

I may also have a quiet
place where I feel safe.



In my quiet place,
I might tell myself something nice.
I might take some deep breaths.
I might say a prayer.
I might think about
the good things in my life.



From *When I Feel Afraid* by Cheri J. Meiners, M.Ed., copyright © 2003.
Free Spirit Publishing Inc., Minneapolis, MN; 866-703-7322; www.freespirit.com.

The Free Spirit
Learning to Get Along[®]
Series

Books that help young
children learn to behave
responsibly and respectfully
toward themselves
and others.

Here's what people are saying about this and other books in the **Learning to Get Along**[®] series:

"Children and adults will love these gentle, empowering books."

—Dr. Stephen R. Covey, Author, *The 7 Habits of Highly Effective People*

"Simple, charming language gives parents and teachers a blueprint for teaching important social skills in a loving and encouraging way."

—D. Joel Beckstead, Ph.D., Clinical Psychologist

"Surely needed. . . . I heartily applaud this important series."

—Jay A. Monson, Ph.D., Professor of Elementary Education, Utah State University

"A valuable tool for supporting the social and emotional development of young children."

—Mary Walter, Ph.D., Elementary School Psychologist

When I Feel Afraid

Children today have many fears, both real and imagined. This book helps children understand their fears and teaches basic coping skills. Simple words and inviting illustrations show little ones that they're not alone, there are many people they can talk to, and they can even help themselves feel better, stronger, and safer.

Made to be read aloud, this book also includes a special section for adults, with ideas for supporting children when they feel afraid and a list of additional resources.



Cheri J. Meiners, M.Ed., has her master's degree in elementary education and gifted education. A former first-grade teacher, she has taught education classes at Utah State University and has supervised student teachers. Cheri and her husband, David, have six children.

The Free Spirit **Learning to Get Along**[®] series supports all ten Domain Elements in the Head Start Child Outcomes Framework Domains of "Language Development," "Social and Emotional Development," and "Approaches to Learning."

free spirit
PUBLISHING[®]



ISBN 1-57542-138-0

\$10.95

