

To my family and students... you are stronger than your fears.



DUPLICATION AND COPYRIGHT

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopy, video or audio recording, or otherwise without prior written permission from the publisher, except for all worksheets and activities which may be reproduced for a specific group or class. Reproduction for an entire school or school district is prohibited.

NCYI titles may be purchased in bulk at special discounts for educational, business, fundraising, or promotional use. For more information, please email sales@ncyi.org.



P.O. Box 22185 Chattanooga, TN 37422-2185 423-899-5714 • 866-318-6294 fax 423-899-4547 • www.ncyi.org ISBN: 9781937870546

E-book ISBN: 9781953945099

Library of Congress Control Number: 2018960232

© 2018 National Center for Youth Issues, Chattanooga, TN • All rights reserved.

Written by: Noel Foy • Illustrations by: Olga and Aleksey Ivanov Published by National Center for Youth Issues • Softcover

Printed at Starkey Printing, Chattanooga, Tennessee, U.S.A., October 2018

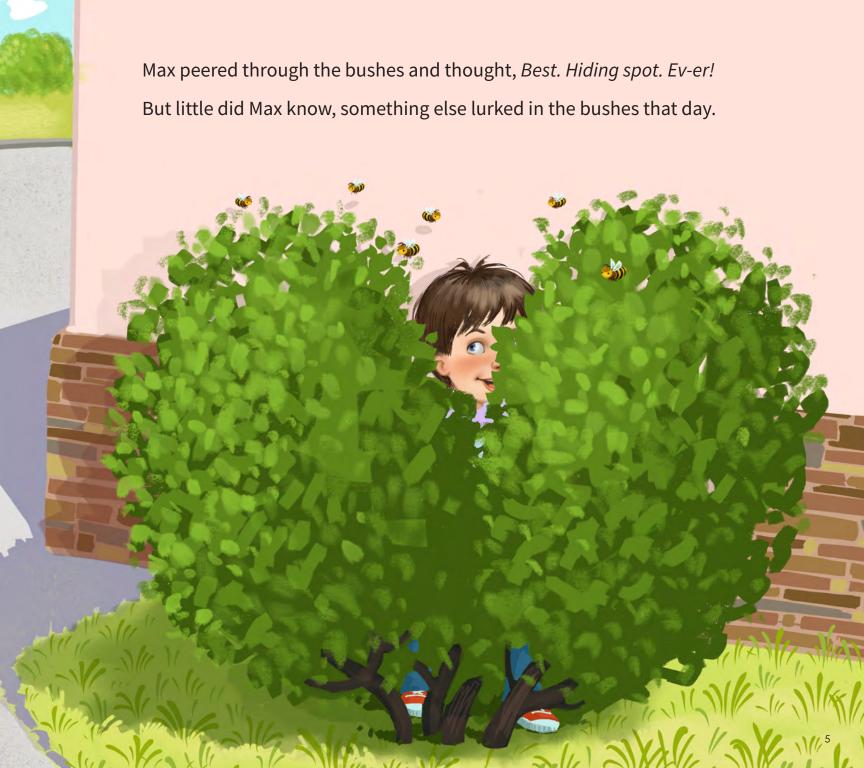
The information in this book is designed to provide helpful information on the subjects discussed and is not intended to be used, nor should it be used, to diagnose or treat any mental health or medical condition. For diagnosis or treatment of any mental health or medical issue, consult a licensed counselor, psychologist, or physician. The publisher and author are not responsible for any specific mental or physical health needs that may require medical supervision, and are not liable for any damages or negative consequences from any treatment, action, application or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources.

There was nothing Max enjoyed more than playing outside with his friends. Today, they played his favorite game of all, Hide 'n Seek.

"One...two...three...," Casey shouted as Max and Sam sprinted to hide.











Max ran inside screaming, "I GOT STUNG!"

His mom rushed to his side with an ice pack, as their dog Snuffy fetched Max a box of tissues.

"I'm never playing outside again!" Max sobbed, wiping his tears.

"I know it hurts," said Max's mom, comforting him with a warm hug, "but playing inside forever doesn't sound very fun."

"We'll see about that!" Max bawled.

That night, Max couldn't sleep. At last, he turned to Snuffy, who lay in her doghouse beside Max's bed. "What am I gonna do Snuffy? How will I tell my friends I'm afraid to play outside?"

Snuffy was busy chewing on a dog bone, and it gave Max an idea. "That's it Snuffy! I'll just say I'm busy!"

