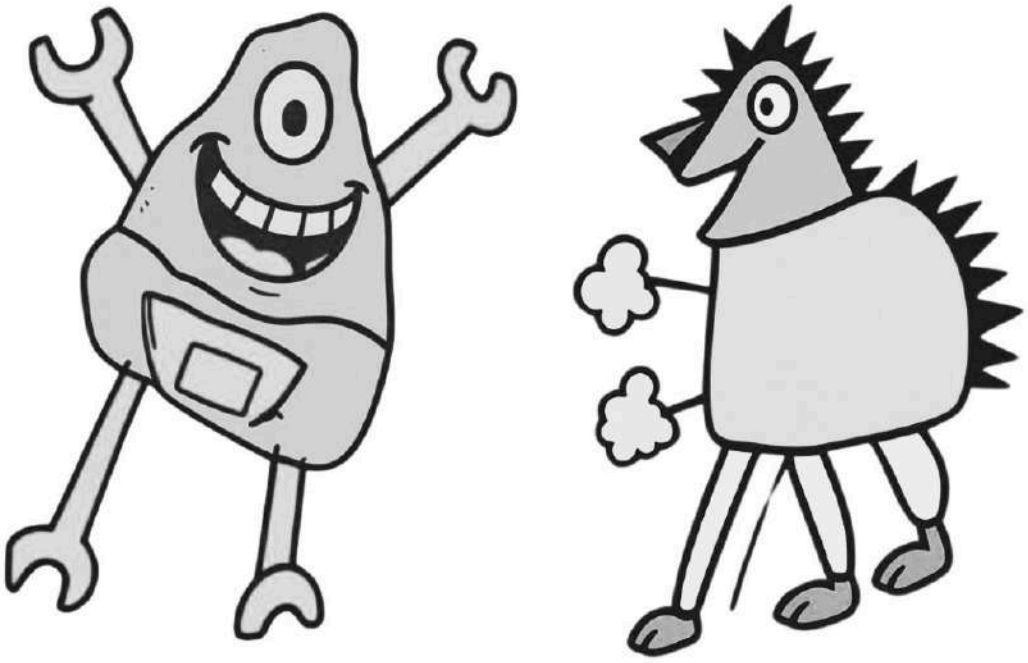
Everyone is a Little Scared Sometimes Coloring and Workbook



Monsters drawn by my (Christy Bel) son when he was 8-10 years old

Daan and the Monster in His Head

Daan is afraid of monsters. Every night he hears strange noises and finds it hard to fall asleep. But with Mum's help, Daan discovers something important: it's okay to be scared, you don't have to be ashamed of your fears, and you can always ask for help. And when the fear inside your head feels very big, there is Someone who is stronger than any monster.A warm and comforting story about **fear, courage, trust, and the strength of Jesus**.

Afraid of monsters

The living room clock chimes. It is seven o'clock. Just a moment ago, Daan was playing on the couch, but now Mom only sees a pile of toy cars left behind for Dad to clean up later. Mom takes a peek behind the curtain. "Daan, where are you, my little monster?"

Daan is as quiet as a mouse and doesn't make a sound. *She definitely won't see me under the dinner table,* he thinks. But Daan wiggles so restlessly back and forth on his knees that he bumps against the chair leg. The suspense becomes too much for him, and he starts to giggle softly.

"Shh, sillyhead," Floor whispers, giving him a poke in the ribs. "Mom will hear us!"

Daan pokes Floor right back. "Ouch!" she cries out loud.

Then, Daan and Floor suddenly feel two arms wrap around them, and they burst out laughing. Mom has found the two children under the table! And even though they would love to play another round of hide-and-seek, Mom says it really is bedtime now. "Come on, kids, upstairs. Brush your teeth and off to bed."

Mom tickles Daan and Floor all the way up the stairs. Floor runs straight to her room and plops onto her bed, which is full of stuffed animals. She has at least ten of them, and they are all allowed to sleep in bed with her. *Who should I put where?* she wonders. One by one, her stuffed animals get a nice place to sleep.

Mom has already gathered the pajamas. "Daan, where are you now?" she asks.

But Daan has stopped on the stairs. It is dark up there, and he doesn't dare to walk any further. "I think I really heard a little monster sound coming from my room," he says softly to Mom.

This has been happening every single night for the past few weeks. Mom walks over to Daan and takes his hand. "Come, let's look in your room together," she says sweetly. Mom tells him every night that he doesn't need to be afraid, but he still is. He would much rather be a tough boy who defeats all the monsters for his little sister.

But Floor isn't afraid at all. She doesn't believe in monsters. She actually has to take care of her stuffed animals, because according to her, *they* are the ones who are scared. Not Floor, though—she is one tough girl. Daan sighs. If only he were as brave as Floor! After all, he is already eight years old, two years older than his sister.
Daan finishes walking up the stairs with Mom. His pajamas are already waiting on his bed. He puts on his favorite pair: a blue and green one covered in dinosaurs. The fabric feels wonderfully soft. He is actually very tired too, and looks forward to sleeping.
"Mom, did you already look under my bed?" Daan asks.
Floor is brushing her teeth in the bathroom. "Scaredy-cat!" she calls out. "Mom tells you every night that monsters don't exist and that you don't have to be afraid!"
"But I am *allowed* to be afraid!" Daan yells back angrily. "I can't help it, can I?"
Dex, their little dog, has come checking out the fun noise. He walks into the bathroom and then wanders into Daan’s room. Before anyone can catch him, he jumps onto the bed and plops right down on Daan's pillow. Dex adores Daan and loves nothing more than sleeping with him every night. He curls up his little body and is soon snoring softly.
Because Daan has been getting out of bed so often lately out of fear, Mom thinks it's a good idea for Dex to sleep with him. It makes him feel a bit safer. Dex may be a small dog and a total friend to everyone who prefers not to fight, but Daan loves having his furry friend lying on his duvet.
Mom sees Dex lying there. "Are you two finished going to the bathroom and brushing your teeth? Dex is already sawing logs!"

Floor dives into her princess bed first. Mom made a beautiful pink curtain that hangs from the ceiling all around her bed, making it feel just like a little tent. The sheets have just been washed and smell wonderfully clean. That is the best feeling ever: sleeping in a fresh, nice-smelling bed. Floor is tired. Mom sings a song with her and then walks over to Daan.
Daan and Floor go to bed at the same time, but because Daan is older, he gets to read a comic book for a little bit. He has a whole stack of Donald Ducks next to his bed. He has already read most of them many times, but he doesn't mind. He can read them over and over.
Mom comes to sit on the edge of Daan's bed. Dex wakes up and crawls cozily into her lap. Daan leans against Mom, too. No matter how tired he is, how can you fall asleep peacefully when you feel butterflies of fear in your tummy?
"Mom, I’m still afraid of monsters," he whispers. "Every night I look behind the curtain and under my bed. I never see anything, but what should I do if they come into my room anyway?"
Mom patiently explains that monsters really do not exist. She also

promises that she will come in to check on him often while he sleeps.
"And Dex is a great guard dog," Mom says. "I know for sure that if anyone so much as steps into your room, Dex will wake up right away to protect you. You are his best buddy. Dogs sleep very lightly. Dex will definitely bark and growl if anything strange happens."
Daan thinks deeply. Mom is right, he knows that. Mom tries so hard, and she is the sweetest. Actually, deep down inside, Daan knows that monsters aren't real. They only exist in cartoons, and those usually make him laugh. In cartoons, they are funny and not scary at all. Just silly, drawn characters. A gnome, an elf, a troll, or a unicorn: those are all fantasy creatures that don't exist in real life. Just like the monster characters on TV.
Floor has a coloring book full of those kinds of fantasy creatures. She colors the unicorns pink and loves elves. Daan isn't afraid of those creatures either.

"Mom, that is actually my absolute biggest problem," Daan says, snuggling up close to her. "If real monsters came into my room, I know for sure Dex would growl and bark. Outside, he wants to play with every dog he sees and is a total sweetheart, but he would protect me, I know it. But... Dex can't see my monsters. So he can't bark at them either."
"Are the monsters invisible then?" Mom asks.
"No, you don't get what I mean," Daan says. "The monsters are fantasy. They are in my head, but I am still afraid of them. And Dex can't look inside my head. He won't bark when I think about monsters or when I dream about them, because he can't see them. Those monsters only exist in my mind. I actually know that."
Dex wakes up from Daan's loud voice. He looks up for a moment, stretches his paws, and lets out a big yawn. Dex truly doesn't think about monsters. He closes his eyes and goes right back to sleep. That's how fast it goes with dogs.

"I am all alone in my head, and that's where my monster-fear lives," Daan says sadly.
Daan explained it well. Mom nods and gives him a very tight hug. "Grown-ups are sometimes afraid of things in their thoughts too, you know. Not of monsters, but of things that might never actually happen. That is basically the same thing: being afraid of something that isn't there. And all those scared feelings do indeed live inside your own head."

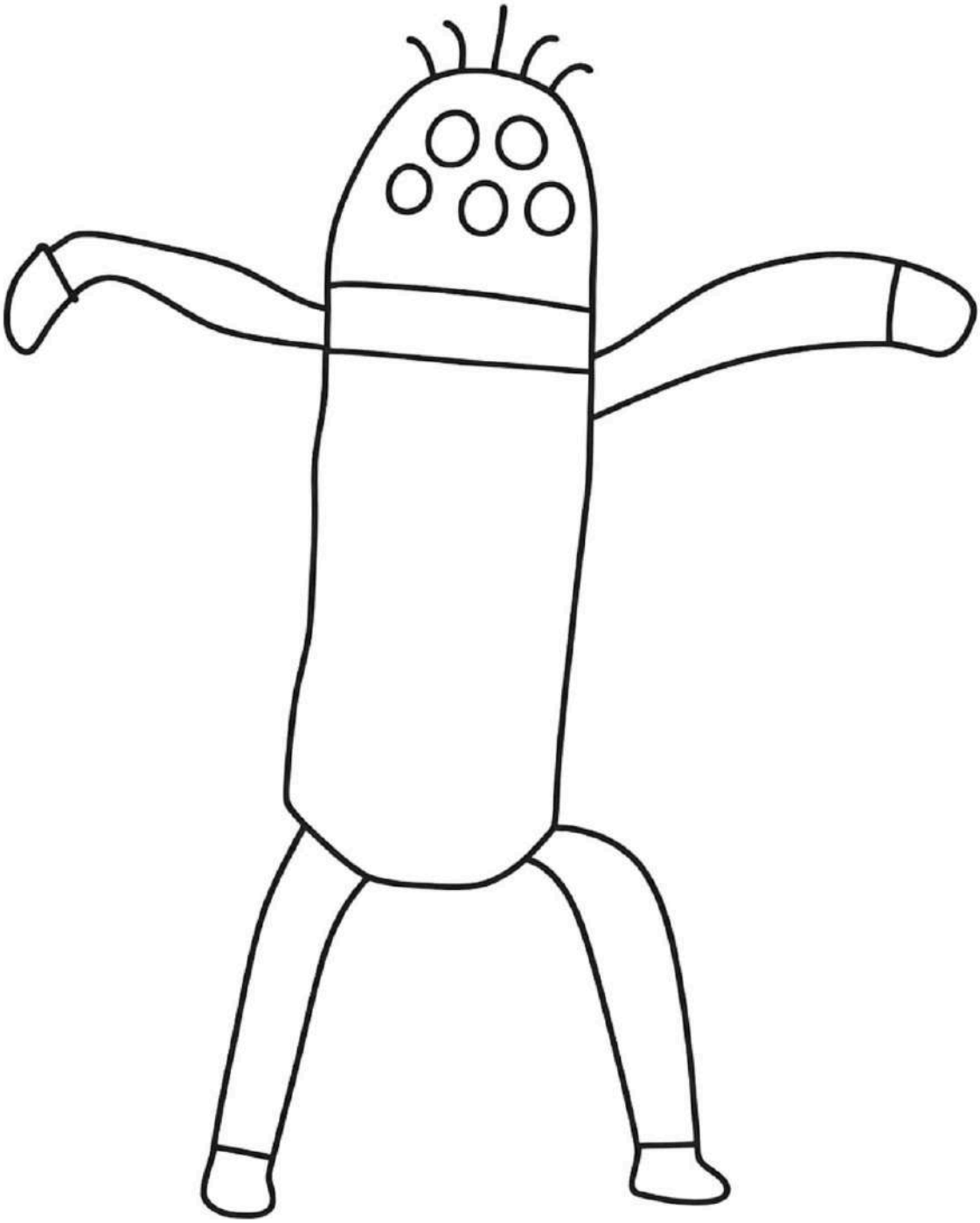
"I wish I were Dex," Daan sighs. "Or I wish you, Dad, and Dex could crawl into my head to fight those monster thoughts out of my mind."
"I can only talk to you from the outside," Mom says gently. "But do you know who *can* fight inside your heart and your mind? The Lord Jesus can help you. We can pray that Jesus makes you a little bit stronger on the

inside, so you can learn to trust that you are safe. Just like Dex wants to protect you on the outside, the Lord Jesus wants to protect your thoughts on the inside against the fear."

Mom explains how that works. "In the Bible, it says that Jesus was first like a lamb. He was so gentle, loving, and patient, just like a little lamb. He even let Himself be captured. But because Jesus rose from the dead after three days, He won forever against all evil and all fear. Now He is no longer that vulnerable little lamb, but as super strong as a roaring lion! And that strong Lion, Jesus, lives in your heart. He roars all those scared monster thoughts right out of your head."

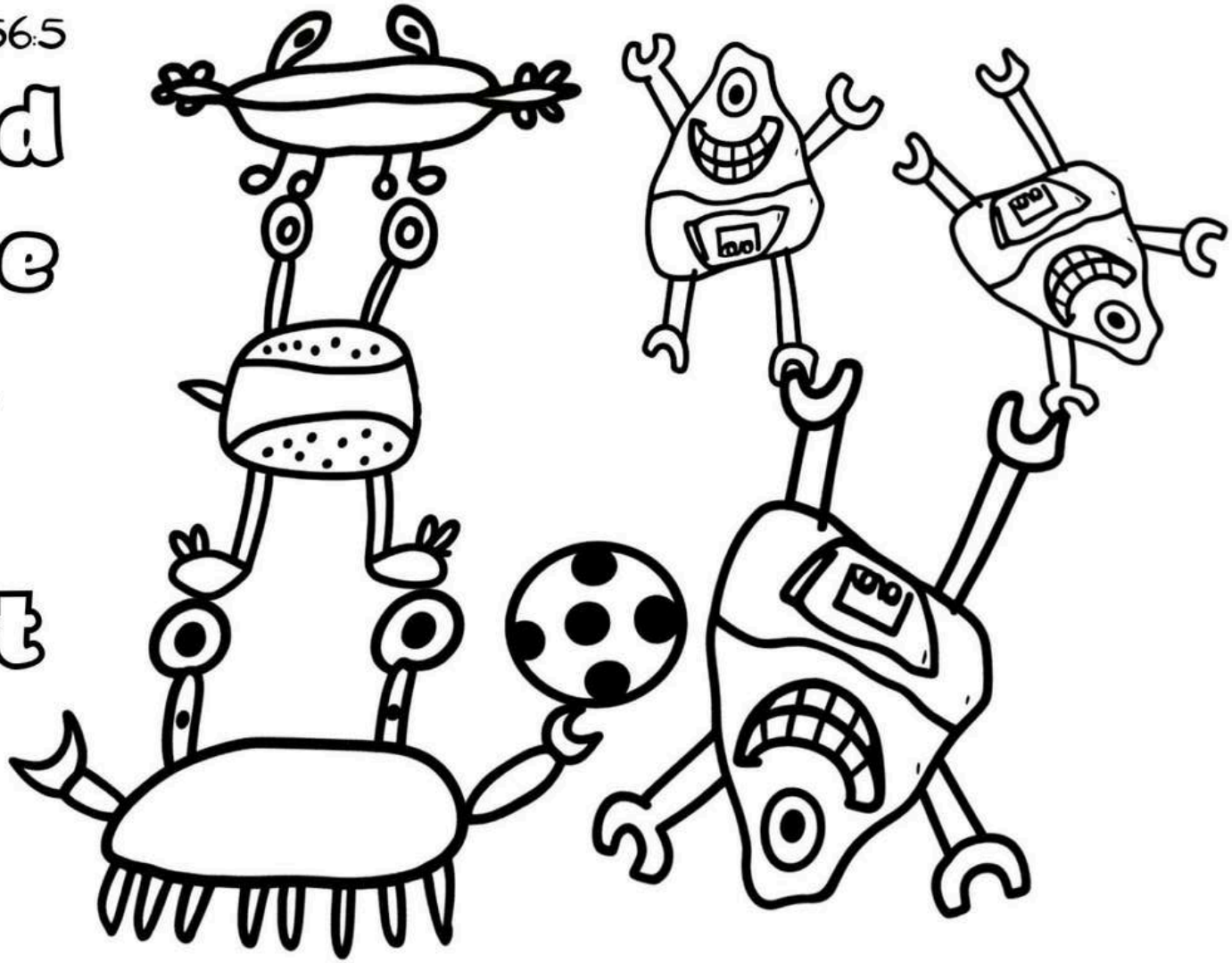
Whenever you are having a hard time and feel scared, you can always ask for Jesus' help. He is as strong as a lion. "But," Mom concludes with a smile, "of course, you are also just allowed to feel scared sometimes. Those feelings are just a part of life, too."

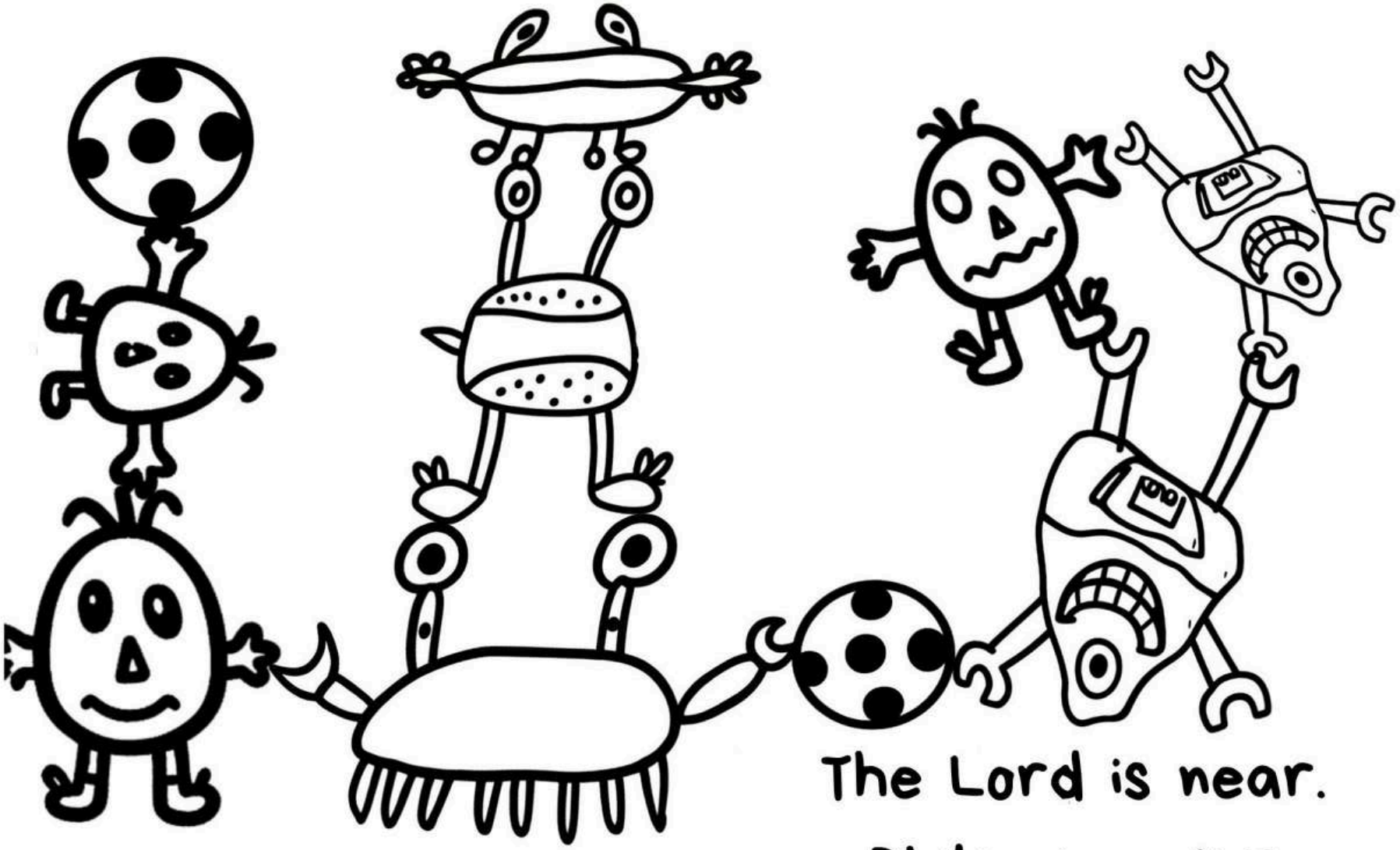
Waar in je lijf voel jij het als je bang bent?
(Bijvoorbeeld: kriebels in je buik, snelle hartslag).
Geef die plek op de kleurplaat een speciale kleur.



PSALM 56:5

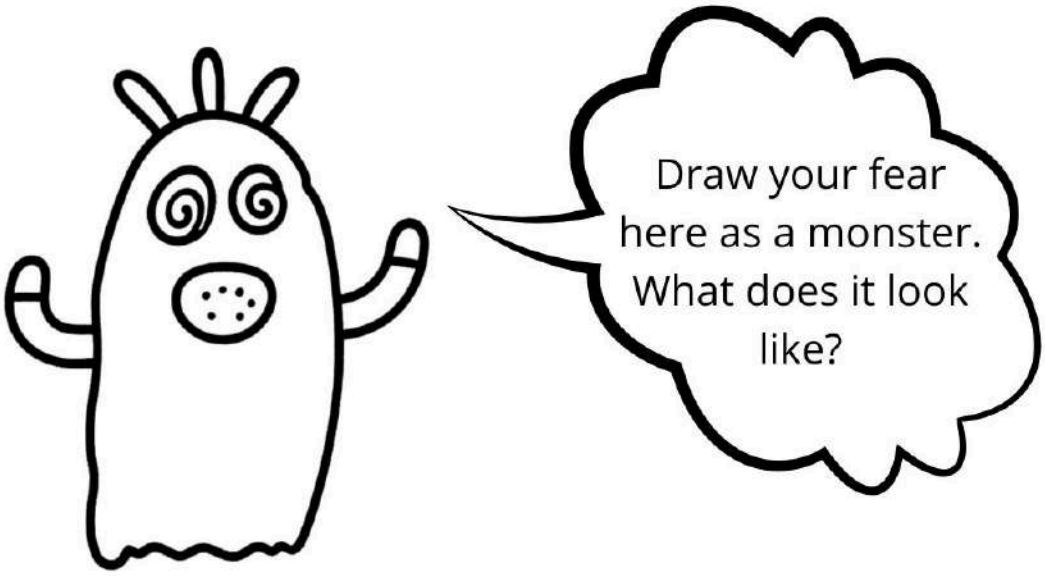
in God I have put my trust





The Lord is near.

Philippians 4:5


Draw your fear here as a monster. What does it look like?

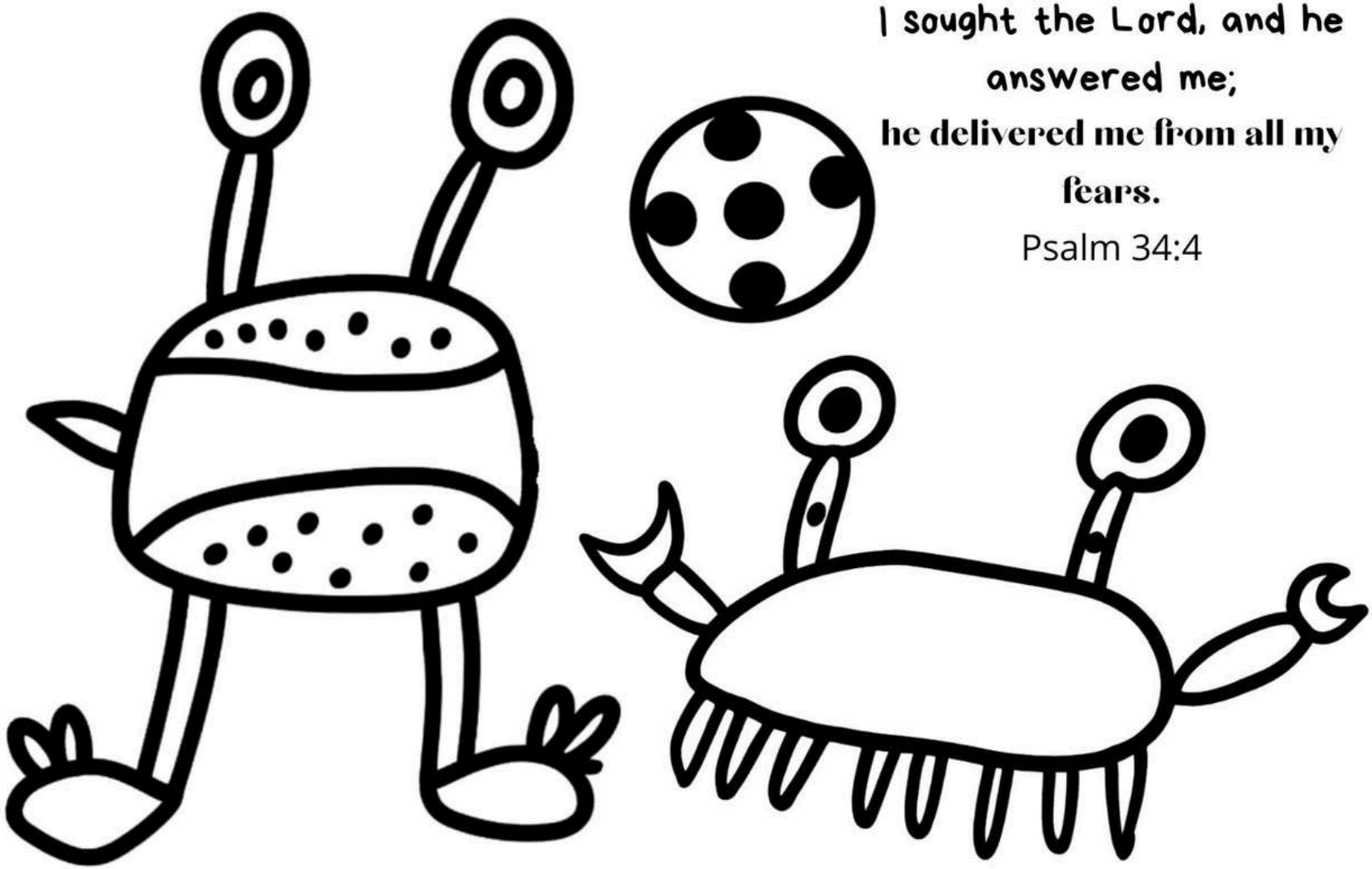
Psalm 118:6

The Lord is with me

I will not be afraid

The Lord is near.

Philippians 4:5



I sought the Lord, and he answered me;
he delivered me from all my fears.
Psalm 34:4

Be strong

AND COURAGEOUS

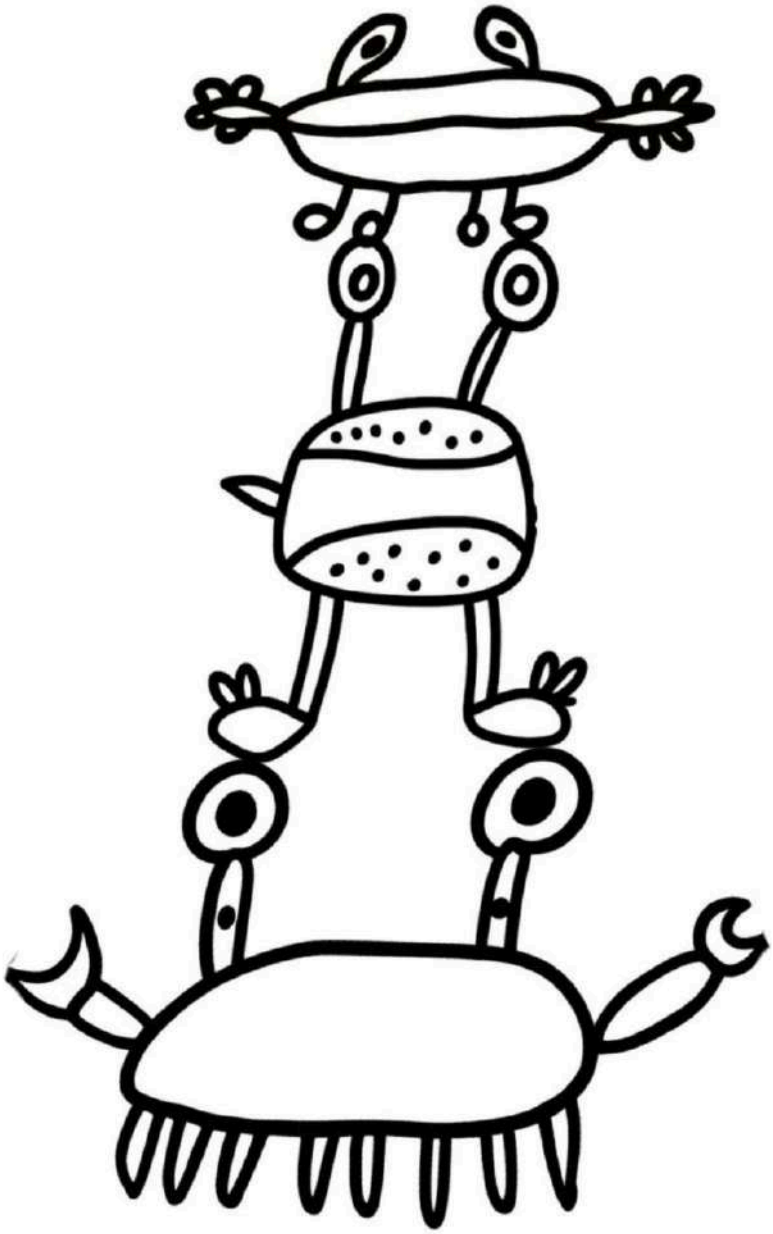
JOSHUA 1:9

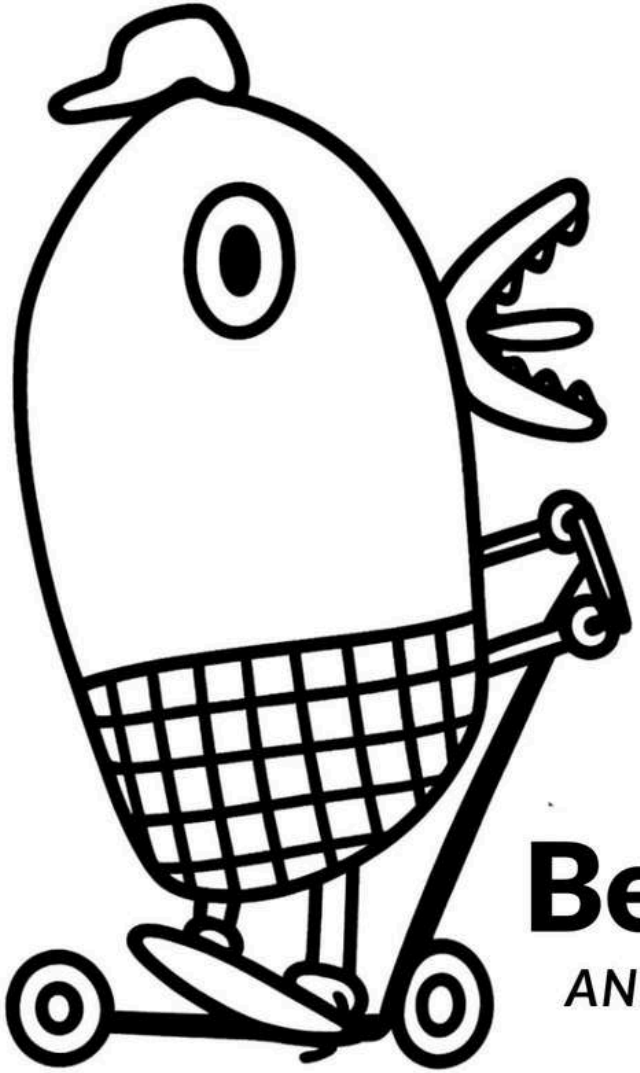
SO DO NOT FEAR,

FOR I AM WITH YOU

ISAIAH 41:10

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.





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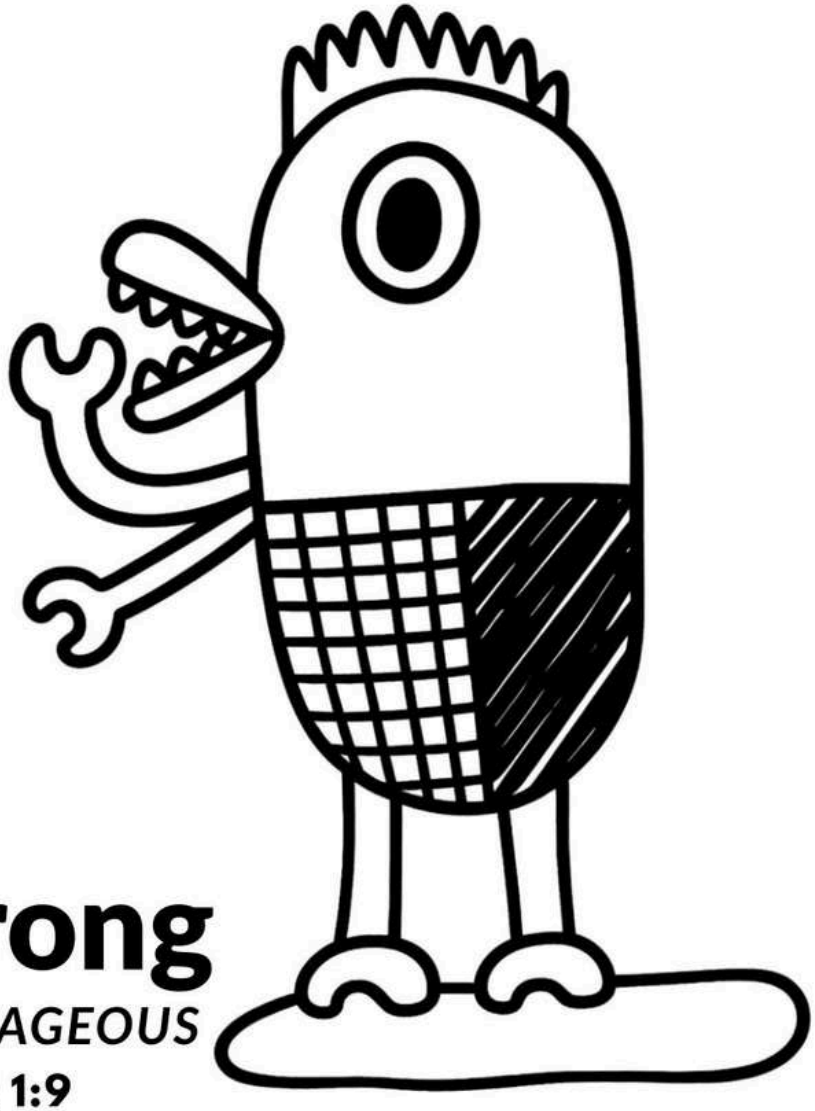
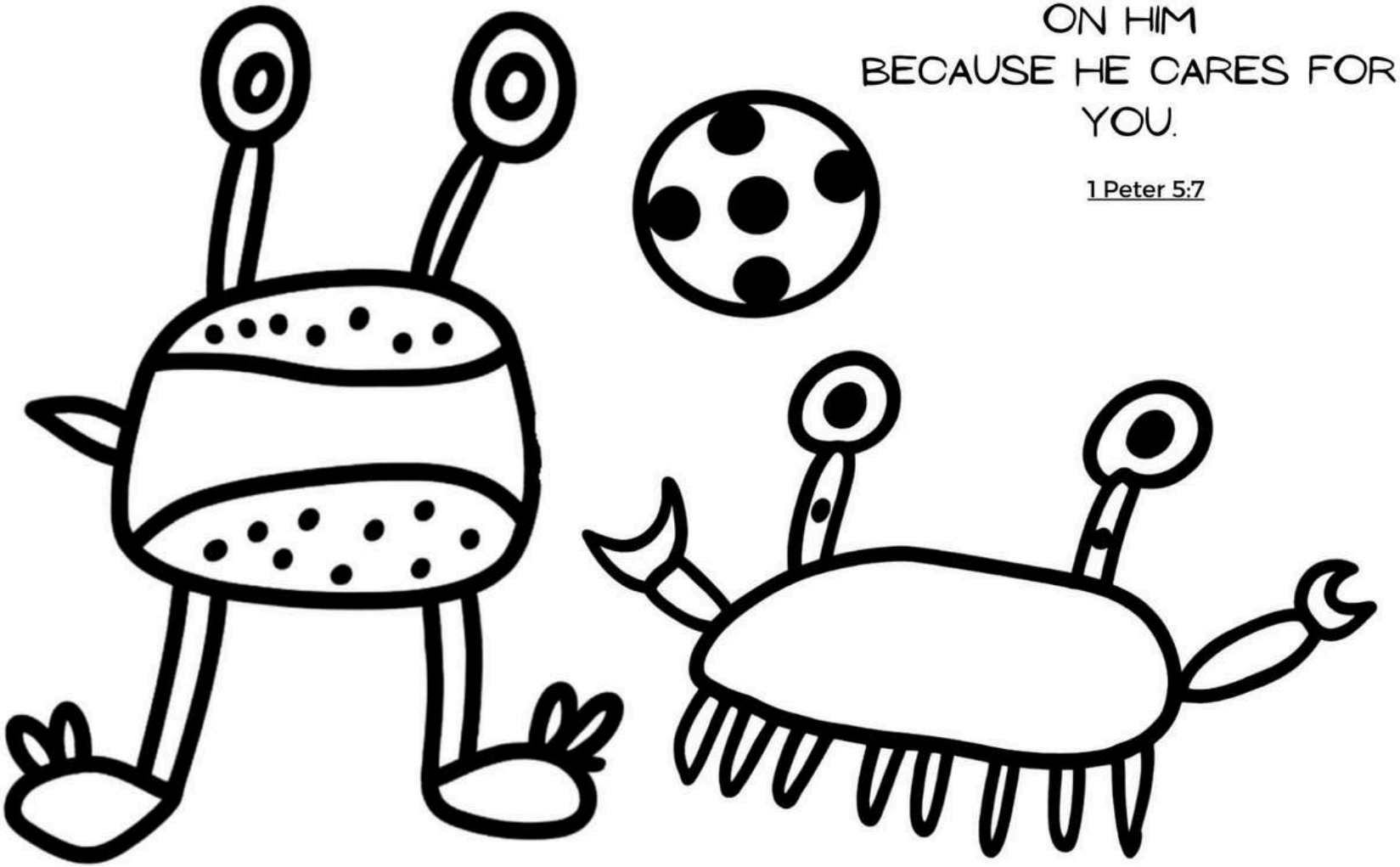


CAST ALL YOUR ANXIETY
ON HIM
BECAUSE HE CARES FOR
YOU.

1 Peter 5:7



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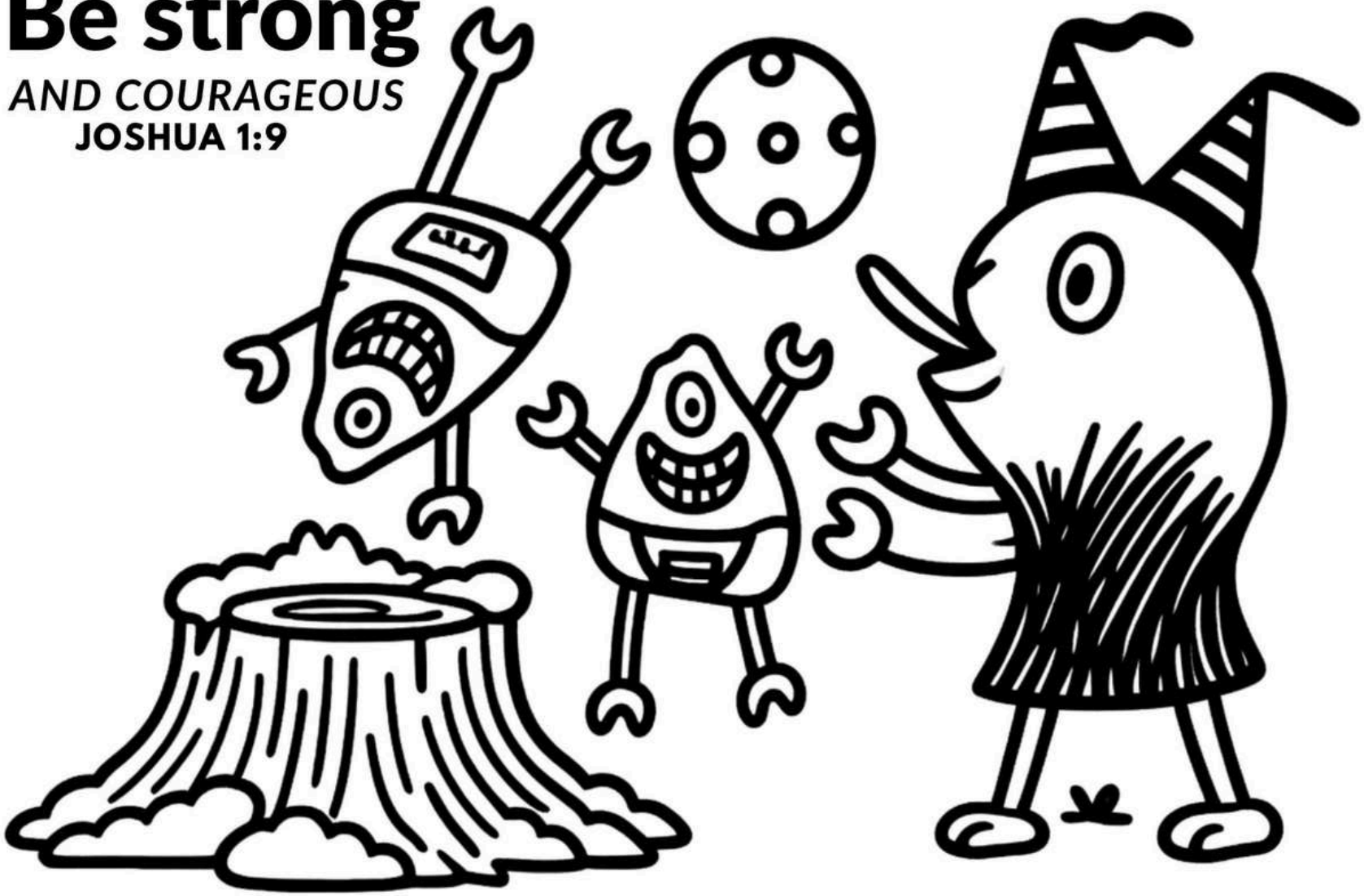

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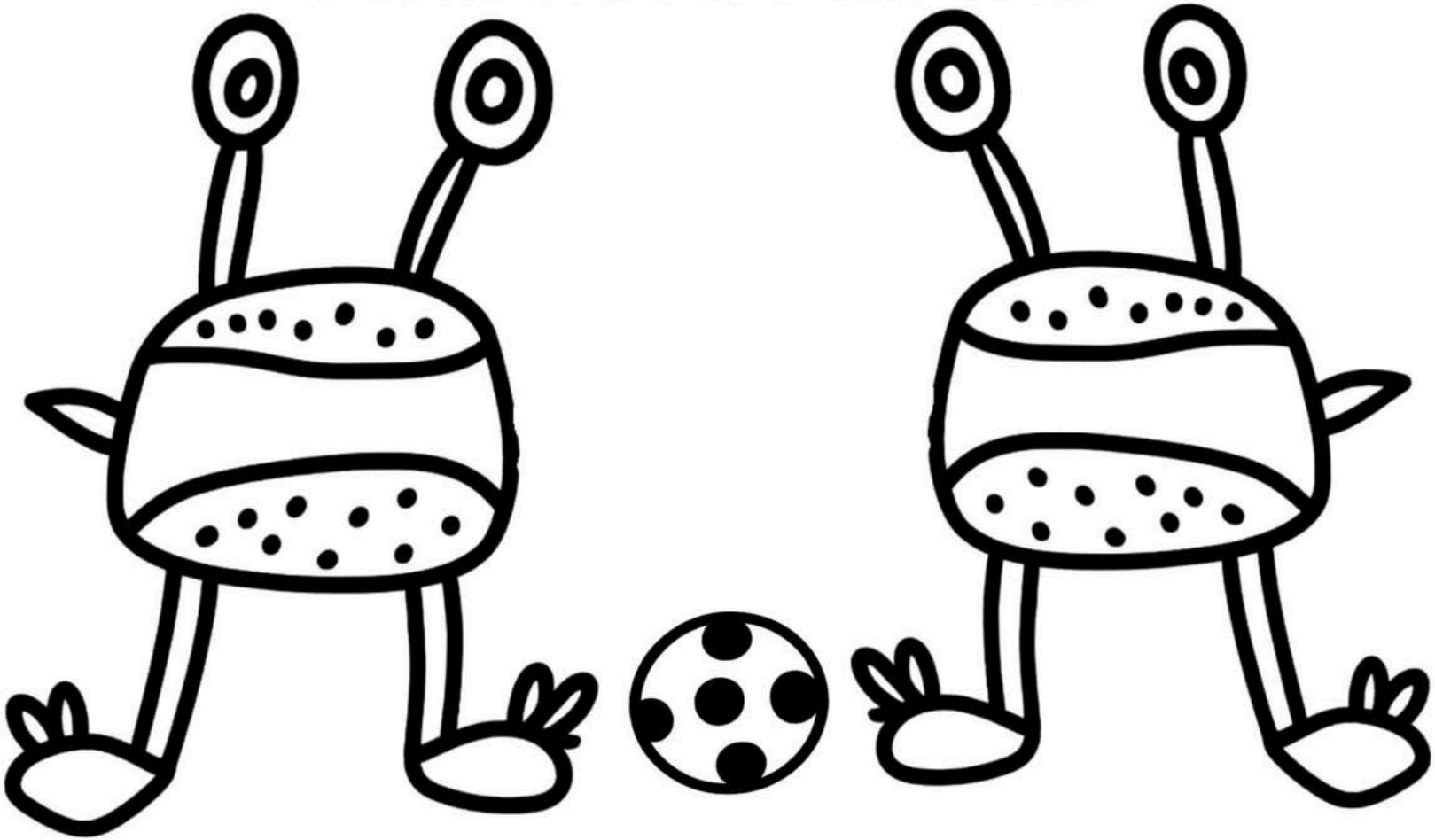


The Breathing Box

1 First draw a large, thick square box on your paper.

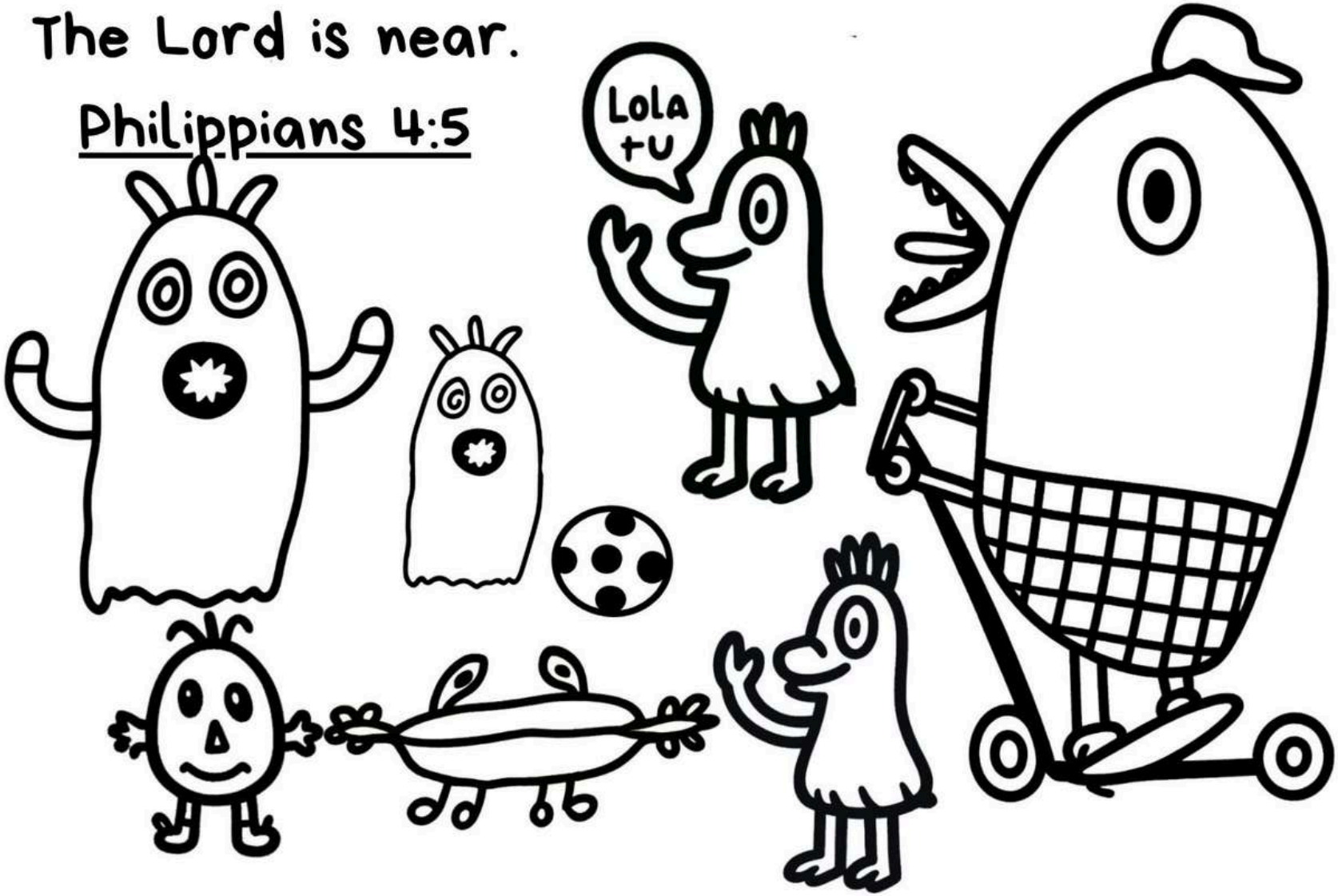
2 Next write the word **IN** on the left side, **HOLD** on the top side, **OUT** on the right side, and **WAIT** on the bottom side.

3 Finally trace the edges of the box with your finger to breathe calmly:

breathe in, hold, breathe out, wait.

The Lord is near.

Philippians 4:5

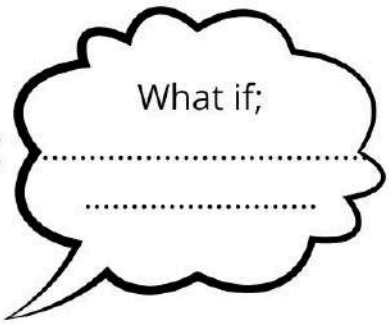


Design your Fear Monster!

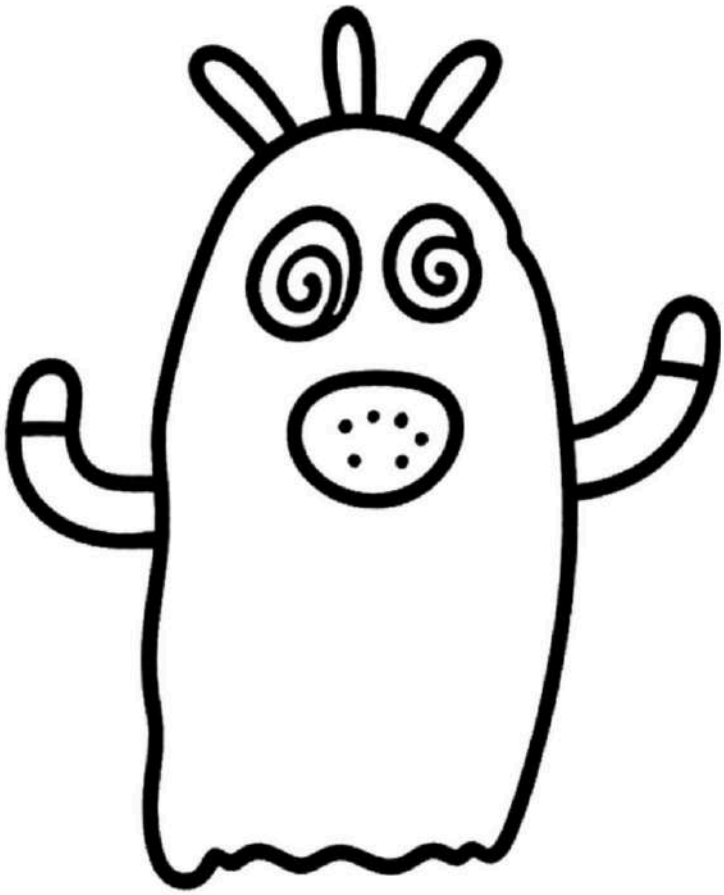
Draw your monster

Give your monster a name:

My monster whispers most often:



Turn this monster into your Worry Eater!
Sometimes you have a scary thought or a big worry in your head. This monster happens to loooove scary thoughts!
Write or draw a thought bubble next to him, what you are sometimes afraid of.
Give him a name. When you are done, this monster will eat your worry. You don't have to think about it for a while!



You are the boss!

You are not your fear. You are super strong! Sometimes you suffer from a scared feeling that can seem very big, and sometimes very small. you are and will always be the boss.Draw yourself as a superpower, with your fear

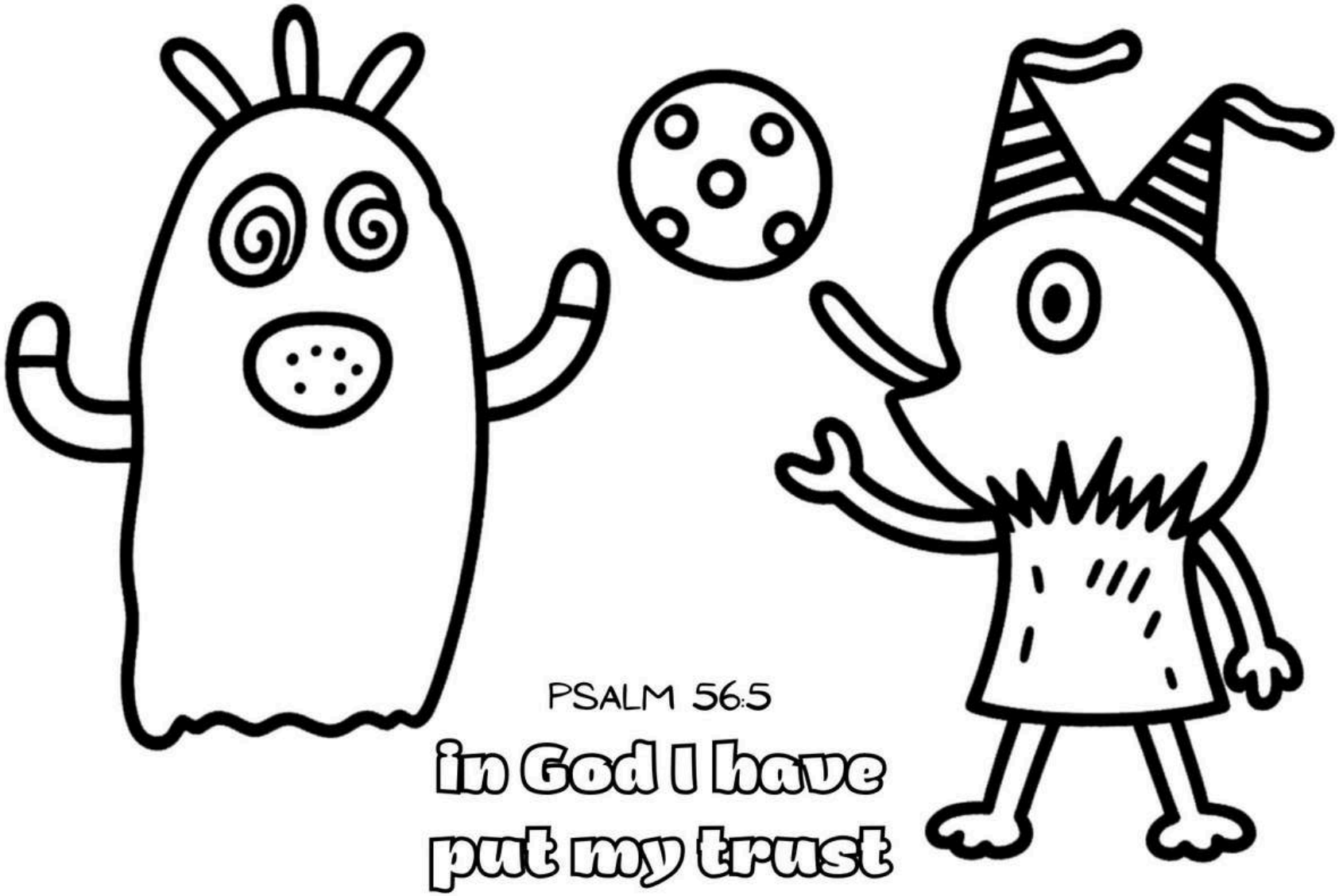
My superpower name is:

.....

The Lord your God will be with you wherever you go.
Joshua 1:9

The Window of Tolerance

Draw a large window with three panes stacked on top of each other. Color the middle pane green (your safe zone). Color the top pane red (when you are hyper or super scared). Color the bottom pane blue (when you feel empty and too tired). Draw yourself as a dot or a stick figure in the green pane. This is where you want to be!


PSALM 56:5
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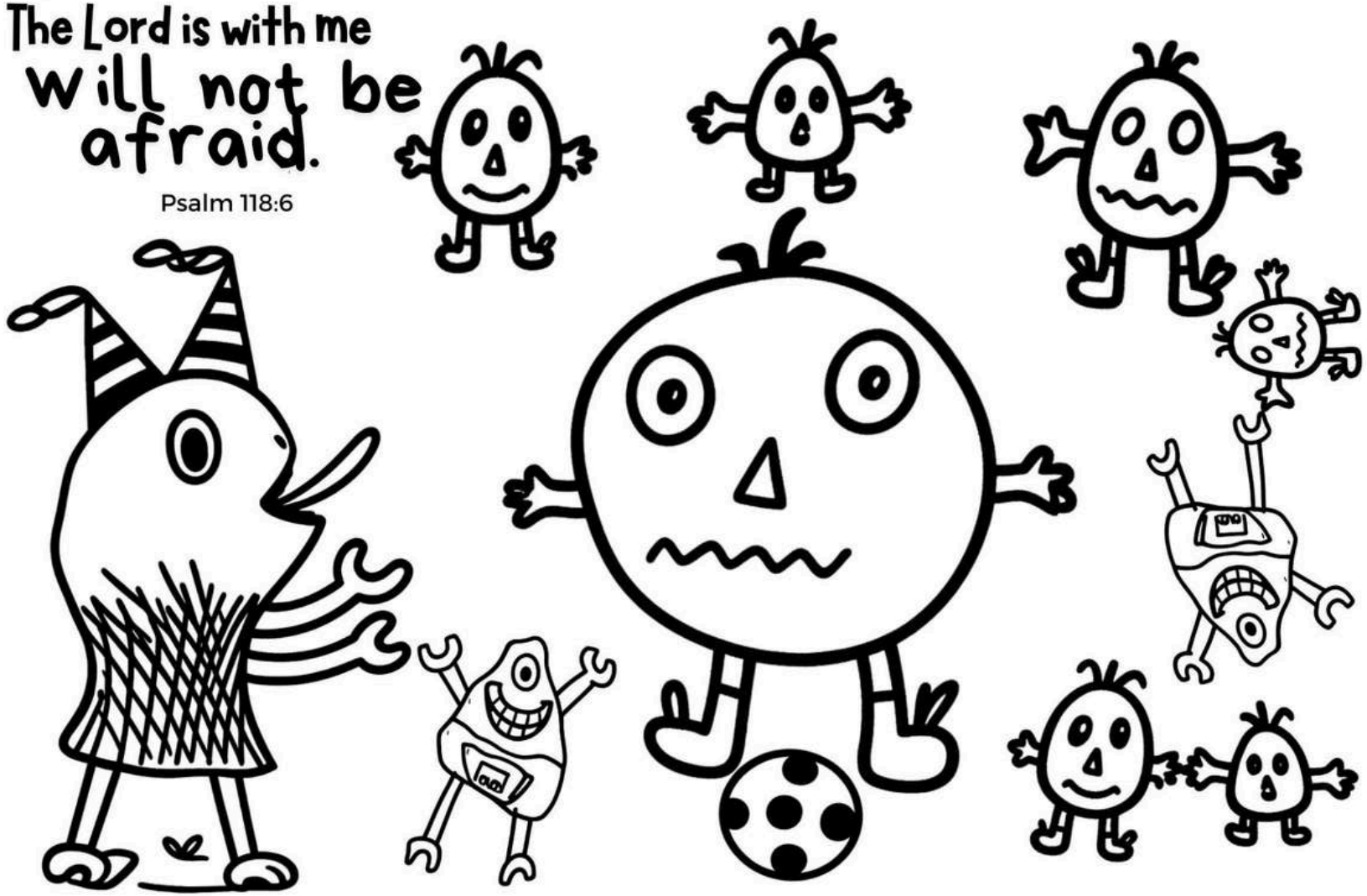

The Lord is near to all who call on him psalm 145:18

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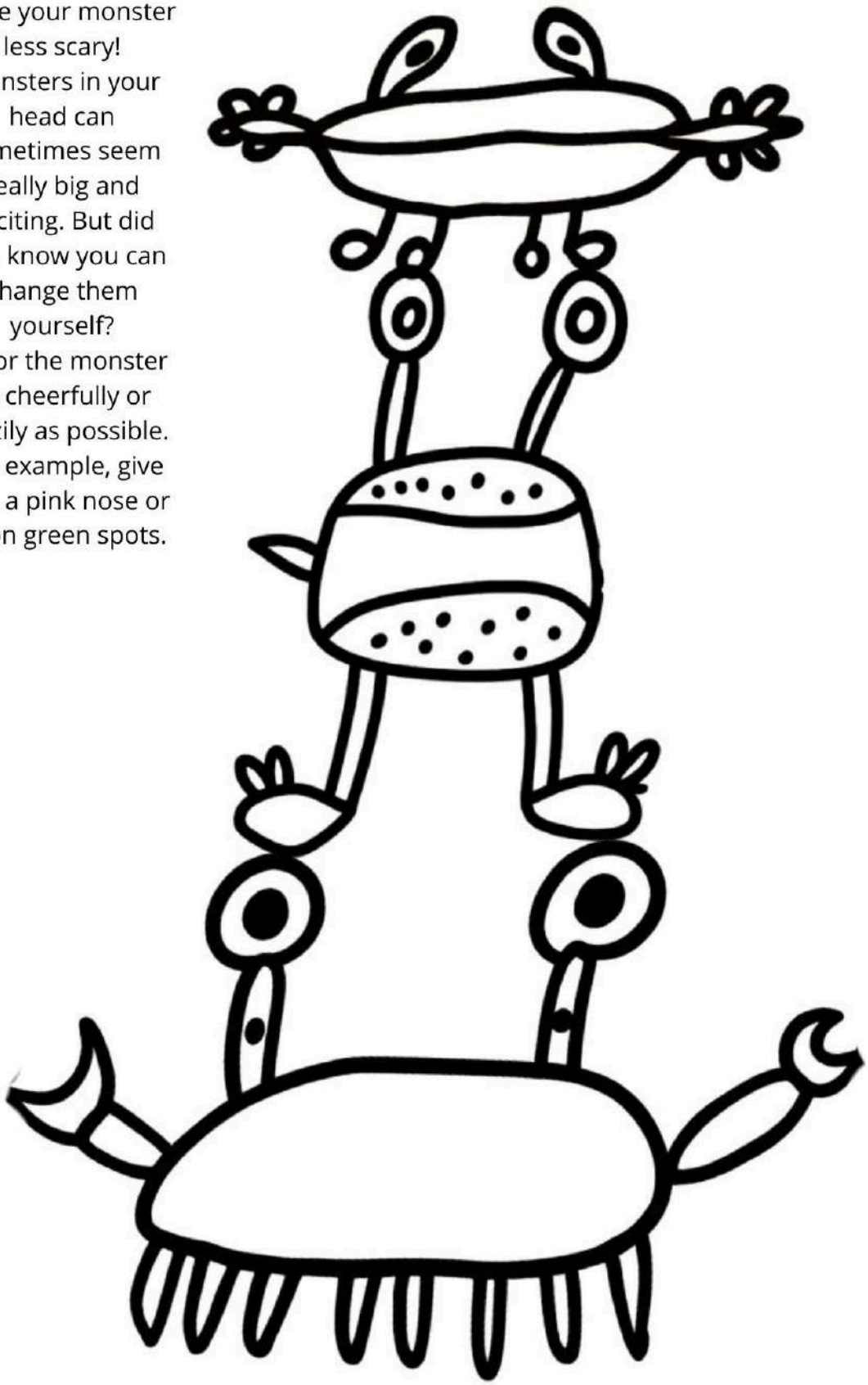
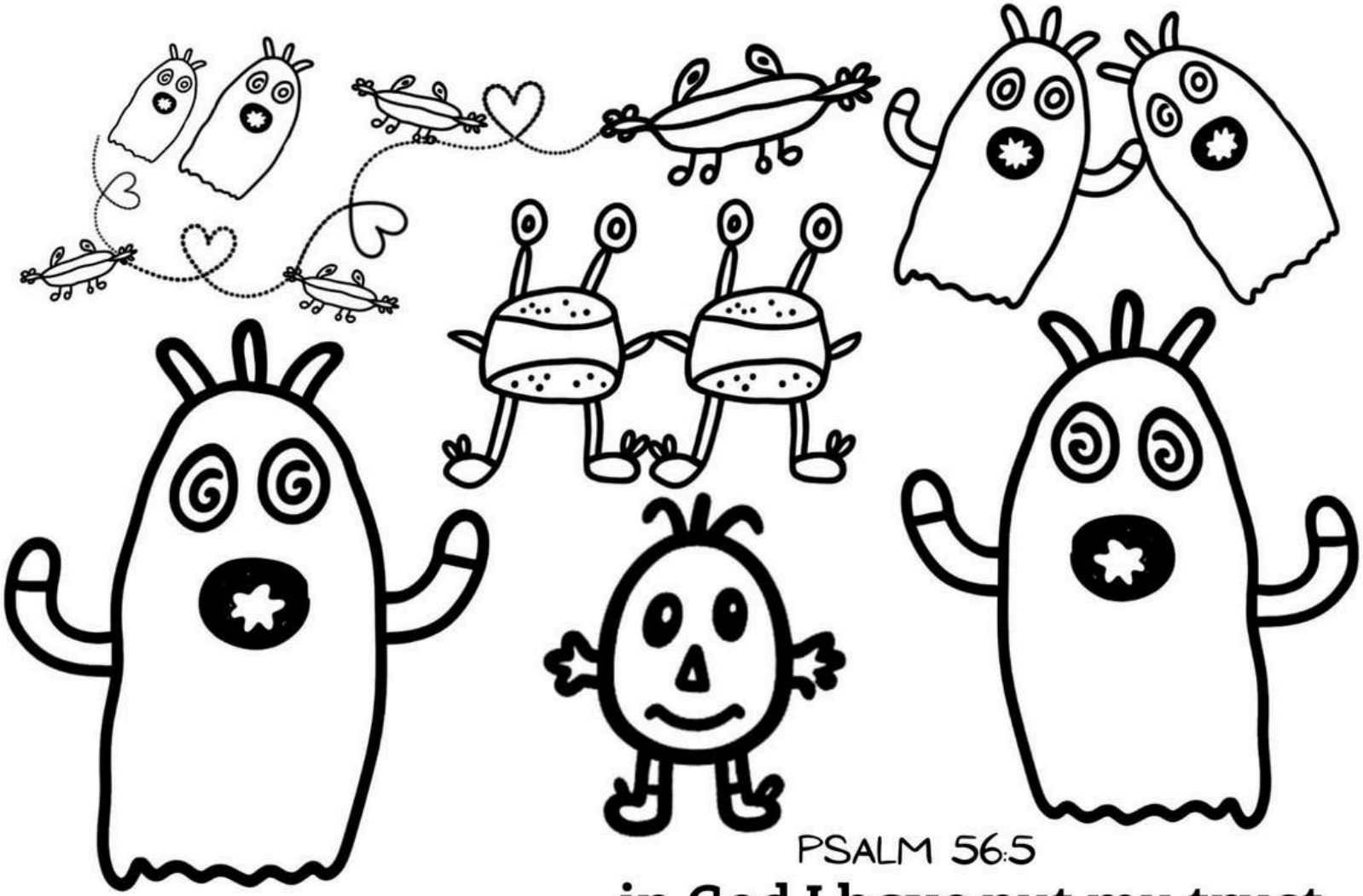
Make your monster less scary! Monsters in your head can sometimes seem really big and exciting. But did you know you can change them yourself? Color the monster as cheerfully or crazily as possible. For example, give him a pink nose or neon green spots.





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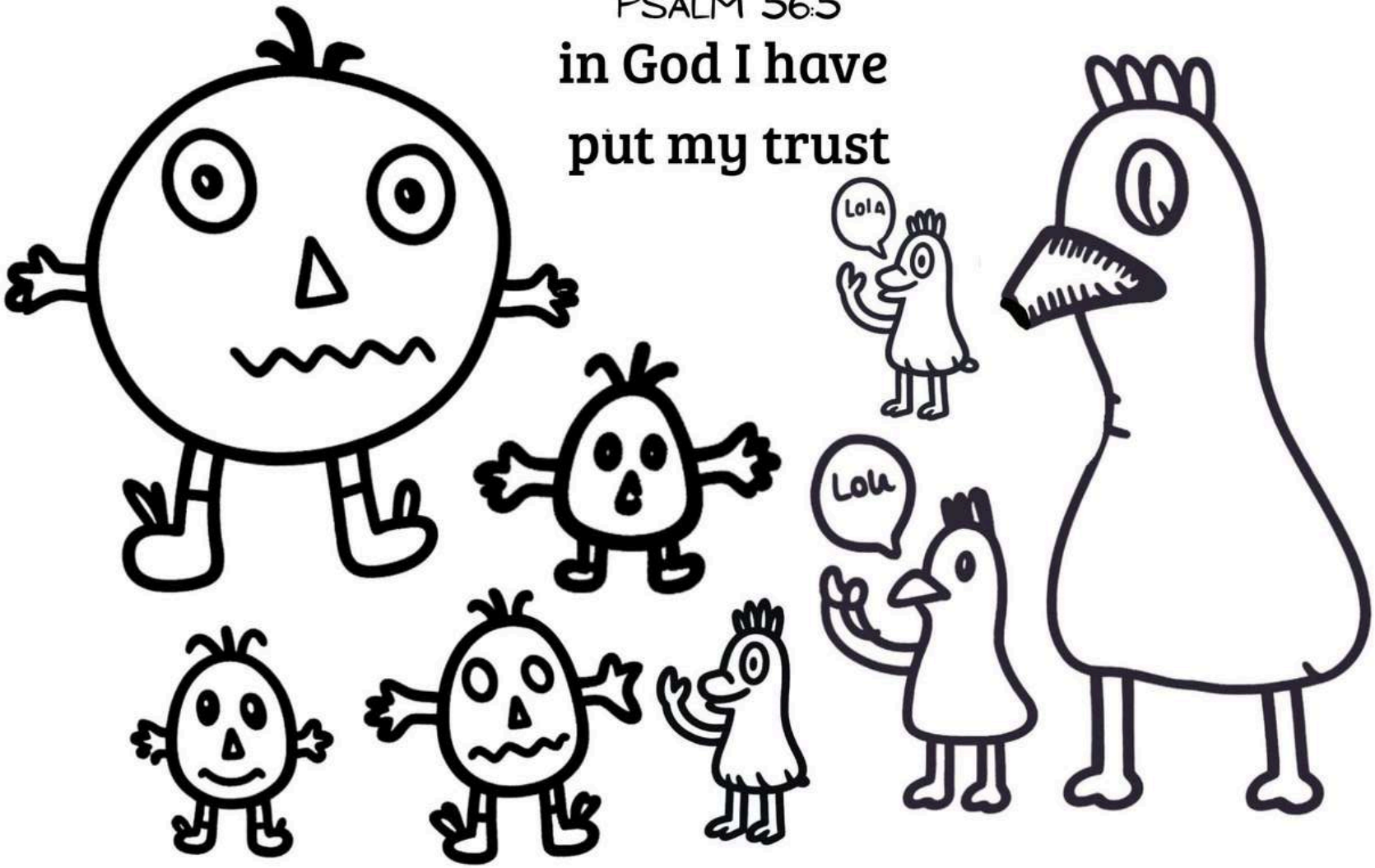
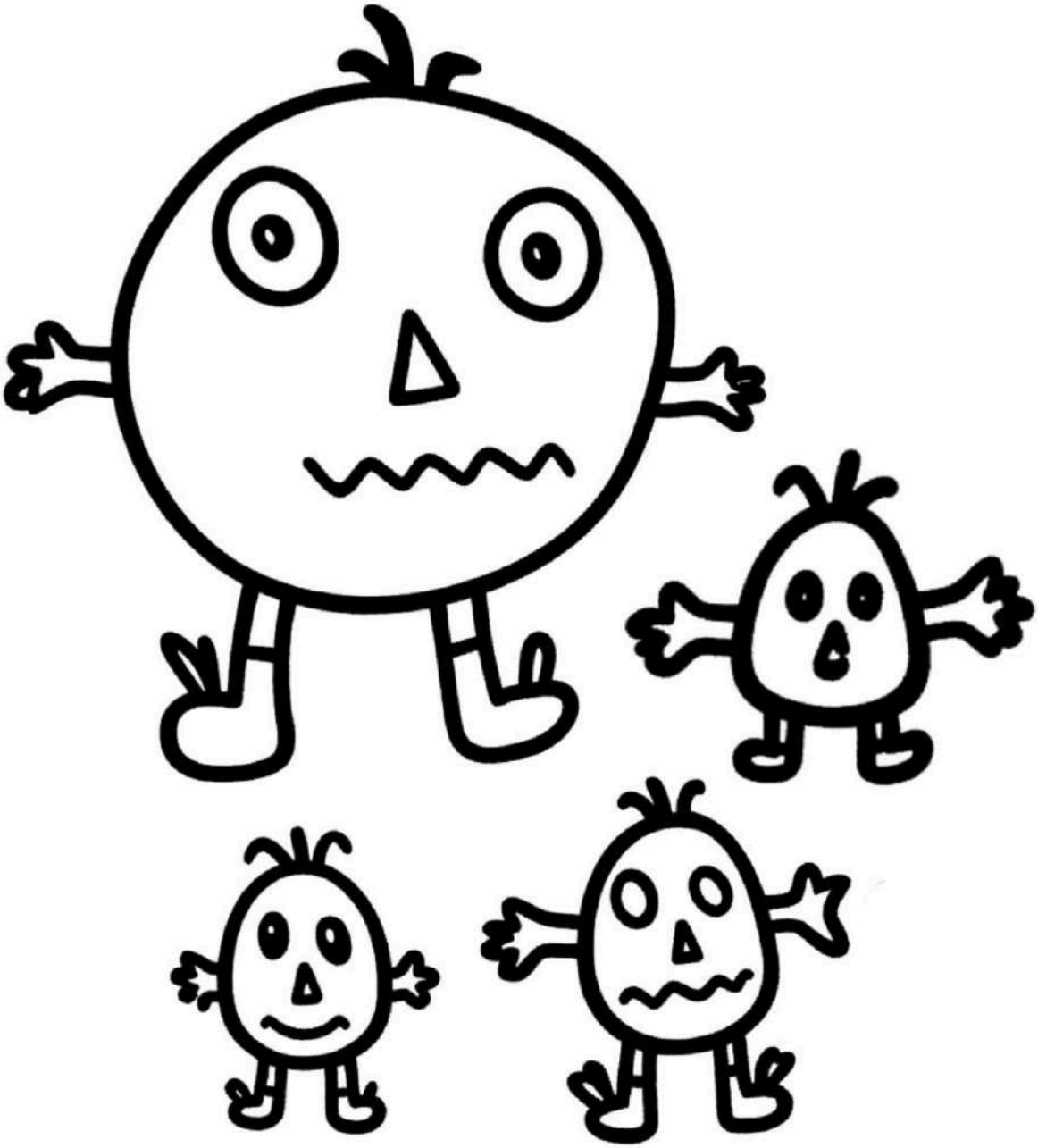
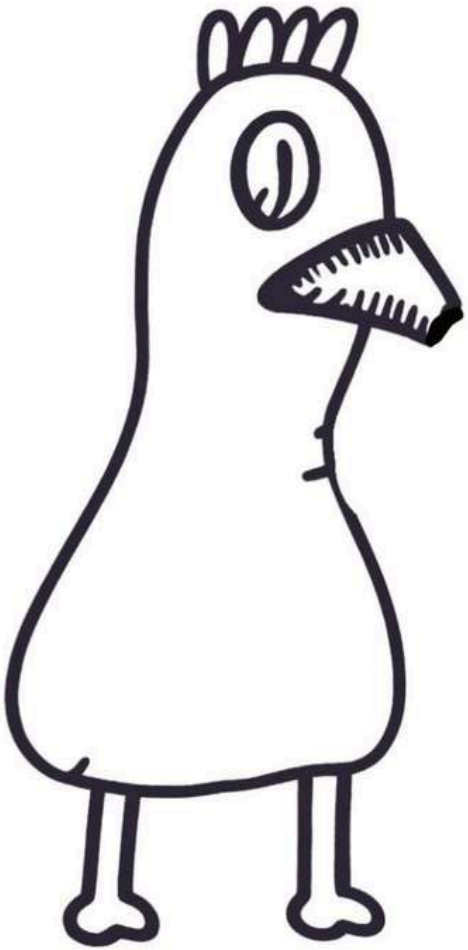


What helps you when you are scared? Write down 2 things (For example: a hug, calling mom/dad, taking deep breaths).



Your monster wants to help you when you feel scared. Write these two helpful thoughts in speech bubbles next to your monster:

"I am safe." "I can handle this.



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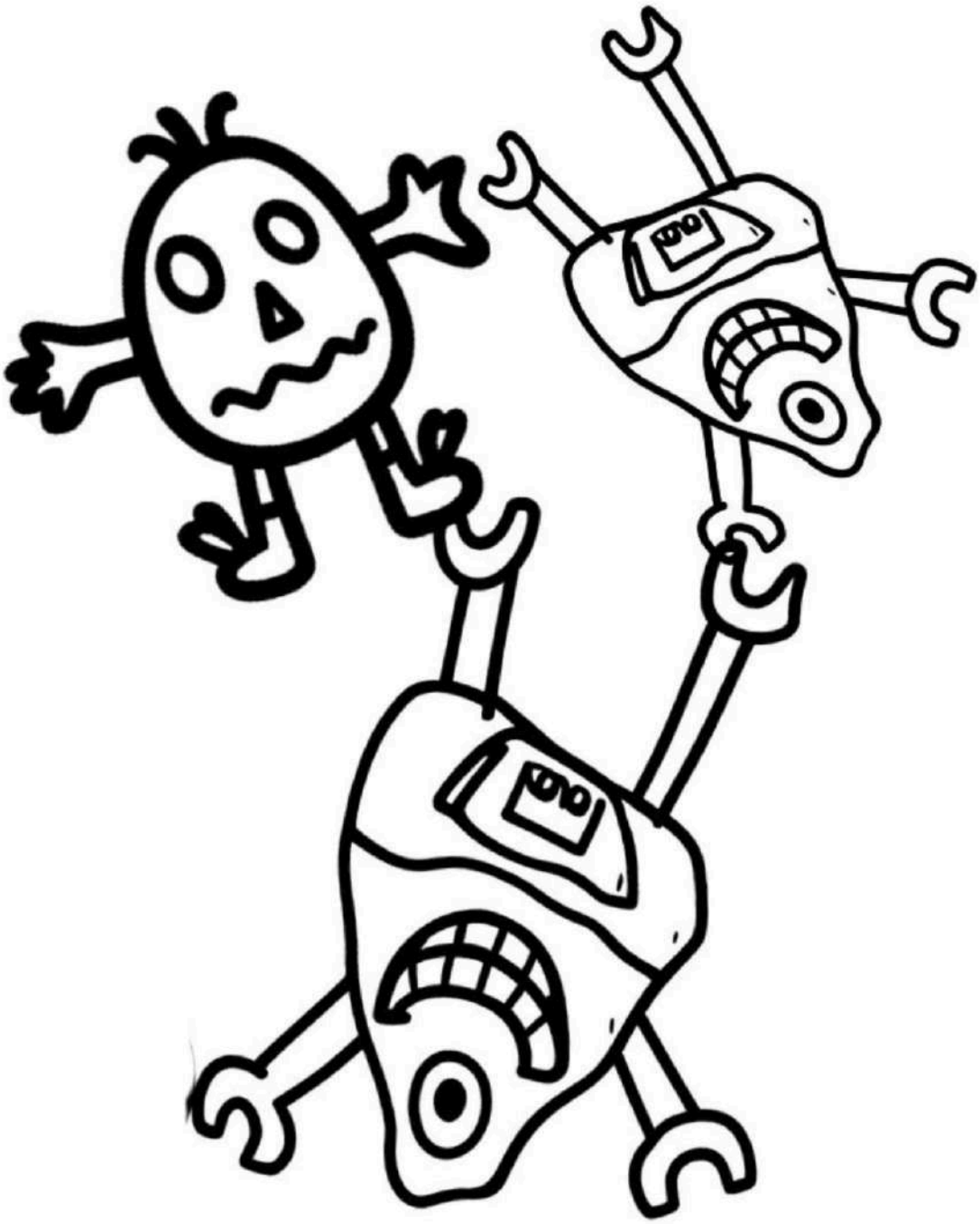
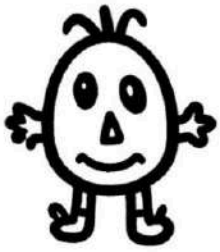




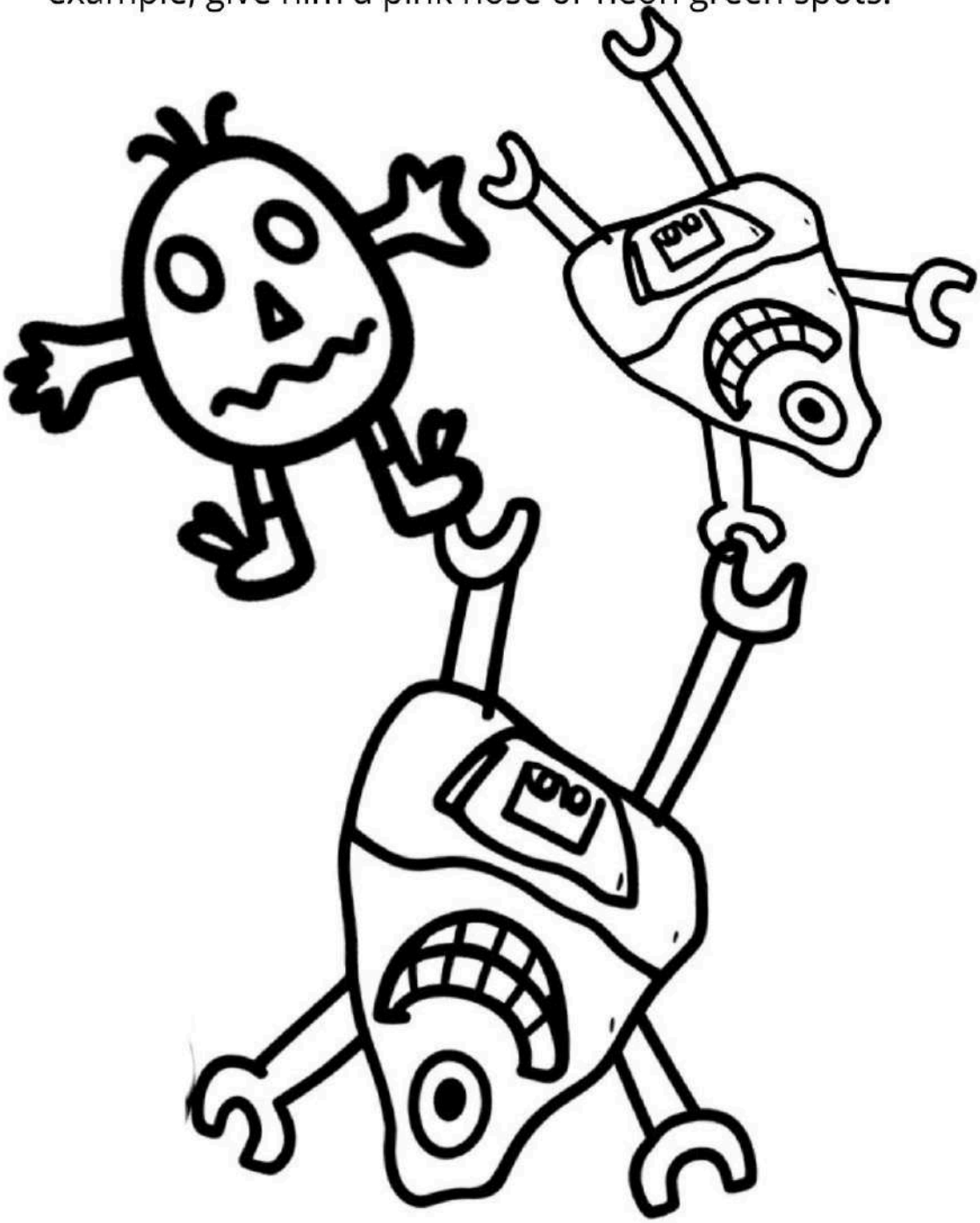
Draw a place where you feel 100% safe and comfortable. This can be a place that really exists, or a place that you completely make up yourself.

NUMBERS 6:24

The Lord bless you and keep you

Fear can feel like a ball you want to push underwater, but it keeps popping back up. Let the ball be there. Draw a big ball and describe or draw your fear inside it.

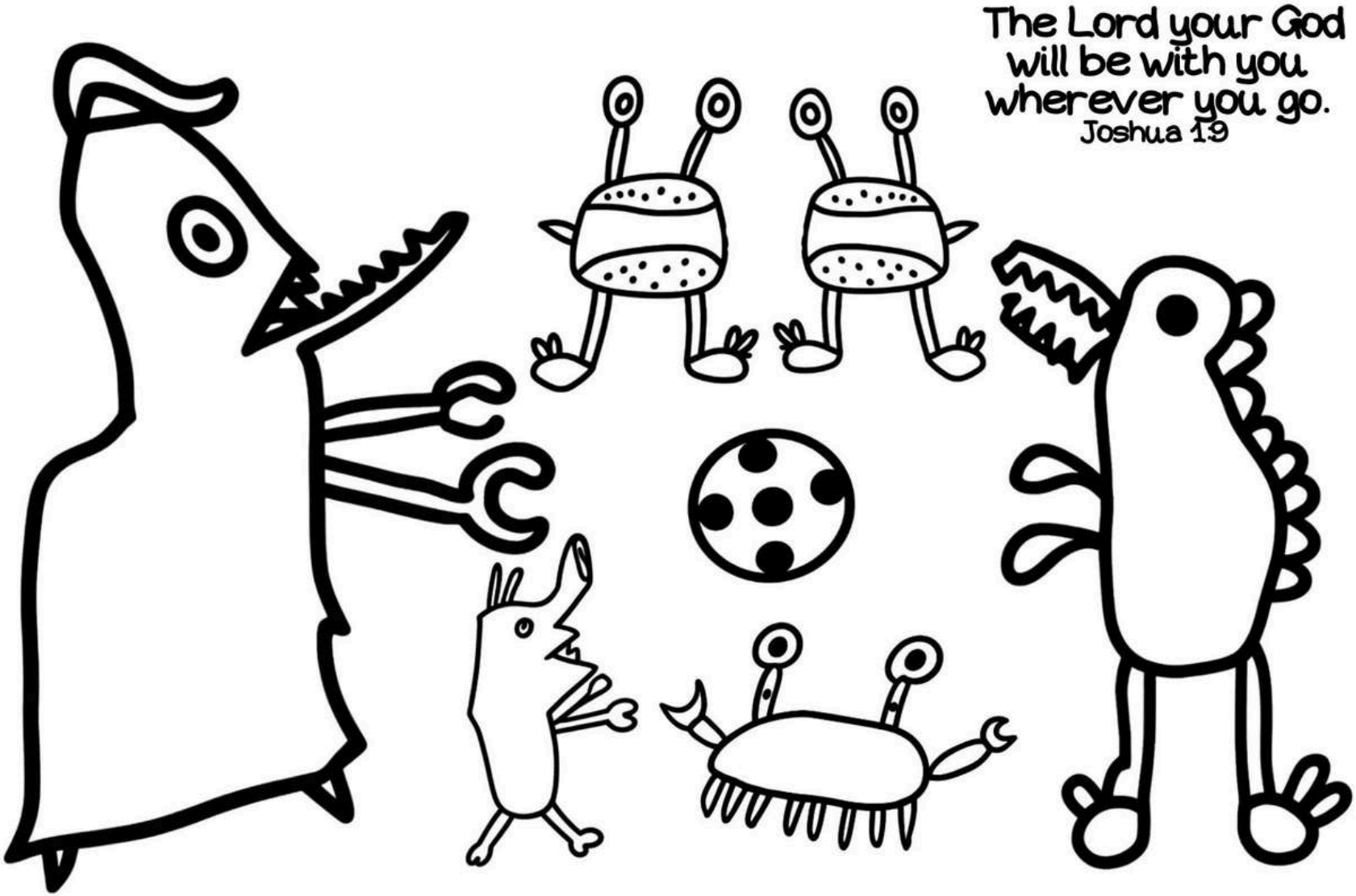
Make your monster less scary!
Monsters in your head can sometimes seem really big and exciting. But did you know you can change them yourself?
Color the monster as cheerfully or crazily as possible. For example, give him a pink nose or neon green spots.



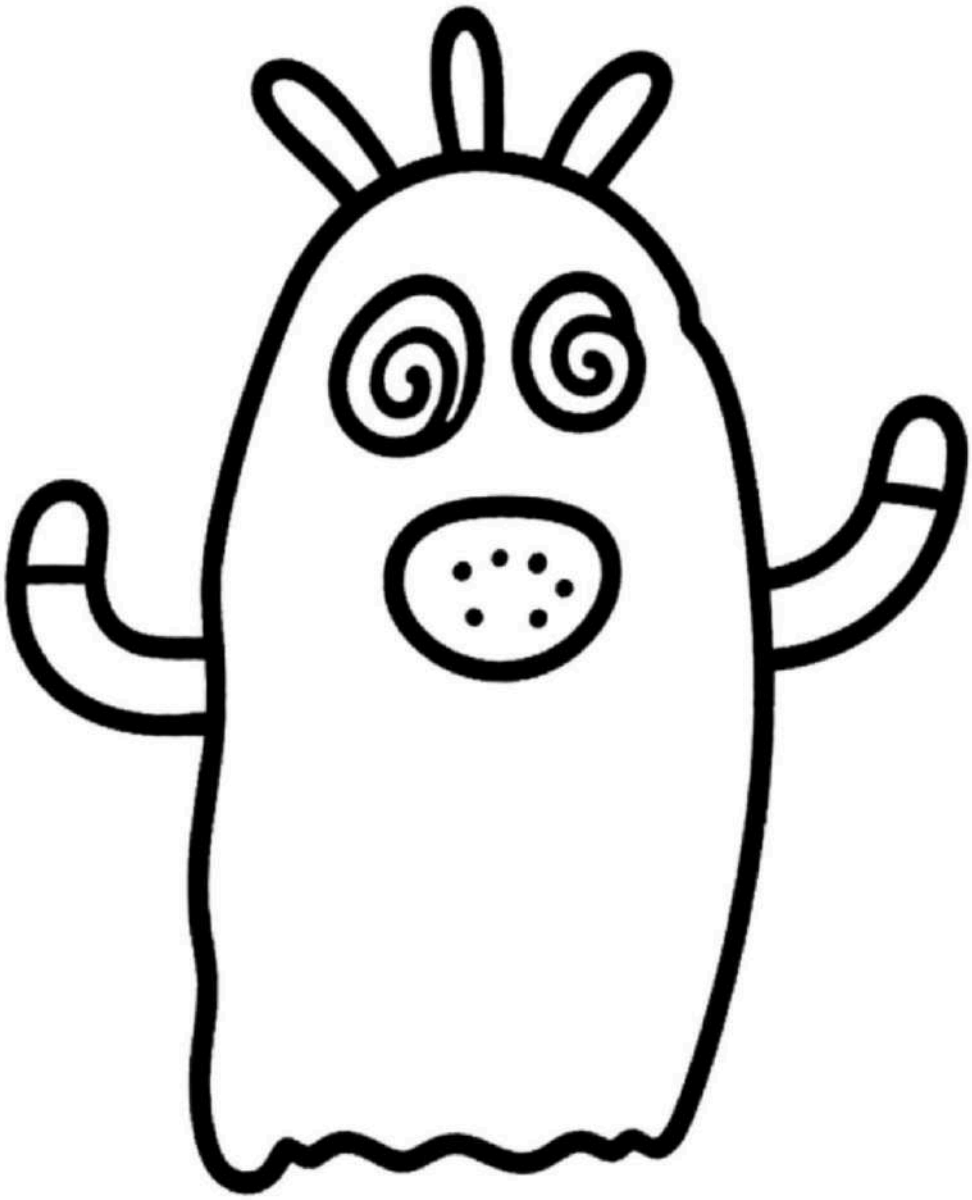
The Stress Window

Everyone has an invisible window in their head. Are you inside the window? Then you feel good, calm, and you can think clearly. Sometimes you shoot above the window (you become very hyper, angry, or super scared) or you drop below the window (you feel too tired, sad, or shut down). The goal is to step back nicely inside your window.

1 First draw a large window with three panes on top of each other.
2 Next color the top pane red (too hyper/scared), the middle pane green (calm/good), and the bottom pane blue (tired/empty).
3 Finally draw yourself as a stick figure in the green pane: this is your safe base.


The Lord your God
will be with you
wherever you go.
Joshua 1:9

Draw something funny next to him that makes him not scary at all anymore. For example, give him a silly party hat, a fake nose, boxers with hearts, or a roll of candy in his hand.



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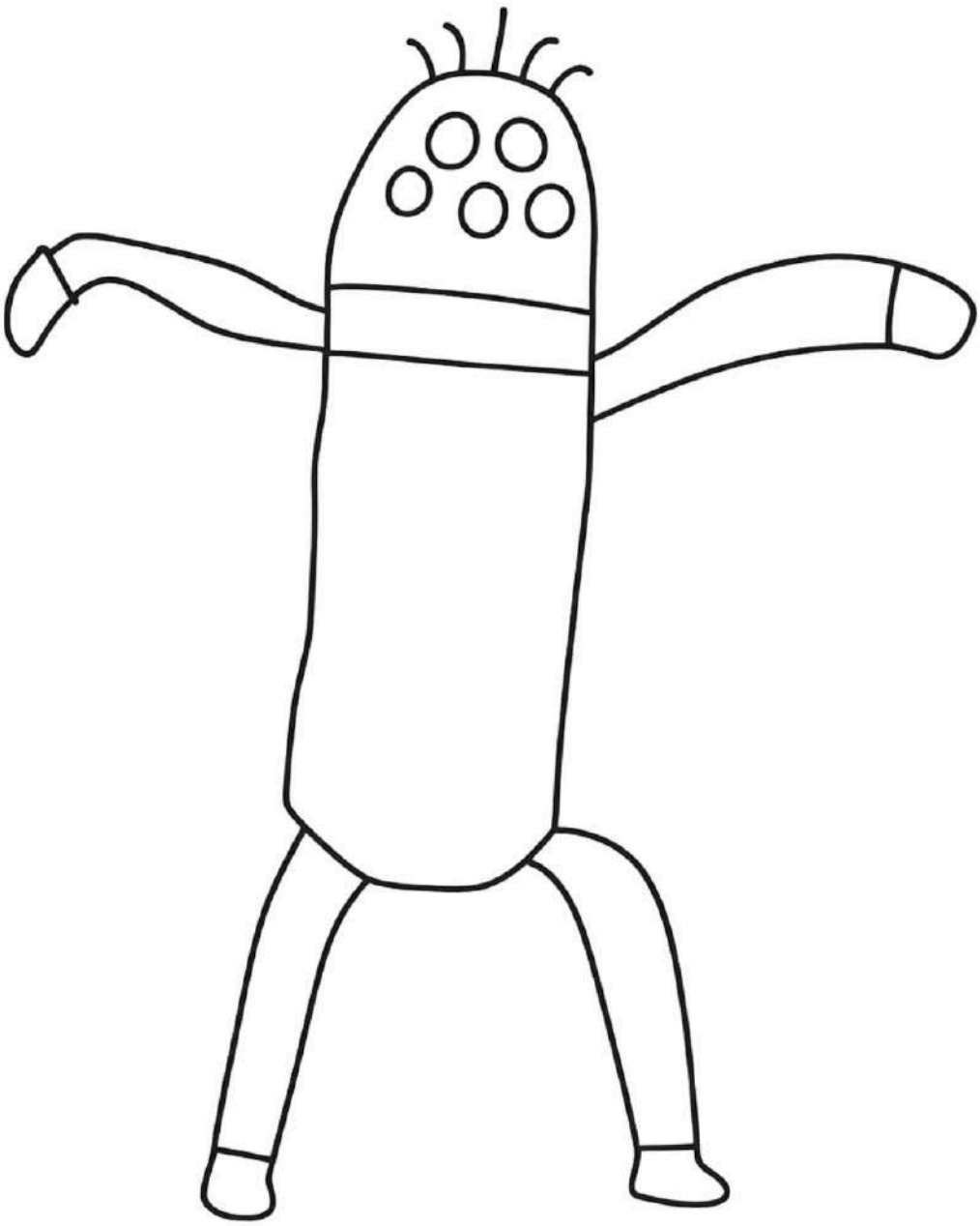

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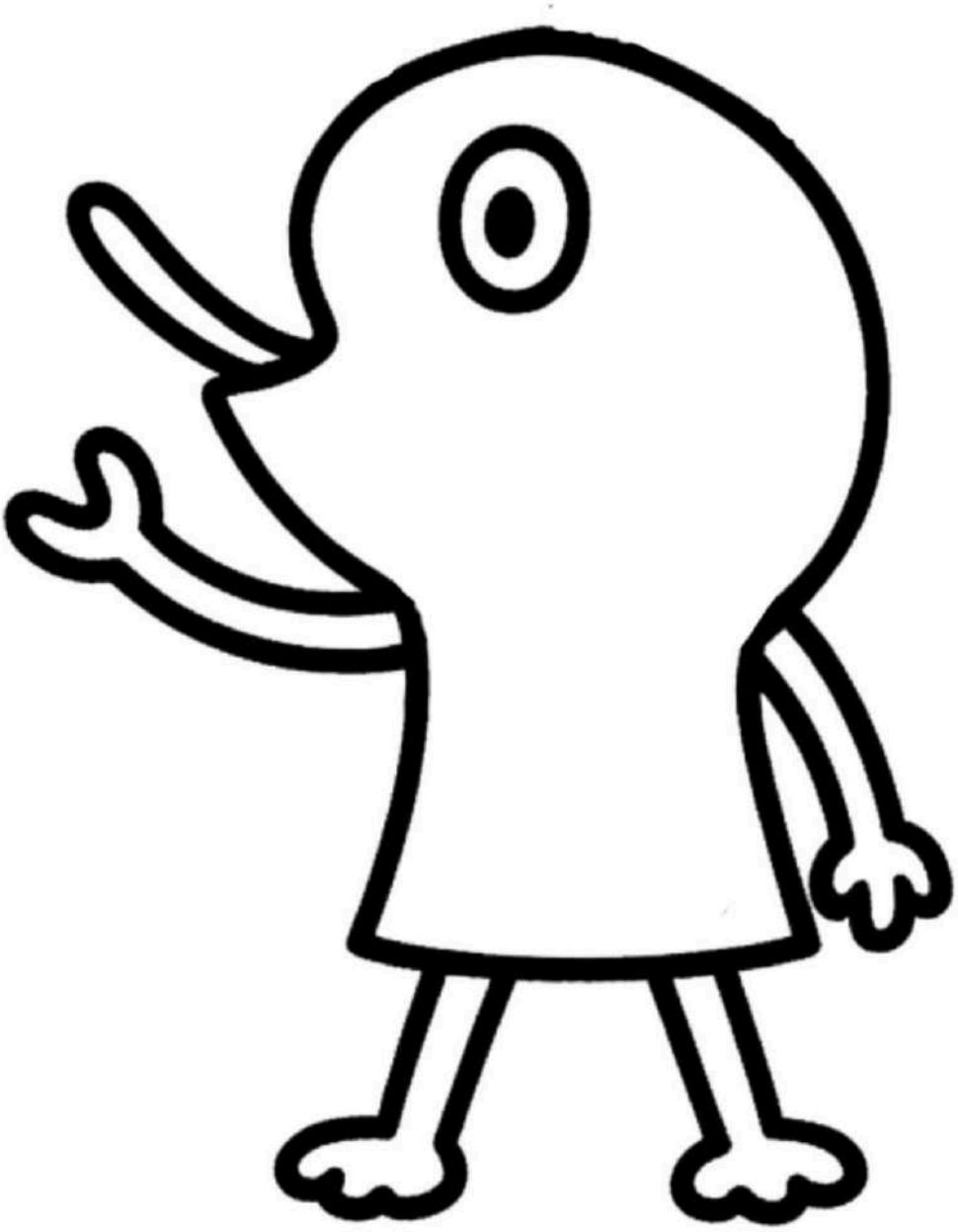

Are you afraid of something? God is your protector and surrounds you like a safe shield.
Write your fears or worries inside the shield. Give them to God in prayer and feel His peace

Christy Bel

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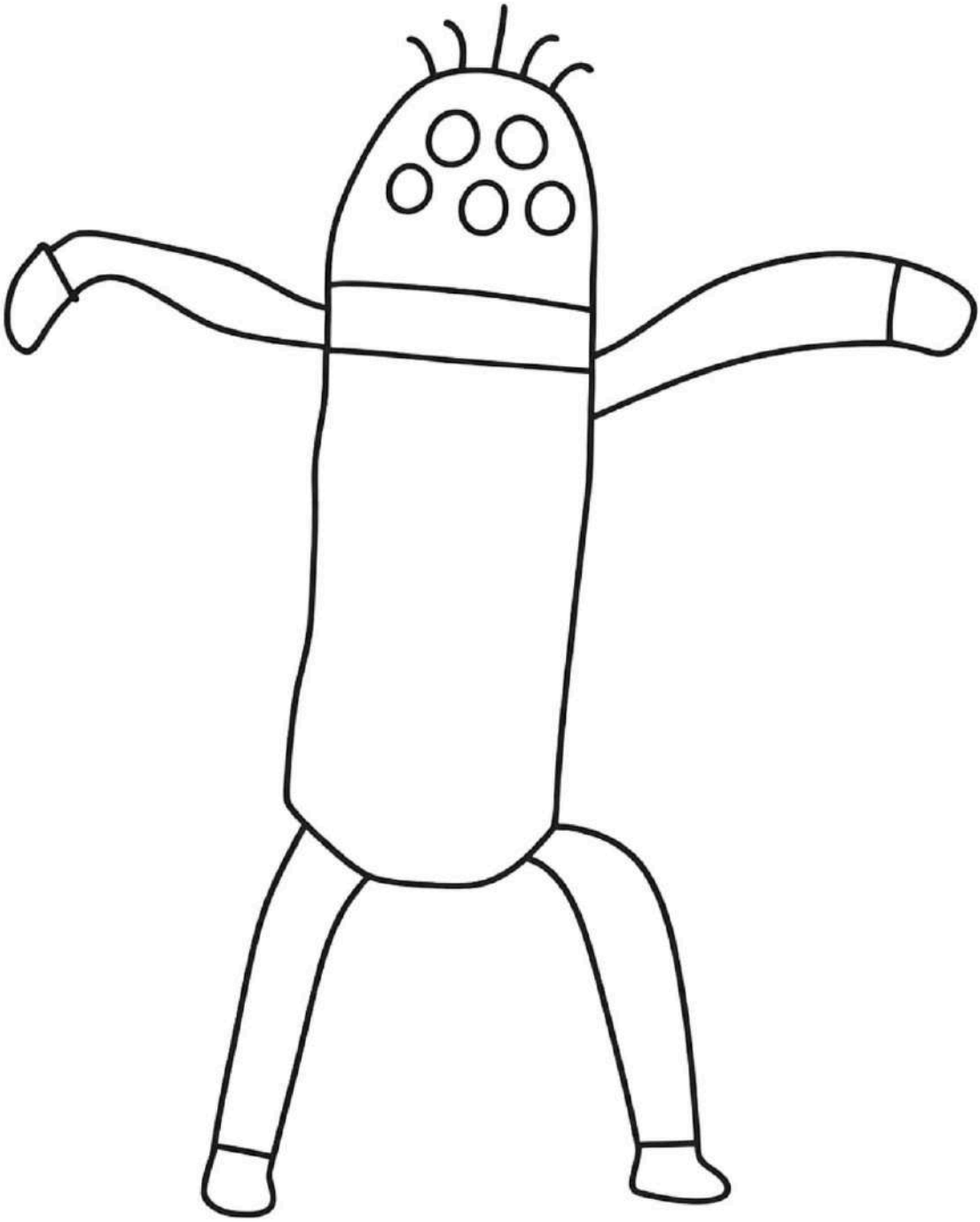
Where in your body do you feel it when you are scared? (For example: butterflies in your tummy, a fast heartbeat). Give that spot on the coloring page a special color.



The Lord is near.

Philippians 4:5

FACT
FAITH
FEELING

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