



★ *Me and My Fear* ★

I have always had a secret. A tiny friend called Fear.

Fear has always looked after me and kept me safe.

Together we have explored new things and stuck by each other.





But since we came to this new country, Fear isn't so little anymore.

She keeps growing and growing.



I want to go outside and discover my new neighbourhood... but Fear won't move.

And when I have to go to school, Fear doesn't want me to go.

Fear hates my new school.



When the teacher says my name wrong, she grows angry... even though I know it was just an accident.

At break time, Fear keeps me all to herself.

I don't understand anyone and they don't understand me.



When school is over, Fear can't wait to go home.

And at dinner, Fear eats all the food she can.

At night, in my new room, Fear dreams so loudly that I can't sleep.





I feel more and more lonely every day.

Fears says it's because no one likes me.

Well, I don't like it here!



But what's this?

A boy in my class wants to show me something.



Soon we begin to draw and paint together.

At break time, I want to go outside and play with the boy.



As we run through the playground, suddenly a dog barks at us through the fence.



“AARRGH!” the boy screams and hides quickly behind something strange and small.



He has a secret Fear like me!

I thought I was the only one to have one.

Fear is getting smaller each day.

And school is not so difficult anymore.

It's still not easy to understand everything, but I've started to notice that everyone else has a Fear, too...



...and sometimes we all play together!

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