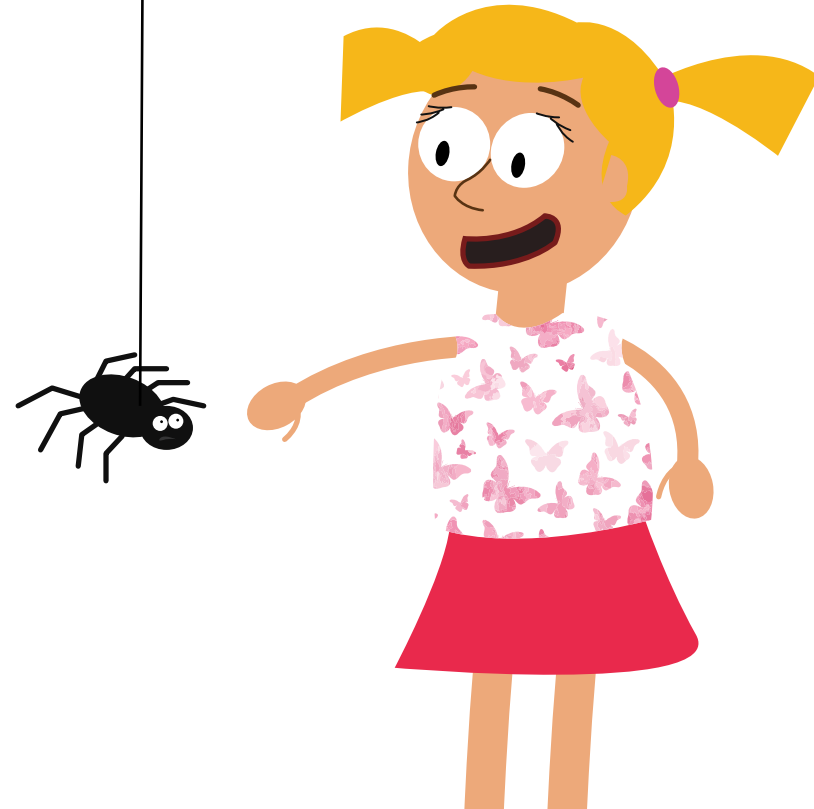
★ My friend Sophie likes to be scared.
She asks for scary stories.

Argghhh



She loves great big rides.

She even poked a spider,



and screamed!

Dad says sometimes it's ok to be scared.



It stops us from getting hurt.

My grandad was a soldier.

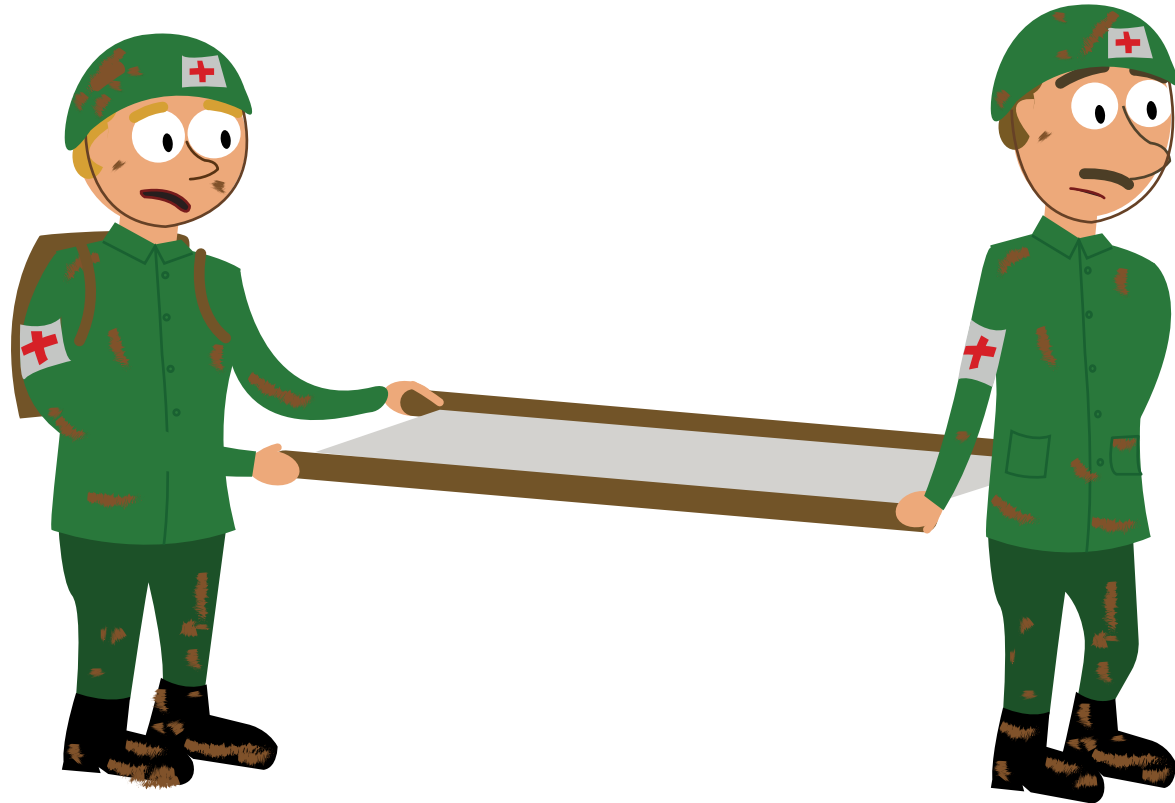


He won three medals for being brave!

I asked my grandad why
he wasn't scared.



He told me he was very scared,
but he found some eXtra brave.



Where can I find brave?





Is it in my toy box?

Is it under the stairs?



My granny knows everything.

I asked her where Grandad
finds his brave.



She smiled and held me tight.

“Close your eyes, and imagine
one thing that frightens you.”



“Now pop it into a big heavy boX.”

“Now close the lid and imagine a huge guard standing by the boX so that nothing can get out.”





“Done!”,
I told her.



The guard can be anyone you like,
but to Grandad it's Jesus.

Grandad gives his
scared to Jesus.



He locks it away,
and Jesus gives him brave instead.

My granny knows everything.



The end



Don't panic. I'm with you.
There's no need to fear for I'm your God.
I'll give you strength. I'll help you.
I'll hold you steady, keep a firm grip on you.
Isaiah 41: 10 (The Message)

