

# Have you ever felt SCARED?

Being scared can feel, well, scary. But being scared is also natural, normal and pretty cool. Just ask an electric eel that can electrocute a predator. Or a Texas horned toad that can shoot blood out of its eyes.

When you're scared, your heart will race. You might freeze, run or even scream. These are a few of the ways humans protect themselves when they're afraid. And when your fear has passed, it's good to know how to calm down afterward.

## Here are a few tips to help your body relax

### Take deep breaths

Breathe in for a count of three. Hold. Slowly release. Repeat until you feel like yourself again.



### Do an activity you enjoy



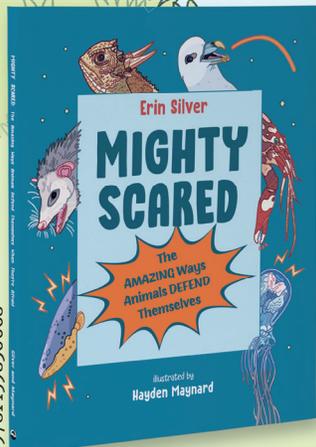
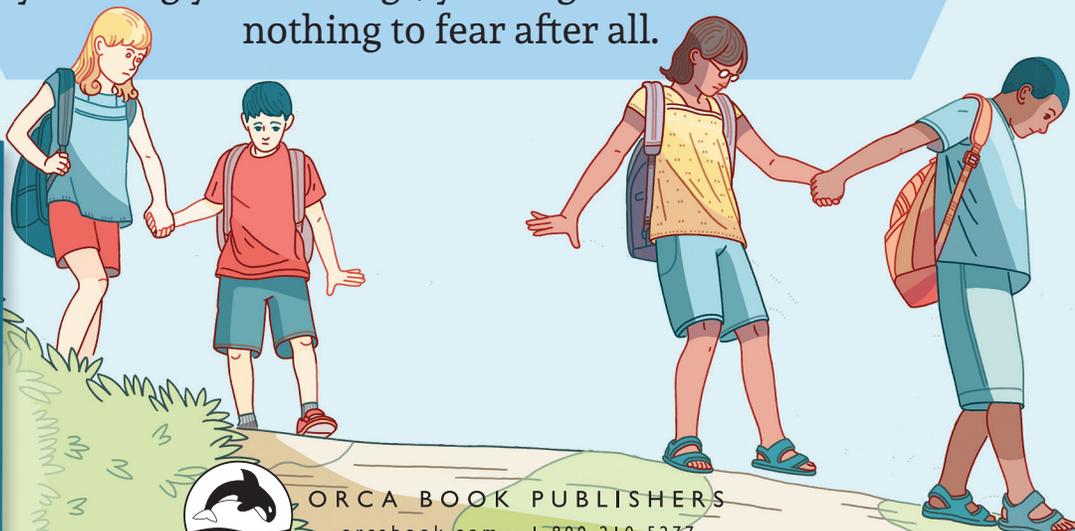
### Listen to music

### Think of a happy place



### Talk to someone you trust

By sharing your feelings, you might even find there's nothing to fear after all.



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