

Some Things are Scariier than Halloween

Big Questions for Little Humans

Episode 7



A series that helps to explore big questions for little humans.
We navigate emotions and situations meant to inspire conversations about feelings.

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BIG QUESTIONS FOR LITTLE HUMANS
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Some Things are Scarier than Halloween

Some kids are scared of Halloween
Of goblins and ghouls and monsters green
Bats and broomsticks and things unseen

Not me
Not I
No such thing

Costumes and makeup are just for fun
Nothing to fear and no reason to run
Halloween is make-believe I won't come undone

Not me
Not I
No such thing

What scares me sometimes is hard to explain
It isn't witches or bats and doesn't have a name
A feeling inside is all I can blame

That's me
Yes I
That's my thing

I get scared for no reason
It doesn't matter the season
I may start to shake, then put on the brakes
Want to go home
And be all alone

That's me
Yes I
That's my thing

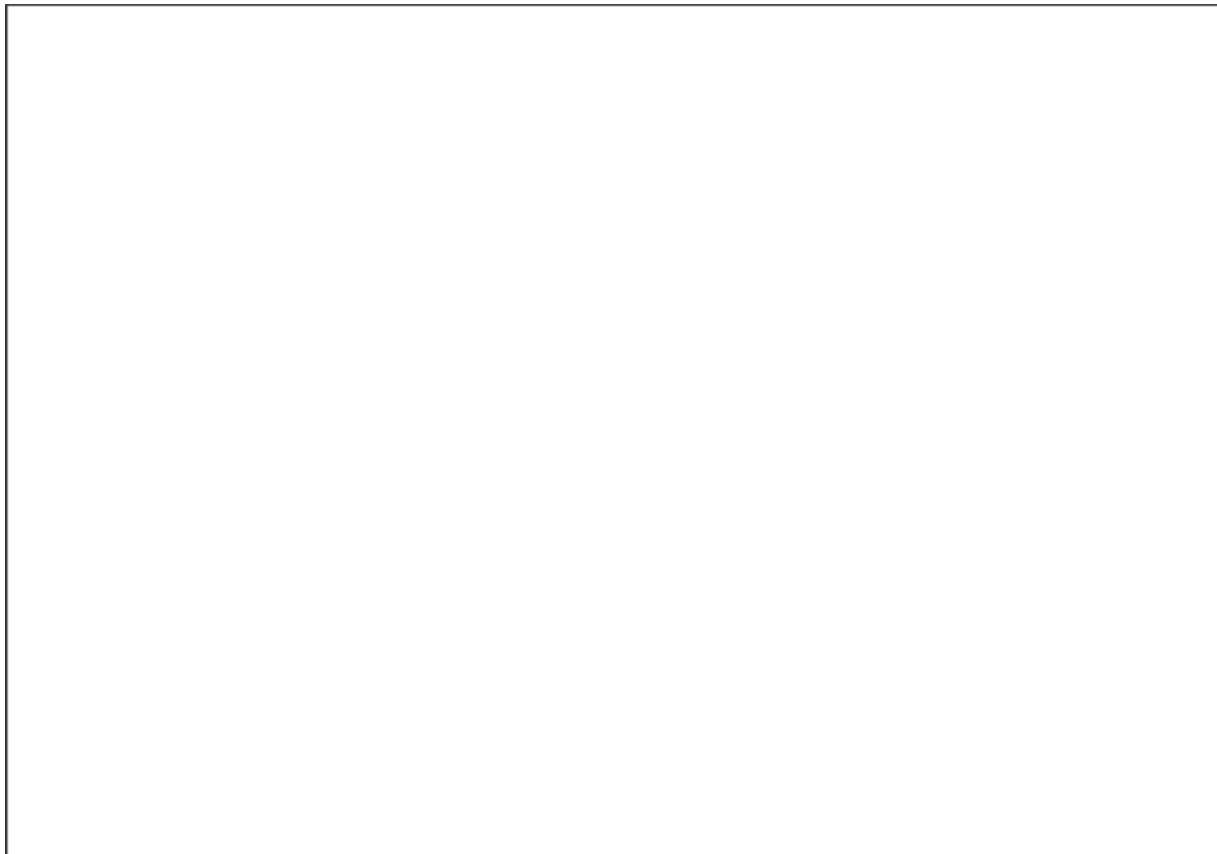
I know what to do, i'm still learning it's true
When I'm anxious I notice and let it do what it needs to
All feelings come and all feelings go
To feel and release them is what I now know.
It's Ok to have feelings even hard ones that are scary
Trust yourself to move through them and you will be less wary

Big Questions for Little Humans

*Reading Guide: Print this document and be sure to give your child / children the colouring sheet that's included on page 4. The adult is the listener and must make sure to be free from distractions and not correct or coerce the conversation. Take a deep breath and start with the words, "**Will you tell me...**"*

- Does Halloween scare you? If yes, can you tell me what is scary? If not, were you ever afraid?
- Talk about a time in your life where you did feel scared. Describe what scared you and what helped you to feel less scared.
- What is something you are afraid of (either real or imaginary) and why do you think this scares you. What do you do when you are scared?

Illustrate something about the way you feel in the space below.





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