

I FEEL SCARED, AND THAT'S OKAY!

A little heart, a big adventure inside

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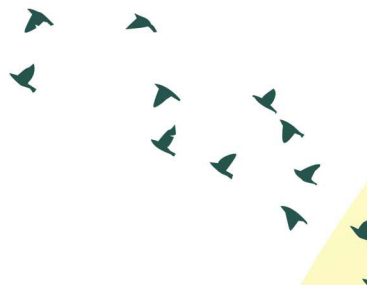
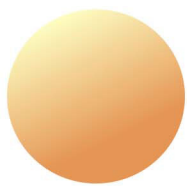
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**Some stories
don't just teach
you—they
find you**





**Max loved to giggle, to run, and to play,
But new things could wobble his smile away**





One sunny day, Max and Mommy went to the park.
Max saw the tallest slide he had ever seen.
His friends were already at the top.
They waved and called, "Come on, Max!"
Max looked up. His tummy felt tight.
His eyes went wide. Thump-thump, went his heart.





**Max took a step forward.
He stared at the ladder.
“It’s too high,” he whispered.
His heart went thump-thump.
His knees wobbled.
He squeezed Mommy’s hand.**



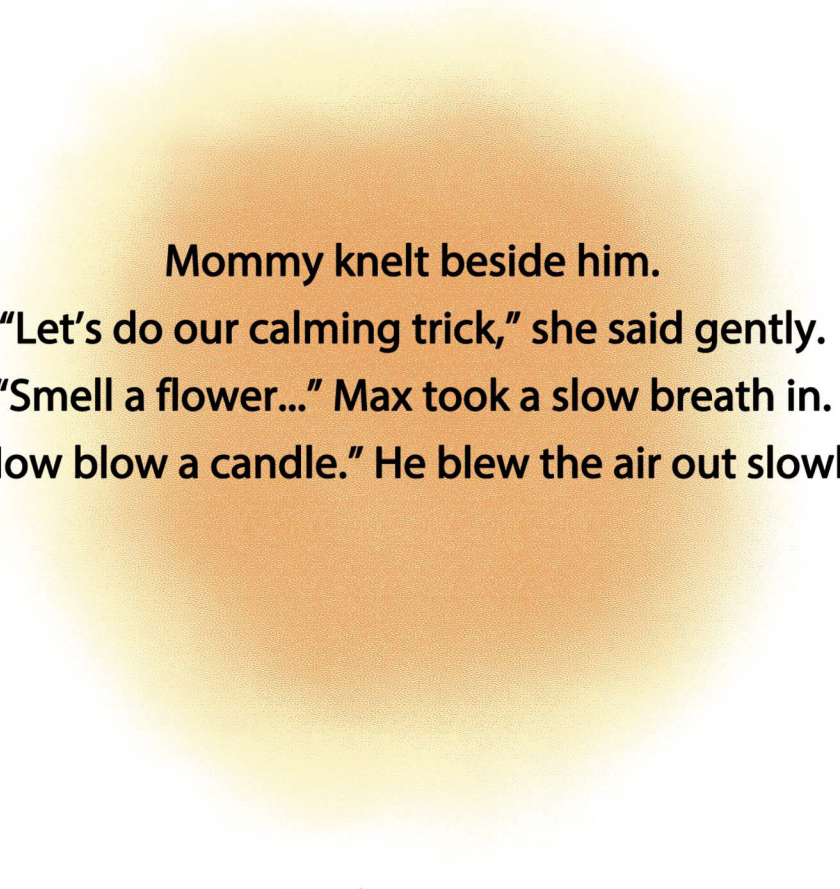


It's too high!

Max stepped back. "I can't do it," he said softly.
He hid behind Mommy's leg.
His friends waited kindly, still smiling.



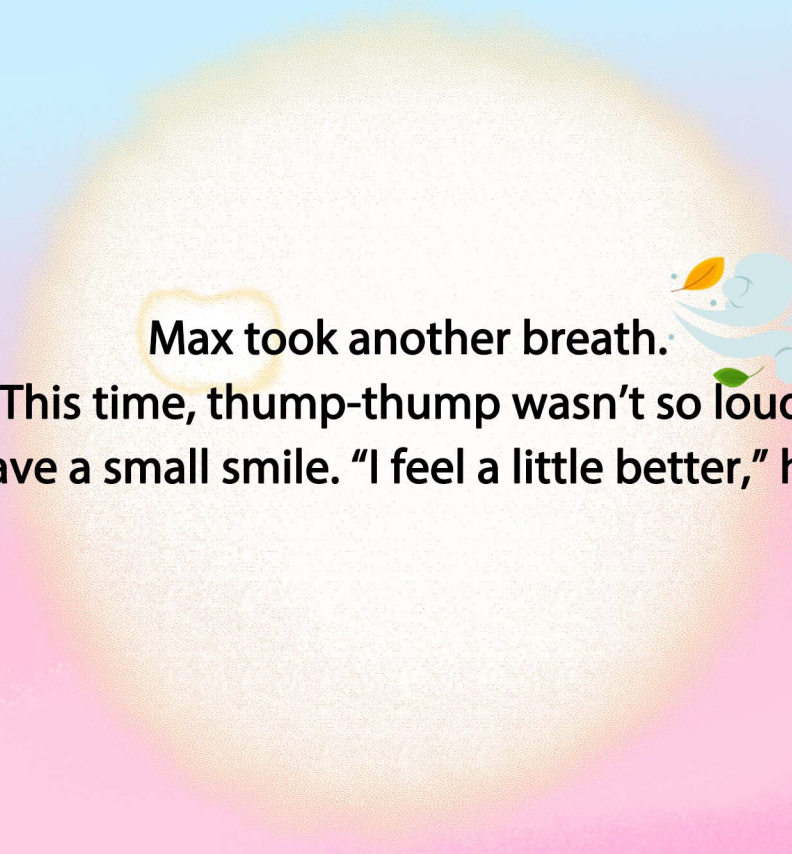




Mommy knelt beside him.
“Let’s do our calming trick,” she said gently.
“Smell a flower...” Max took a slow breath in.
“Now blow a candle.” He blew the air out slowly.





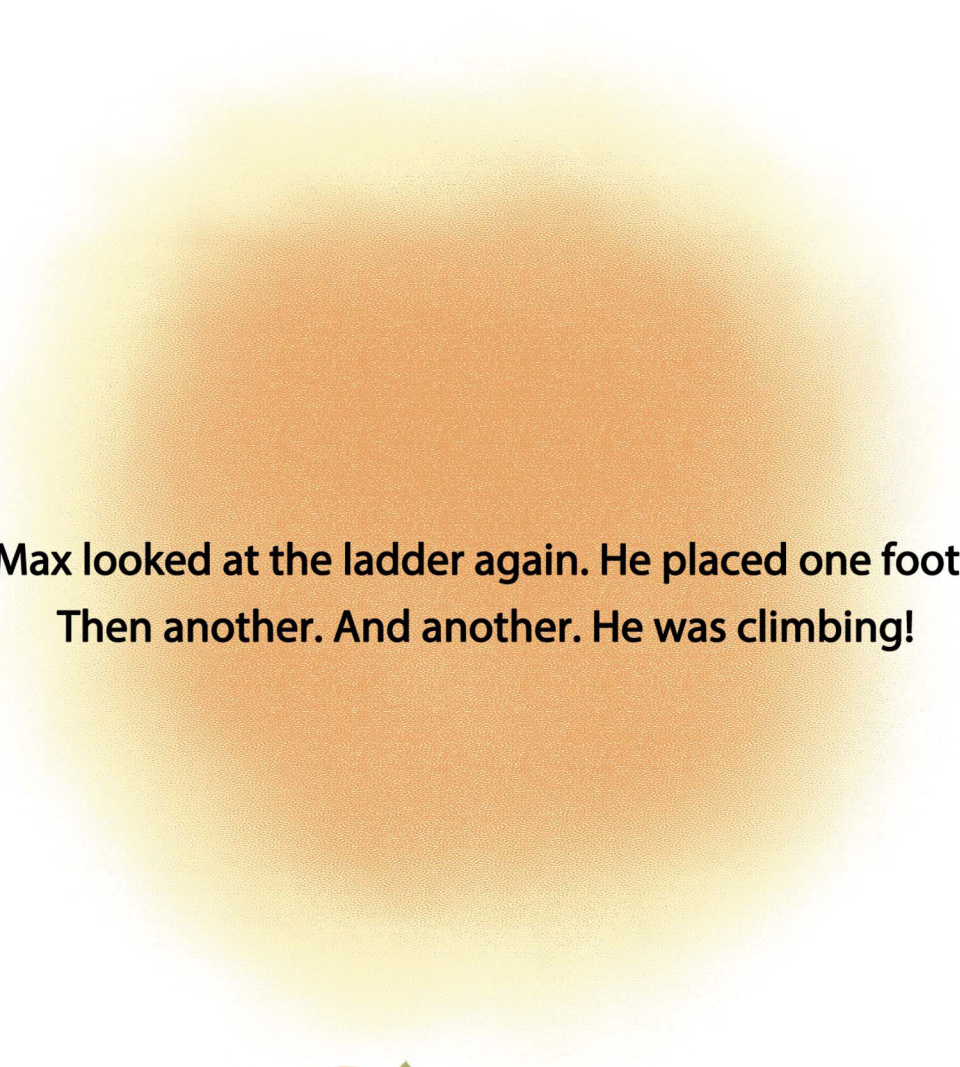


Max took another breath.

This time, thump-thump wasn't so loud.
He gave a small smile. "I feel a little better," he said.



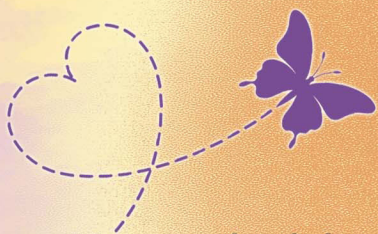




**Max looked at the ladder again. He placed one foot.
Then another. And another. He was climbing!**



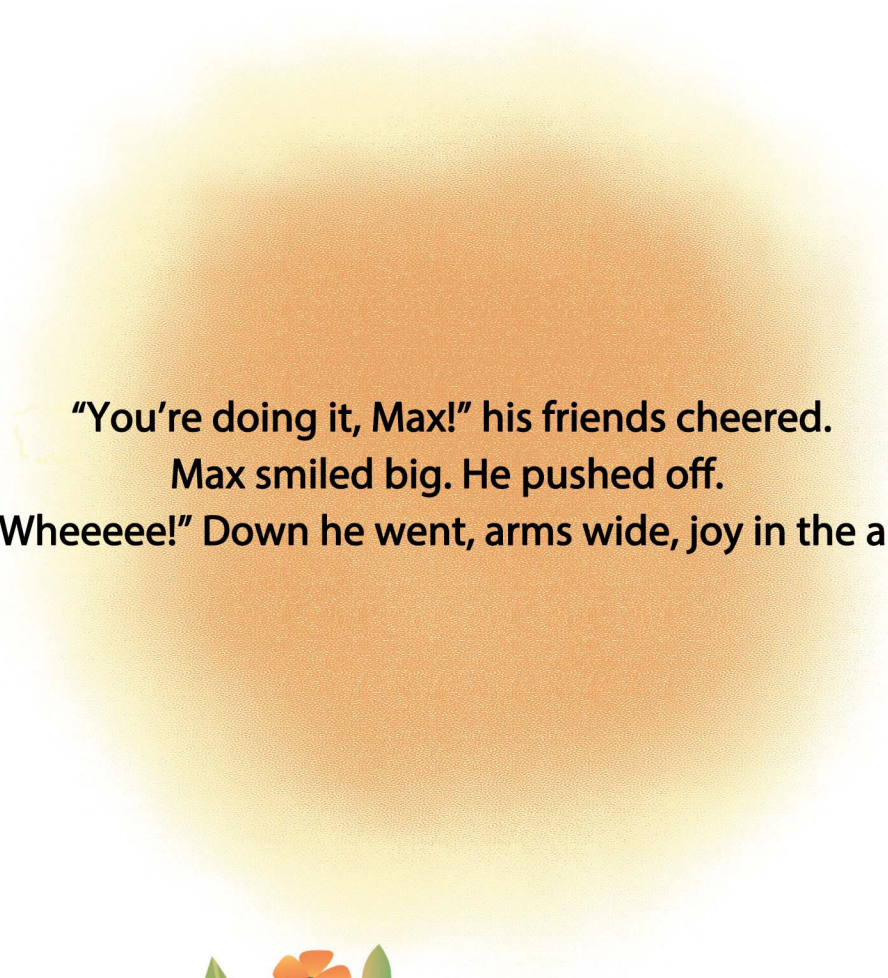




Max reached the top. He peeked over the edge.
His tummy flipped again. But he didn't back away.
He took one more breath.







"You're doing it, Max!" his friends cheered.
Max smiled big. He pushed off.
"Wheeeee!" Down he went, arms wide, joy in the air.



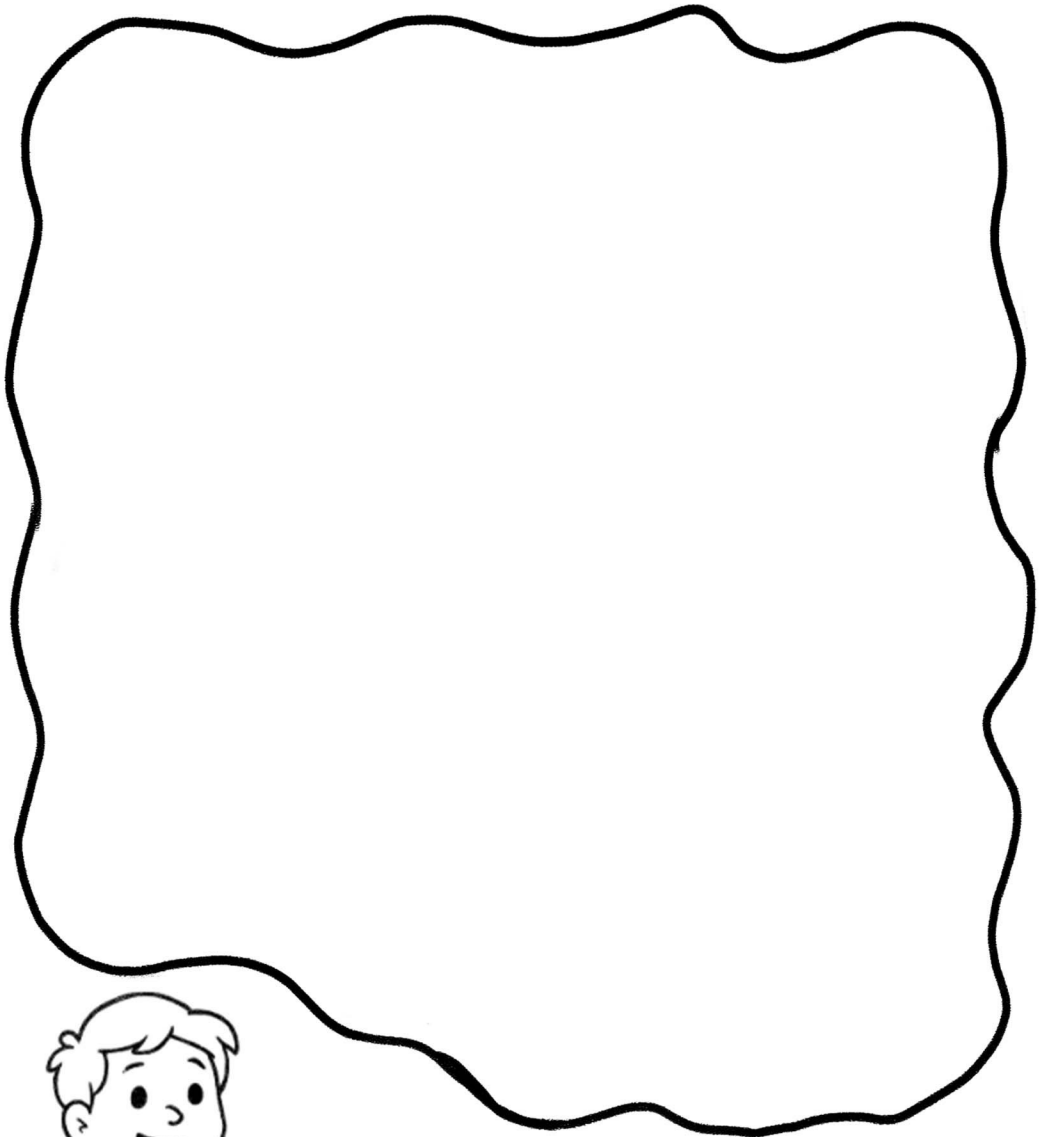


Draw Your Brave Moment!

Max was scared of the big slide... but he tried!

Can you think of a time when you felt scared but still tried?

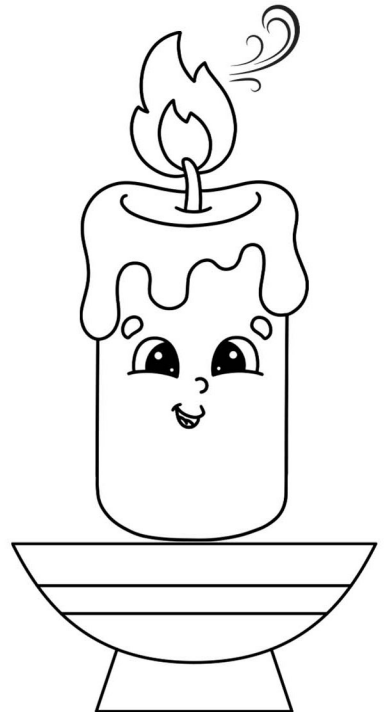
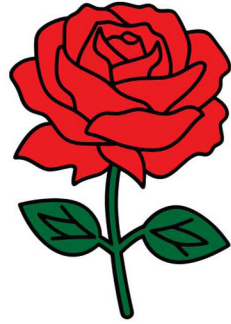
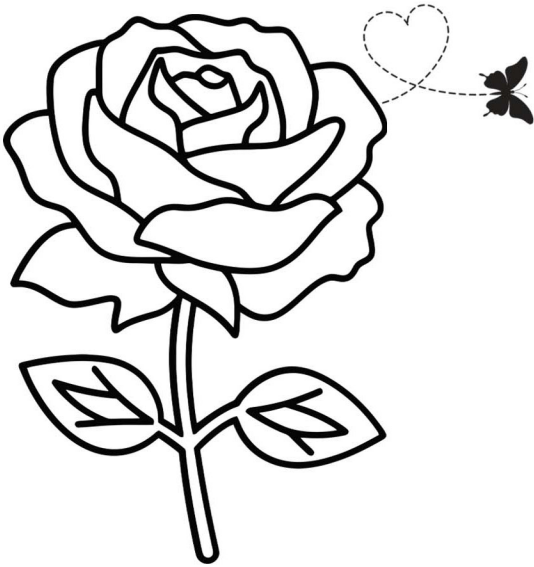
Draw your brave moment in the



"Breathe like Max!"

When Max was scared, he smelled a rose
and blew out a candle.

Can you color the rose and the candle below?"



Finish

Almost there!

Keep going!

Try another path!

You're close!

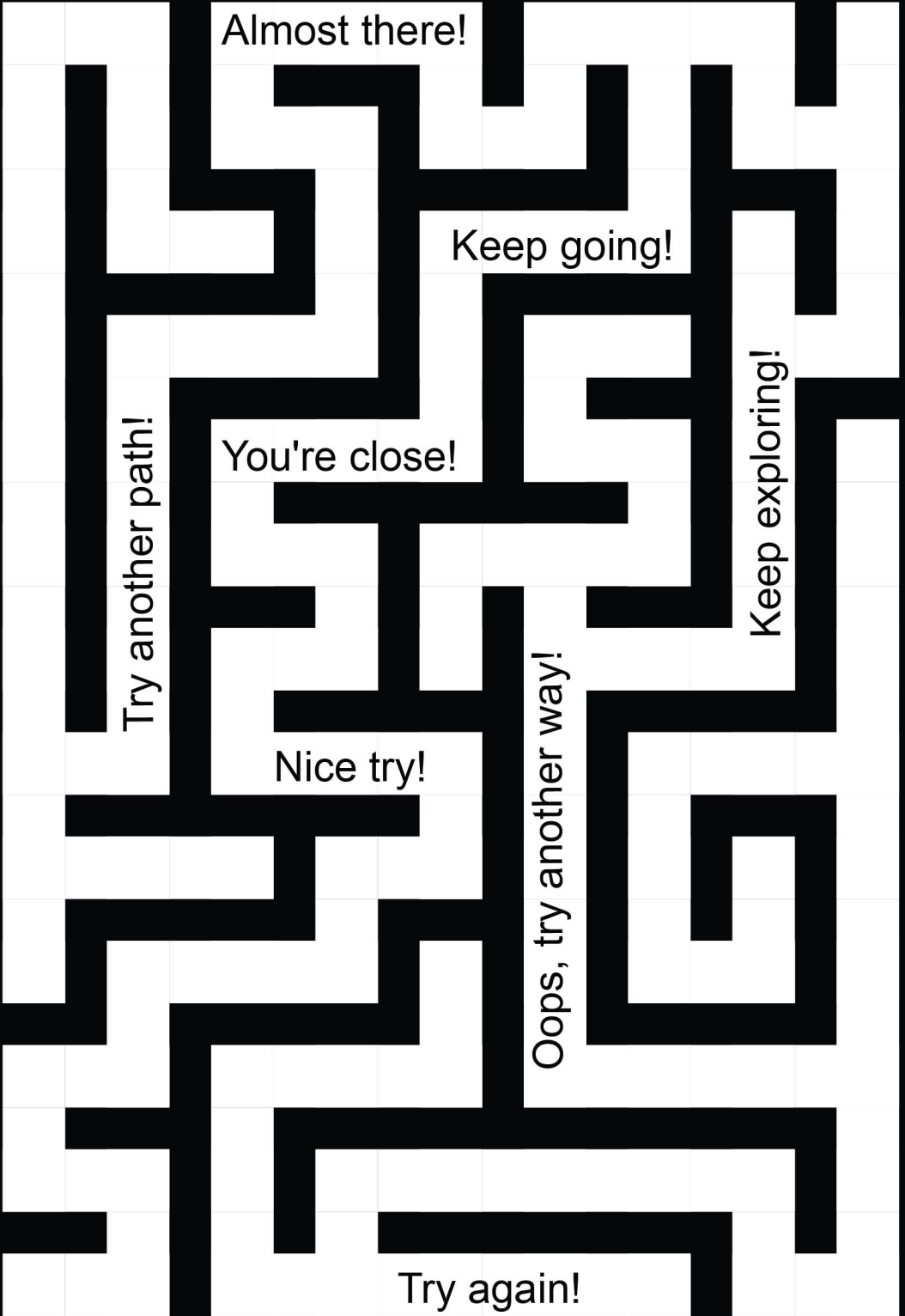
Keep exploring!

Nice try!

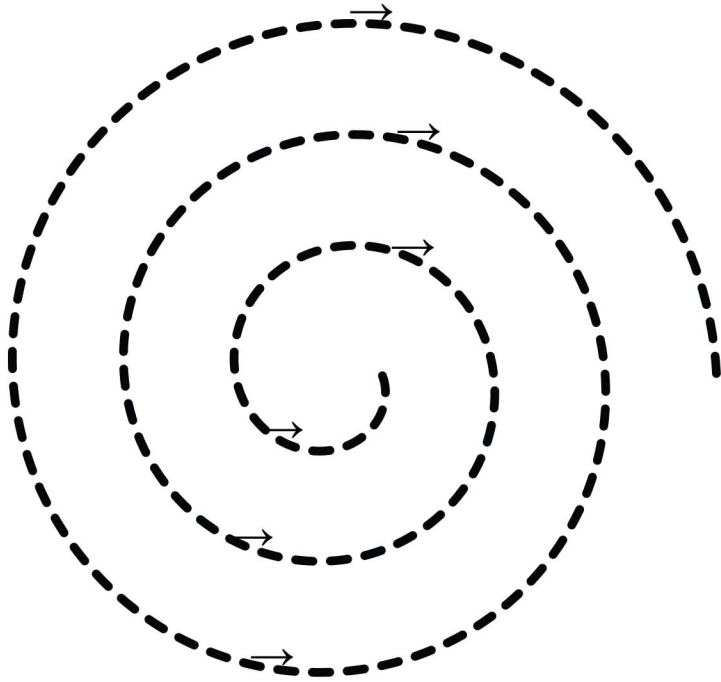
Oops, try another way!

Try again!

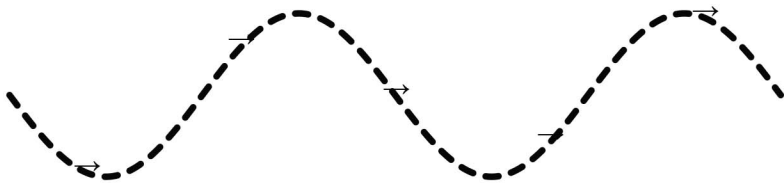
Start



Smell the flower – Inhale slowly



Blow the candle – Exhale gently





10 Steps to Help Your Child Feel Brave

1. Notice the Signs

Watch for physical clues your child feels scared, like fidgeting, hiding, or saying “I can’t.”

2. Stay Calm Yourself

Show a steady, calm presence – children borrow your confidence when they feel unsure.

3. Acknowledge Feelings

Using words like: “I see you’re feeling scared. It’s okay to feel that way.”

4. Cheer Small Wins

Celebrate every step forward, even if they don’t finish the task yet.

5. Share Your Own Bravery

Tell a simple story of when you were scared but tried anyway, to model courage.

6. Name the Fear

Help your child put words to what’s scary. e.g. “That slide looks really tall, right?”

7. Introduce a Calming Tool

Practice the “Smell a flower, blow a candle” breathing trick together.

8. Break it Into Steps

Divide the big scary task into tiny actions: “First, one foot on the ladder...”

9. Avoid Pressure

You don’t have to do it if you’re not ready. I’m here.

10. Reflect Afterward

After the moment passes, talk about how they felt, what helped, and what might do next time.