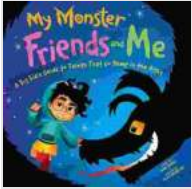


The Big Kid's Guide to Things That Go Bump in the Night: Overcoming Your Fears and Embracing the Night



Are you a big kid who's still afraid of the dark?

Do you dread the night because of lurking shadows and creepy noises? If so, you're not alone. Many kids are afraid of the dark, and it's nothing to be ashamed of. But if your fear is keeping you from enjoying the night, then it's time to do something about it.



My Monster Friends and Me: A Big Kid's Guide to Things that Go Bump in the Night and Overcoming Your Fears (courage and anxiety bedtime books, social emotional learning) by Alice Brereton

★★★★☆ 4.5 out of 5

Language : English

File size : 7514 KB

Print length : 40 pages



'The Big Kid's Guide to Things That Go Bump in the Night' is the ultimate guide for young readers who want to conquer their fears and discover the wonders of the night. This book will teach you everything you need to know about the things that go bump in the night, from monsters and shadows to creaky floors and howling wind.

You'll learn how to face your fears head-on, and you'll discover that there's nothing to be afraid of. With the help of this book, you'll be able to overcome your fear of the dark and finally enjoy the night.

What's inside the book?

'The Big Kid's Guide to Things That Go Bump in the Night' is packed with information and activities to help you overcome your fear of the dark. The book is divided into three sections:

1. **Understanding your fear:** This section will help you understand why you're afraid of the dark and what you can do to start feeling more confident.
2. **Facing your fears:** This section will provide you with specific strategies for facing your fears and overcoming them.
3. **Enjoying the night:** This section will help you discover all the wonderful things you can do at night, from stargazing to camping to simply relaxing and enjoying the peace and quiet.

The book also includes a number of helpful resources, such as a fear journal, a relaxation script, and a list of tips for parents and caregivers.

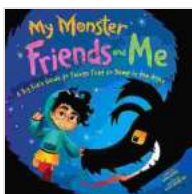
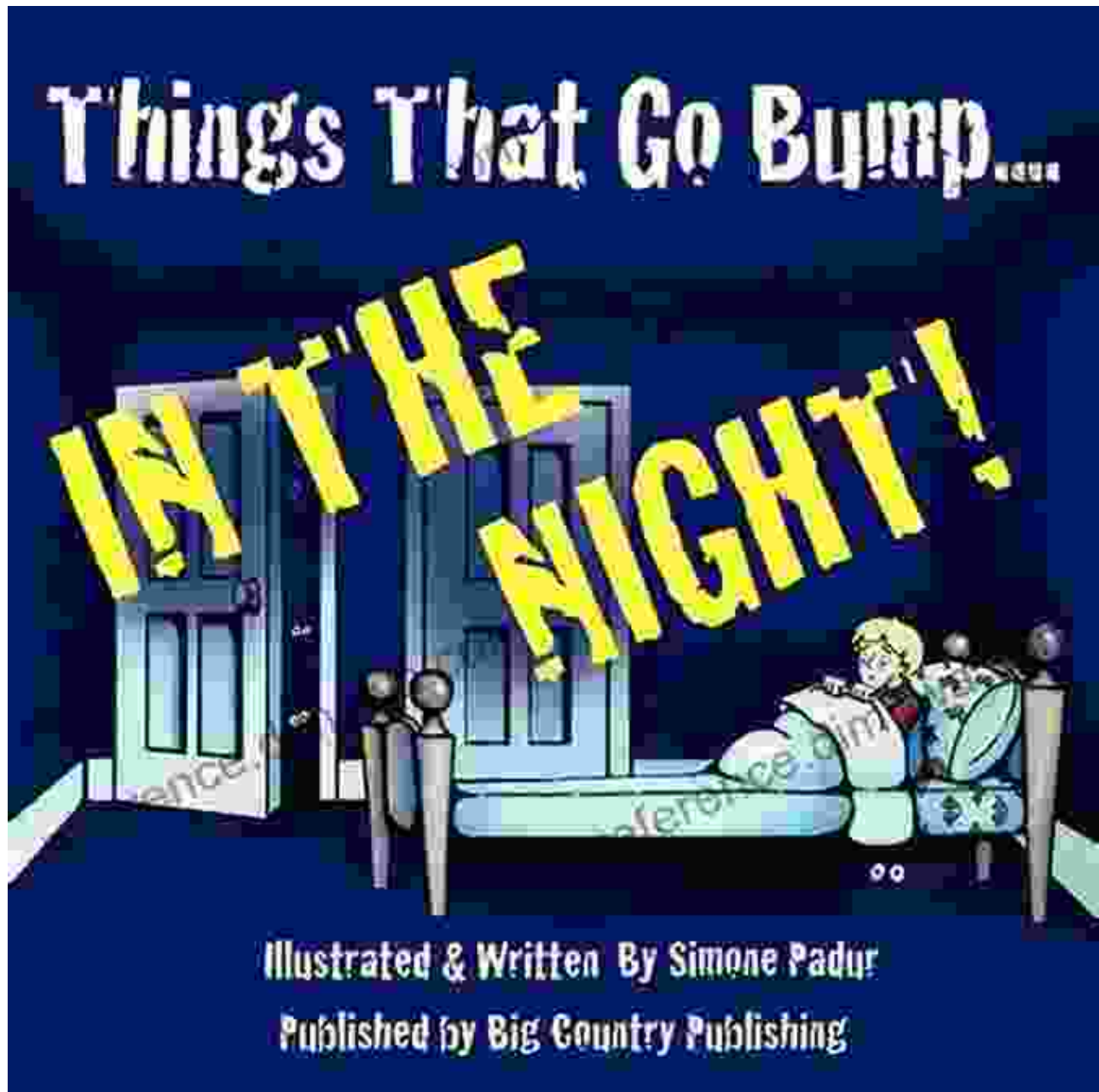
Who is this book for?

'The Big Kid's Guide to Things That Go Bump in the Night' is for any child who is afraid of the dark. It is also a helpful resource for parents and caregivers who want to help their children overcome their fear.

If you're ready to conquer your fear of the dark and embrace the night, then 'The Big Kid's Guide to Things That Go Bump in the Night' is the book for you.

Free Download your copy today!

The Big Kid's Guide to Things That Go Bump in the Night is available now at [Our Book Library.com](http://OurBookLibrary.com).



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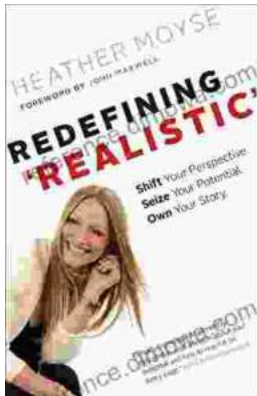
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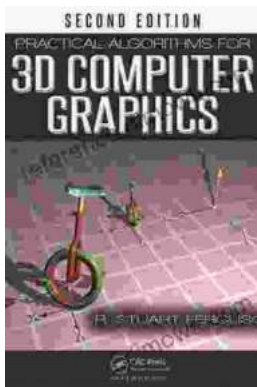
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