

# Nanna Neßhöver: WHEN I'M SCARED

Illustrations by Eleanor Sommer

Wenn ich ängstlich bin

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## ENGLISH SAMPLE TRANSLATION

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KNOCK KNOCK KNOCK!

Mumm's heart was pounding loudly with fear,  
as he dashed through the corridors of the marmot's burrow.  
Just a moment ago, Mumm and his siblings had been playing hide and seek.  
And now Mumm had lost his way.

There, look: a small opening.

Relieved, Mumm slipped outside.  
Here it was warm and bright.  
Mumm immediately felt a little bit braver.  
But only a little bit.  
Because he was all alone!

With trembling whiskers  
he looked around carefully.

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Fortunately, Mumm's friend came by.  
She immediately understood how Mumm was feeling.  
"When I'm scared,  
I just growl away the stupid fear," she said,  
"Come on, let's growl together."

Growl loudly!

---

"GRRRRR," it echoed off the mountain walls.  
The growl did good, but it also sounded scary!  
Mumm winced.  
Now he felt even more scared than before!  
The brown bear plodded away.  
And Mumm? He was afraid and didn't know what to do.

Grrr Grrr Grrr

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"When I'm afraid,  
I trick the fear and make myself really big, so that it feels smaller!",  
said the lynx, who was also quite frightened by the growling noise.

Can you make yourself really big?

---

Mumm stretched and stretched - and made himself as big as he could.

That helped a little, but Mumm's fear had not yet disappeared.

A little bird flew up and looked at Mumm.

"I get scared sometimes, too. You know, fear protects us.

It belongs to us," he chirped.

Mumm wiggled his little nose and thought.

"True," he said. "But it still doesn't feel good."

"Hmm," whispered the bird. "When my fear  
gets too big, I think of a nice place."

Tap the flowers.

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Mumm thought of the most beautiful place,  
he could imagine:

his sleeping place in the marmot's burrow.

There it was safe and cosy and

Mumm never felt alone.

Where is your favourite place?

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That's when the Capricorn came over. "You look scared," she said.

"Come, snuggle up and breathe slowly."

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Mumm snuggled up to the Capricorn  
And noticed that he was getting calmer.

"When I'm too scared,  
I show the fear how strong I am.

"Hold on tight!" shouted the little Capricorn.  
Wow! She jumped up, ran away and made wilder and wilder leaps.  
Mumm held on tight! His belly tickled and tingled.  
It was really fun.

Why don't you try it and  
jump like a Capricorn!

---

Giggling and exhausted, Mumm and the Capricorn lay in the gras.  
"Thank you!" said Mumm. He felt really good.

His heart was beating wildly - but this time with excitement.  
Then it occurred to the Capricorn, that she had to go home and sped away.

Mumm smiled and was happy.  
But then ...

Wipe across the rock!

---

"Aahhh," cried Mumm, startled.  
A huge shadow with big ears was coming towards him -.  
Mumm wanted to run away, but he could not move.

He was stiff.

Can you recognize  
who is scaring Mumm like that?

---

"Hello, Mumm!" the shadow beeped. "Oh dear, did we scare you?  
We didn't mean to! It's us, your neighbours ..."  
Mumm heard an excited tapping and pattering.

And it sounded like this:  
Tap the book gently with your fingers!

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"... The mice!" From everywhere mice suddenly came and looked at him.  
Mumm laughed out loud, and his fear disappeared.

Together with the little mice, Mumm strolled back to the  
back to the marmot's burrow. The sun warmed Mumm's fur.

How many little mice can you discover?

---

"Bye, mice!" called Mumm  
when they had arrived home.

He slipped through the door and dashed down the tunnels.

All of a sudden Mumm stopped abruptly.  
He was sweating and breathing fast.  
"Do I have to go left or right now?" he asked aloud.  
"Oh dear, oh dear, oh dear! What if I get lost again?"  
The fear came back.  
But then Mumm had an idea!

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Mumm had understood that his fear was only trying to warn him.  
And he knew what he could do, to make it go away.  
Something that marmots were good at - and especially him.

Tap Mumm's mouth!

---

Whistling!

Mumm whistled and crawled inch by inch  
along the left corridor.  
He would come out somewhere.  
And one thing was for sure:  
At home in the den, he was never alone!

Can you also whistle like Mumm?

The little earthworm is also quite scared.  
He has lost his family.  
Can you help him find them?  
Run your fingers along the tunnels!

This children's book helps children and parents deal with fear in everyday life.

*Afterword by Dr. Martina Stotz, PhD in the field of developmental psychology*

First, children learn to perceive their fear in the body and to recognize physical to recognize physical changes. Marmot Mumm senses his fear because his whiskers tremble, his heart beats loudly, he sweats and breathes quickly. These physical reactions are explained to the children without creating additional fears.

The story also teaches children safe strategies for dealing with fear. With the help of his friends, Mumm tries different ways to cope with his fear.

For parents, this is a great opportunity to practice these ideas with their child in everyday life as soon as anxiety arises. The more often parents try the strategies with their children, the easier it will be for them to learn how to regulate their anxiety without the help of others.

From the perspective of emotional psychology, strategies are taught on the physical and mental levels.

1. strategies on the physical level:

- growling at the fear
- bouncing the fear away
- shaking the fear away
- whistling the fear away

2. strategies at the mental level:

- Visualizing a favourite, powerful, and relaxing place.
- Embracing fear as a protector or warning system
- Creating awareness of one's own strength through a power pose.

What is particularly valuable is that Mumm finds a very individual strategy that is particularly helpful to him. He does something he is good at - whistling. When he whistles, he feels strong and secure. Parents can also help their child to find their own strategy that will help particularly well.

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Mumm is great. for identification. This enables parents to engage in conversation with their children:

- "What would Mumm do if he were scared like you are right now?"
- "Come on, let's hop like Mumm and the Capricorn!"
- "We'll show your fear how big you are - like Mumm and the lynx did."
- "Your fear wants to protect you. We go to your favourite place in your mind and show fear that you are safe."

Once children are able to regulate fear, they are also able to courageously leave their comfort zone time and time again and gain confidence.

Every positive experience that transforms fear into courage also has a positive effect on a child's self-esteem.