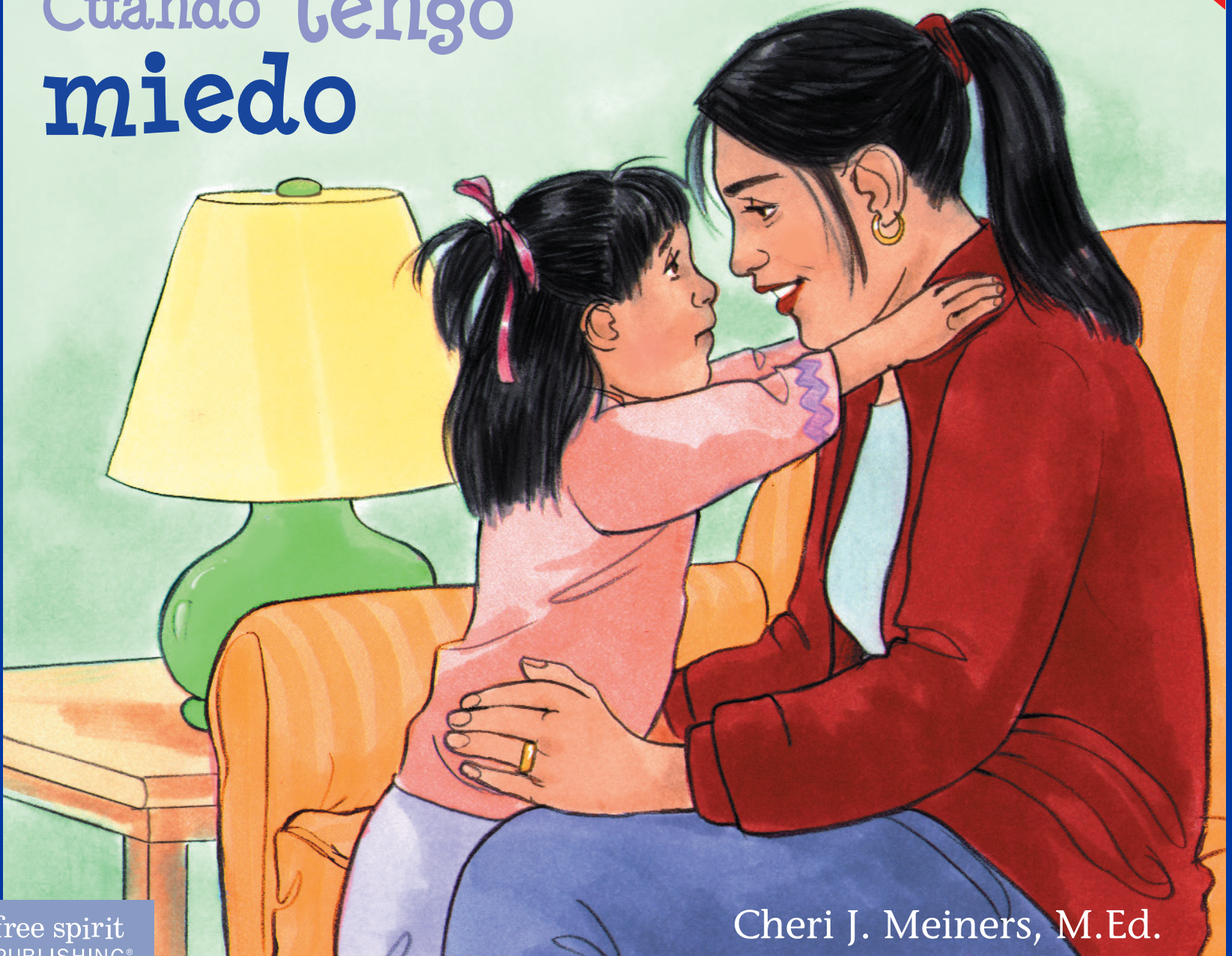


# When I Feel Afraid

Cuando tengo  
miedo

Includes Activity Guide for Adults!

¡Incluye guía de actividades  
para adultos!



free spirit  
PUBLISHING®

Cheri J. Meiners, M.Ed.



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Cuando tengo  
miedo

Cheri J. Meiners, M.Ed.

Ilustrado por Meredith Johnson  
Traducido por HIT Bilingual Publishing



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## Dedication

To my precious daughter Julia  
and to each child who has ever  
felt afraid.

## Dedicatoria

A mi preciosa hija Julia y a todos  
los niños y las niñas que alguna vez  
tuvieron miedo.

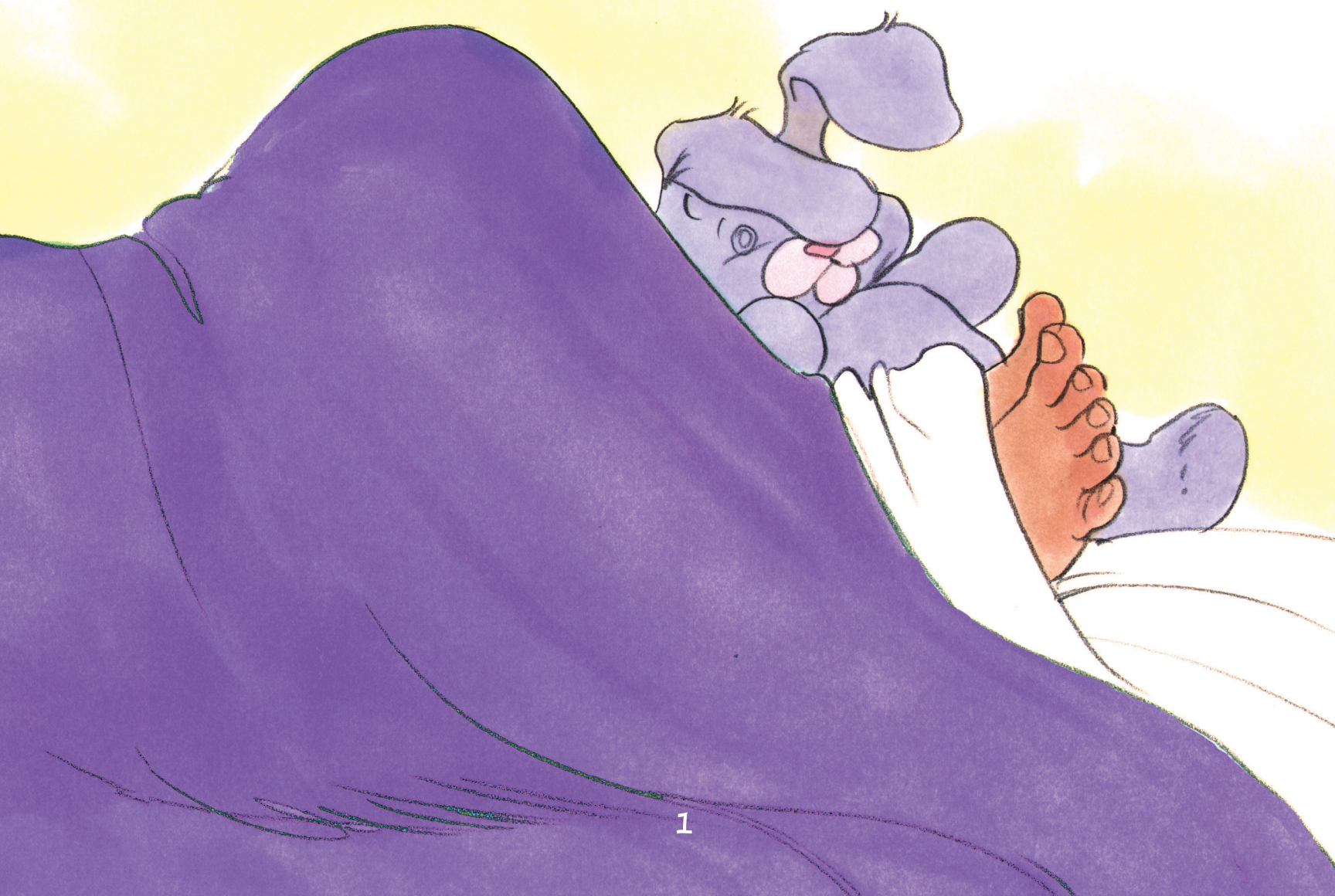






Sometimes I think about things  
that could happen.

A veces pienso en las cosas que podrían suceder.





I might imagine things that frighten me,  
Me imagino cosas que me asustan,





like something in the dark  
or in my dreams.

como algo en la oscuridad  
o en mis sueños.





Or I might see things that are pretend,  
like a spooky movie.

A veces veo cosas que no suceden en la realidad,  
como en una película que da miedo.







Sometimes scary things are real.  
There might be fighting somewhere,  
or people who want to hurt other people.  
When I think about these things,  
I may feel sad, or angry, or afraid.

A veces las cosas que dan miedo son reales.  
Tal vez haya peleas en algún lugar o gente  
que busque lastimar a otros.  
Cuando pienso en esas cosas, puedo  
sentirme triste, enojada o asustada.









I'm sorry that bad things happen.  
When I don't know what to do,  
I can talk to someone who cares about me.

Me apena que pasen cosas malas.  
Cuando no sé qué hacer, puedo hablar  
con alguien que me quiere.





I might talk to my dad or mom  
or someone else in my family.

Puedo hablar con mi mamá, con mi papá  
o con otra persona de la familia.

