

# Turn on your Heartlight

## Excited

Hey, Scared, what's going on?

I'm afraid!

What are you afraid of?

The dark!

I understand, sometimes  
the dark can be scary.

It sure can be!

But, it can also be fun.  
I have an idea!

What is it?

Well, it's dark outside now.  
Let's get flashlights and go  
outside—c'mon!

Ok, but will you hold my hand?

Sure, let's go!

— SCARED AND EXCITED GO OUTSIDE. —

It's so dark out here.  
My heart is beating so fast!

I know, mine too!

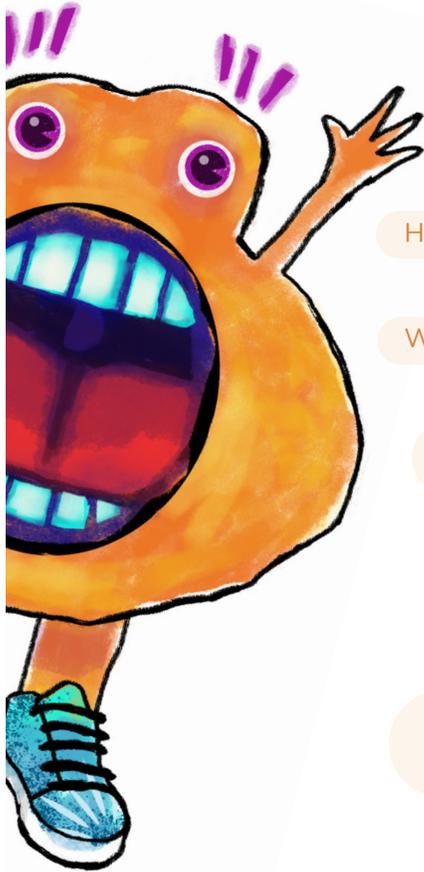
Are you afraid too?

No! But our bodies do some  
of the same things when we  
are scared or excited.  
Isn't that neat?

Yeah, I didn't know that.

Ok. Let's sit here.

## Scared



Depression and Bipolar  
Support Alliance

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## Turn on your Heartlight



Excited

Ok.

Turn your flashlight off.

But it'll be too dark!

You'll be able to see other kinds of light when you turn it off. Trust me!

### — SCARED TURNS THE FLASHLIGHT OFF. —

Ready? Look up in the sky at all the stars!

Whoa. They are beautiful!

I know! And look over there in the field. Do you see the lightning bugs flying?

Yes!

These are things you can look at when you're afraid.

Thanks, Excited.

And even more fun--when it's dark, you can imagine all sorts of things!

What do you imagine in the dark?

I imagine going to the moon and riding roller coasters and climbing mountains!

Those sound terrifying!

Those are things I want to do. What are fun things that you want to do?

I like to go swimming...

Me too! Were you afraid of swimming the first time you tried?

Yes, I was so scared! But my older sister taught me how to swim, so now I'm not scared of it anymore.

See? You can still try new things, even if you are scared.

Yeah, I guess I can.

It's brave to try new things!

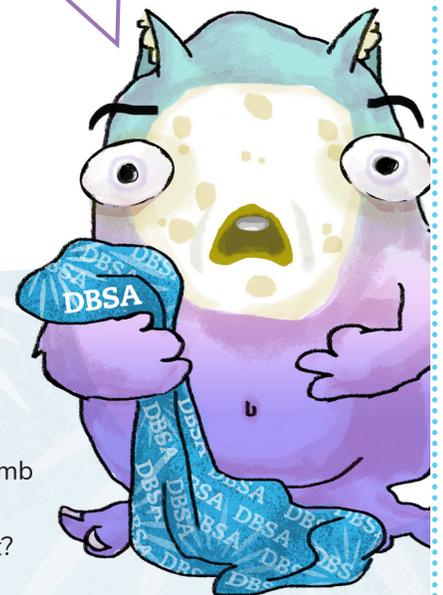
You mean I'm brave?

You are brave!!

Thanks for your help, Excited.

You're welcome.

Scared



### Questions for learning:

- When have you been afraid to try something new?
- **Excited** wants to go to the moon, ride roller coasters, and climb mountains. What sounds exciting to you?
- When have you tried something that made you afraid at first?
- What makes your heart beat fast?