

For Amy, who has
the biggest heart.



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

ISBN: 9781953945723 • E-book ISBN: 9781953945730

© 2022 National Center for Youth Issues, Chattanooga, TN • All rights reserved.

Written by: Allison Edwards • Illustrations by: Steliyana Doneva

Published by National Center for Youth Issues • Softcover

Printed in the U.S.A. • September 2022

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.

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.

Cataloging-in-Publication Data has been
applied for and may be obtained from
the Library of Congress.

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.

BEAT,
BEAT,
THUMP.



Beat, beat, thump is a sound deep in my chest that lets me know when something is wrong. It is my heart, and it pounds *beat, beat, thump. Beat, beat, thump.*





The pounding starts in my chest and then moves up my throat, into my head, and inside my ears. It pounds behind my face and gets even louder. The sound gets so loud that I can't hear anything else. I keep trying to make it go away, but it won't.



*Beat, beat, thump.
Beat, beat, thump.*



My heart goes *beat, beat, thump* every time...



someone at home says it's
time to get ready for school,
and I don't want to go.

Or my best friend says she
would rather play with
someone other than me.

