

There is a  
smelly green monster  
and his name is  
**FEAR!**

As horrid as he sounds, he is not as scary  
as he may appear.

Sometimes when you are playing,  
does a worried feeling cause interference?

Well, that is our friend **Fear**,  
making his appearance!





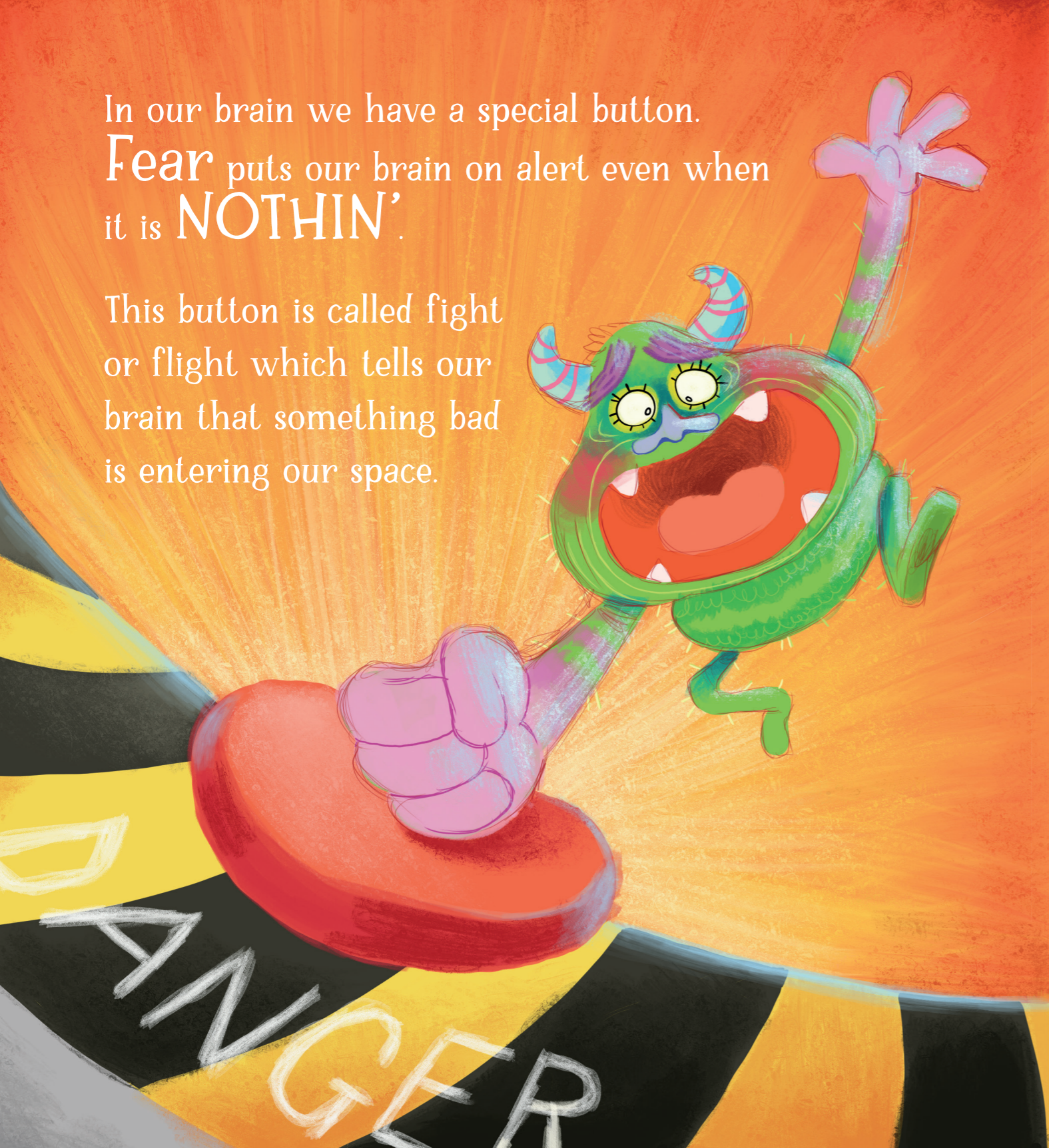
Back in the day, **Fear** lived in a jungle, you see?  
Where lions and tigers tried to have him for tea!!!



**Fear** has carried these feelings with him,  
even though he is no longer back in that day.  
And so, **Fear** now lives inside our brain,  
to ensure we stay out of harm's way!

In our brain we have a special button.  
**Fear** puts our brain on alert even when  
it is **NOTHIN'**.

This button is called fight  
or flight which tells our  
brain that something bad  
is entering our space.



*It makes our tummy  
feel sick and our heart  
start to race!*