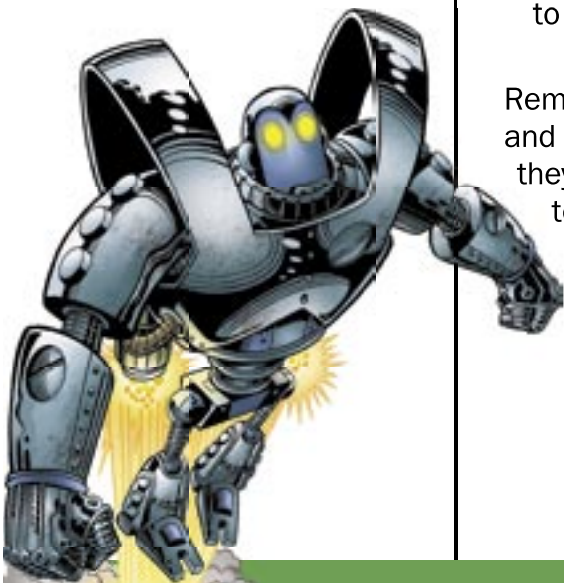


*Children look to
adults for answers,
comfort, and protection.
Take their fears
seriously, but don't
act fearful yourself!*



Night-Time Fear

Things That Go Bump in the Night

Thunderstorms and scary stories. They seem to go hand-in-hand. Active imaginations seem to come as a standard component of childhood years. How can you help kids who suffer from midnight fears?

- Pray with the child. Direct her to Scriptures that will remind her God is with her ... even when she's afraid of the dark. A few good ones to help her memorize include Psalm 3:5; 23:4; Psalm 91:4-6.
- Talk to him about what makes him afraid at night. Is it the shadows the light from the moon (or night-light) creates? If you are a parent, go into the room with the lights off, then turn the lights on to see what the "creepy forms" actually are.
- Children at this age are often afraid of burglars. Remind her that God protects us and keeps us safe. Let her go around the house with you at night and show her that all the doors and windows are locked, the outside lights are on, etc. Pray with her for God's protection through the night.
- Think back to what your child has seen on TV during the day. Sometimes "harmless" cartoons can be scarier than we think! If a child is suddenly fearful check out what he or she is watching on TV. It's quite possible something passed off as harmless isn't so harmless to your child.

Remember, whatever you do, children look to adults for answers, comfort, and protection. Take their fears seriously, but don't act fearful yourself! If they see you reacting calmly, they will be calm. Don't dismiss their fears; to them, it's serious business!



Holsom Comics Discussion Questions

After kids have read [Welcome to Holsom, Issue 16](#), begin a discussion about night-time fears by asking these questions:

1. Who was scared in this issue? (*Mouse, Jorge, Lonnie*)
2. Why were Mouse and Jorge scared? (*They heard a howl and didn't know what it belonged to, they were in unfamiliar surroundings, JD Raye might find them, the hunters might find them, the legend of the Blue Wolf, etc.*)
3. Do you think Wendy was honest with Jorge and Mouse when she said she might run away with the boys? Why or why not? (*Answers may vary. She could be telling the truth, or she could be lying. The truth remains to be seen ...*)
4. How did you feel when you discovered the "legend of the Blue Wolf" was phony? (*Answers may vary.*)
5. Why do you think Wes Warren (Wendy's dad) keeps the museum and continues to write a book when he knows the Blue Wolf isn't true? (*He wants to get rich off the legend, etc.*)



Activity

Confront Your Fears!

What you need: flashlight

As you talk to your kids about things that go bump in the night, you may start to hear about some things kids are afraid of. A common fear among kids is the darkness of their room. (You may even want to share that you were afraid of the dark when you were young ... if you dare!) Create your own “mythbusters” and debunk the common night-time fear.

Get all your kids together and turn off the lights in your classroom. Shine a flashlight on the ceiling to create shadows throughout the room. Ask kids what different shapes in the room look like. (A desk with books on it may look like a monster, etc.) After they name a few creative things, debunk each “myth” one by one and shine the flashlight on the ogre to reveal what it truly is. Talk with your kids about how God protects us and loves us and keeps us safe. Help them learn a Scripture verse (like Psalm 46:1–3) they can remember when they are afraid.

