

# Fear

**The Following books can be found on Epic!**



“A Kid's Guide to Feelings: Feeling Afraid” by Kirsty Holmes (Epic Books)

Meet the colorful character Agent Afraid, who displays fearful emotions throughout relatable text.



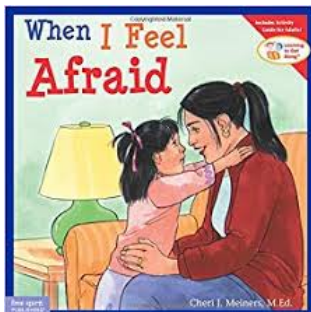
“Fear” by: Tamra B. Orr (Epic! Books)

This Level 1 guided reader explores the feeling of fear. Develop word recognition and reading skills while learning about your feelings.



“When I Feel Afraid” by Cheri Meiners

Children have many fears, both real and imagined. Encouraging words guide children to face their fears and know where to turn for help.



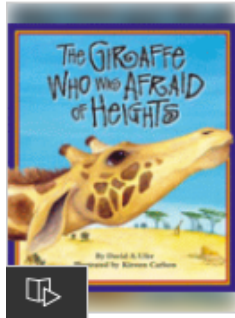
“Ivan’s Fear” by Ariel Andres Almada

Ivan's Fear is an inspiring tale about bravery and how to face our fears.

More titles on fear and feeling afraid can be found on Epic! through the following link:

<https://www.getepic.com/app/user-collection/10930252> (Pre-K to 2nd)  
<https://www.getepic.com/app/user-collection/10930958> (3rd to 5th)

**The following books can be found on MackinVia.**



### **The giraffe who was afraid of heights**

Ufer, David A.

Available: 1 / 1

A young giraffe is very afraid of heights so his parents send him off to the doctor to get help for his fear. On the way he meets a monkey and a hippo who also have fears of their own. Together the three animal friends stay together and learn how to deal with the things of which they are most afraid.

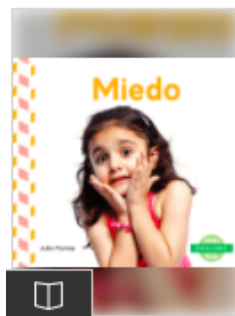


### **La jirafa que le tenía miedo a las alturas**

Ufer, David A.

Available: 1 / 1

A young giraffe is very afraid of heights so his parents send him off to the doctor to get help for his fear. On the way he meets a monkey and a hippo who also have fears of their own. Together the three animal friends stay together and learn how to deal with the things of which they are most afraid.



### **Miedo**

Murray, Julie

Available: 1 / 1

Explores reactions to fear and causes of fear in kids. Includes a picture glossary, index, and advice on what to do when experiencing fear.

[More Info](#)



### **Miedo es...**

Nichols, Cheyenne

Available: 1 / 1

Rhyming text and color photographs depict children who feel scared for different reasons.

[More Info](#)



### **The thing Lou couldn't do**

Spires, Ashley

Available: 1 / 1

Young Lou is fearless, willing to run, build fortresses, rescue wild animals, and do anything her friends can do--except climb a tree. Lou has to learn to face her fears and find her courage to join her friends on this fun adventure.

[More Info](#)



### **You're safe with me**

Chitra Soundar

Available: 1 / 1

In this modern fable, the baby animals of the Indian forest can't sleep on a stormy night, so Mama Elephant rocks them in her trunk and assures them in whispers that they are safe with her. She tells them that the wind brings seeds, the thunder brings water from the sea, and lightning sparkles and turns into little shiny stars when it's done. Features detailed color images, digitally formed with dots and geometric shapes.

## **Secondary:**

“Understanding Anxiety” by Holly Duhig (Epic books)

## **Videos:**

<https://jr.brainpop.com/health/feelings/emotions/>

<https://jr.brainpop.com/health/feelings/mindfulness/> (free)

<https://jr.brainpop.com/health/feelings/mindfulness/activity/>  
(breathing activity with Moby)