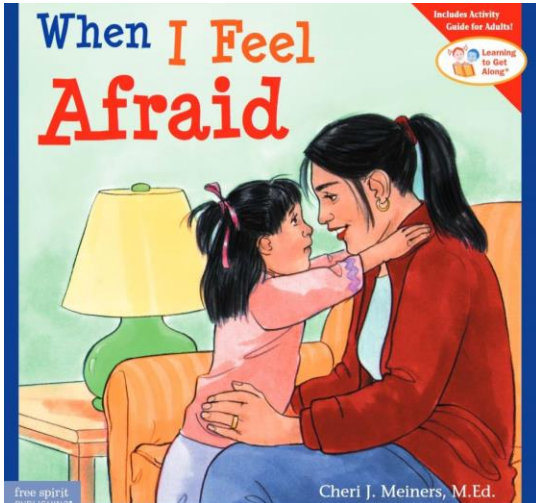


## Discussion Guide for Families



### When I Feel Afraid/Cuando tengo miedo

*Author:* Cheri J. Meiners

*Illustrator:* Meredith Johnson

**Themes:** Emotions and Feelings

**Book Brief:** This bilingual book reassures children that feeling afraid is natural and teaches them ways to face their fears and seek help. It includes supportive illustrations, simple self-help strategies, and a special section for adults with tips and resources in both English and Spanish.

### READ ALOUD

#### Before Reading: Build Background

- Ask your child “Can you think of a time when you felt afraid? What did you do to feel better?”

#### While Reading: Make Connections

- Why do you think the child in the story feels afraid? How can you tell?
- What are some ways the book suggests to help when you feel scared? Which one do you think would work best for you?
- Who can the child turn to for support when they’re afraid, and why is it helpful to talk to someone?

#### After Reading: Ask Questions

- What did you learn about how to handle feeling afraid, and which idea from the book would you like to try next time you feel scared?

### RELATED ACTIVITIES

#### If your child enjoyed this book, consider:

- Encourage them to talk about it during other conversations.
- Check out RIF’s [Social and Emotional Learning](#) center to learn more about sustainability with related books and resources.