

The Scared Koala Bear



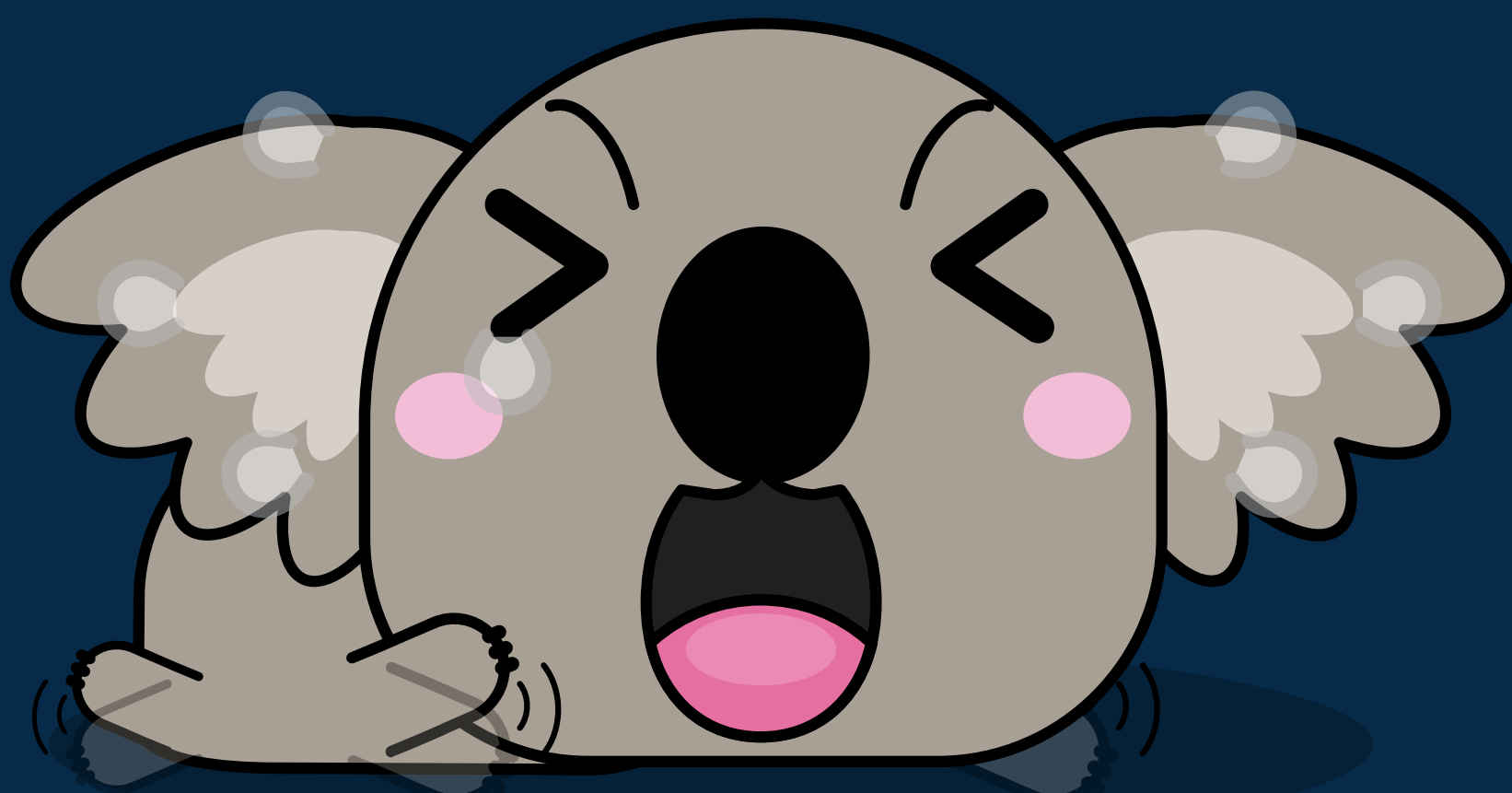
Dr. Andrea C. Walker

Kasey the Koala loved spending time with his family. At night he was often scared and would sleep in his parents bed. The bed was small, but it was comfortable and he felt safe.

One day, his parents noticed Kasey was way too big for their bed and should sleep in his own room.

“Kasey is growing so fast! I think it’s time he learned to sleep in his own room,” his father said.

Kasey's mom agreed and started practicing ways he would not be fearful in his own room. However, each night Kasey refused to leave his parents room even for a minute.





"I don't care about sleeping in my room. I'm not leaving your room!"
Kasey announced.

His parents started to get worried. All the other koalas slept in their own room.

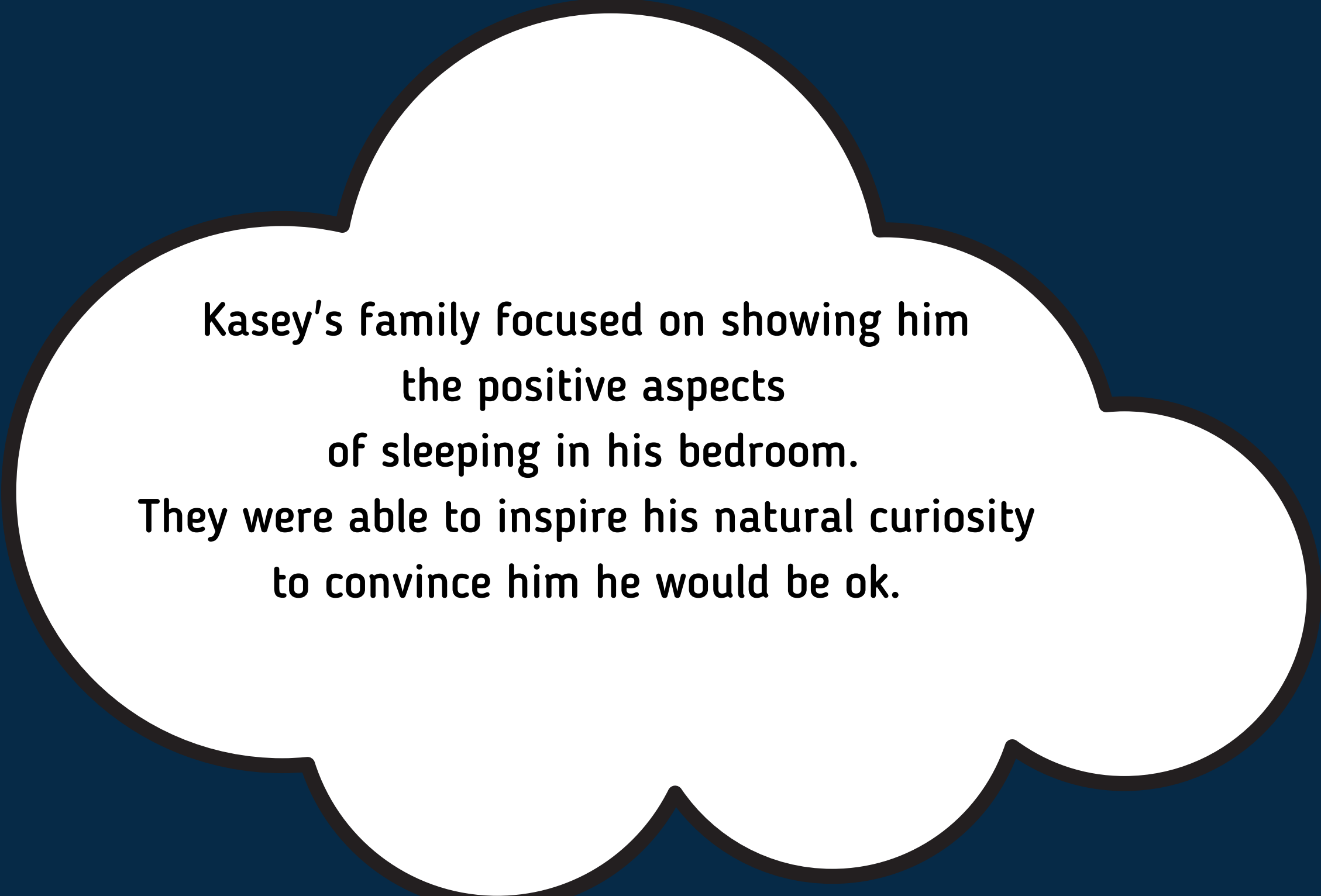
His parents came up with a plan to encourage Kasey to sleep in his room. First, his parents made the room nice and comfy. Next, his parents brought him a little stuffed teddy bear to help him feel safe. Kasey started to get curious and wanted to spend more time in his room.



Kasey got more and more interested in his bedroom. He finally agreed to sleep in his room.

The brave little koala bear woke up in his bed. He was overjoyed and spent each night thereafter in his own room.





Kasey's family focused on showing him
the positive aspects
of sleeping in his bedroom.
They were able to inspire his natural curiosity
to convince him he would be ok.

Questions

Does anything scare you?

What do you think can help you?

**Do you know a safe person to
help you figure it out?**