Sid Gets Scared

DOUG DRAGSTER'S®

Get Happier Project

By best-selling author Ivan Honey

Illustrator: Jacqui Lynch

One morning, Sid Sideswiper woke up feeling scared. This felt strange to Sid, as he was mostly a happy dragster who loved having fun.

He started his engine. It didn't sound right, not as strong or as confident as it usually did. It felt like there were butterflies in his engine!

Sid felt VERY scared.

'What is happening to me?' he said to himself.

'I must visit Uncle Diesel's workshop for a check-up. He knows all about engines.'
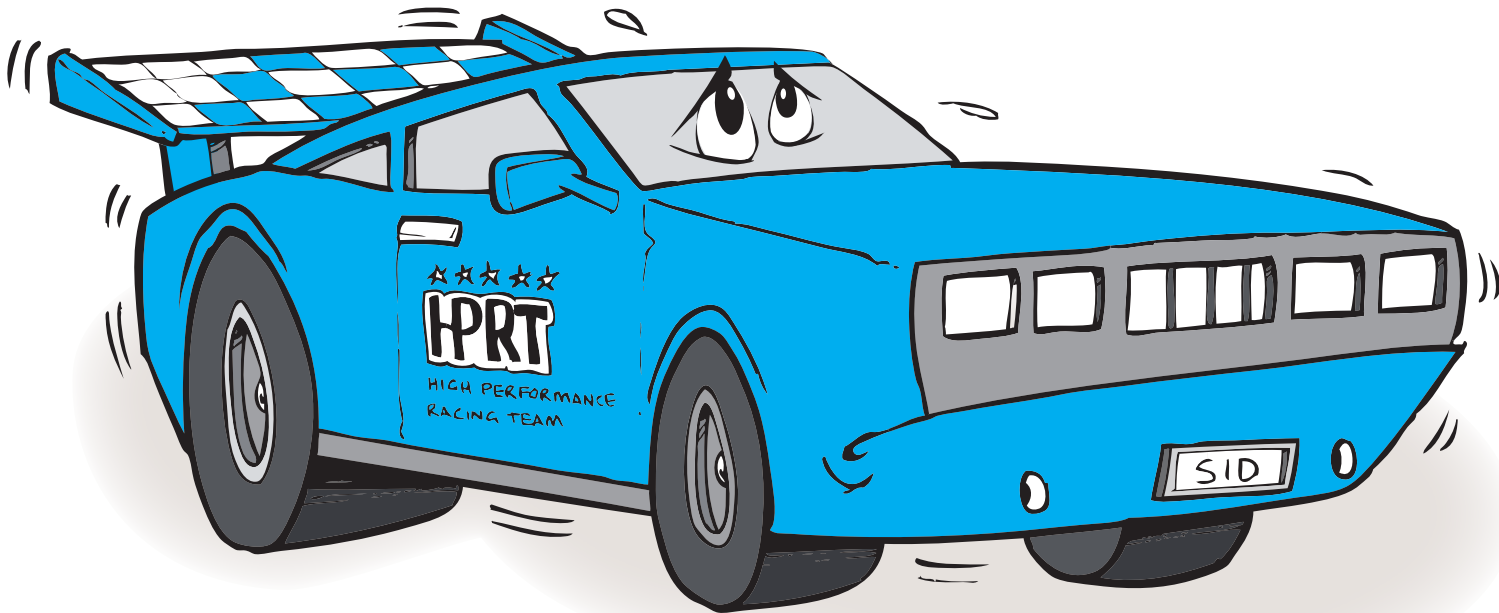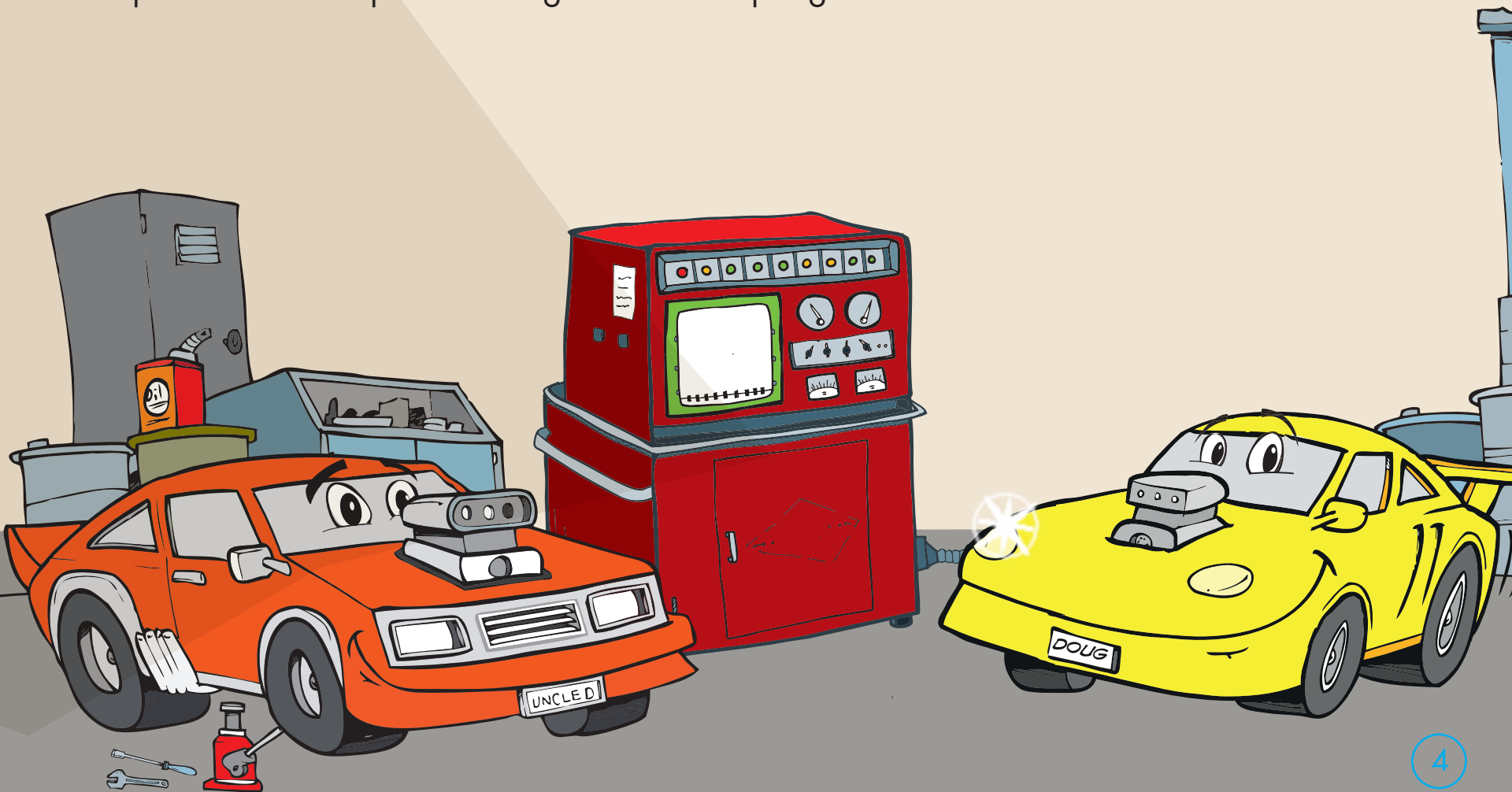
Driving along the road, Sid saw nearly empty streets. There was only one car, and it looked scared too!

Sid began to feel VERY, VERY scared.

Sid felt a bit better when he got to Uncle Diesel's workshop and saw that Doug Dragster, his best friend, was there.

Doug was on Uncle Diesel's tune-up machine. His headlights sparkled and his powerful engine sounded just great!
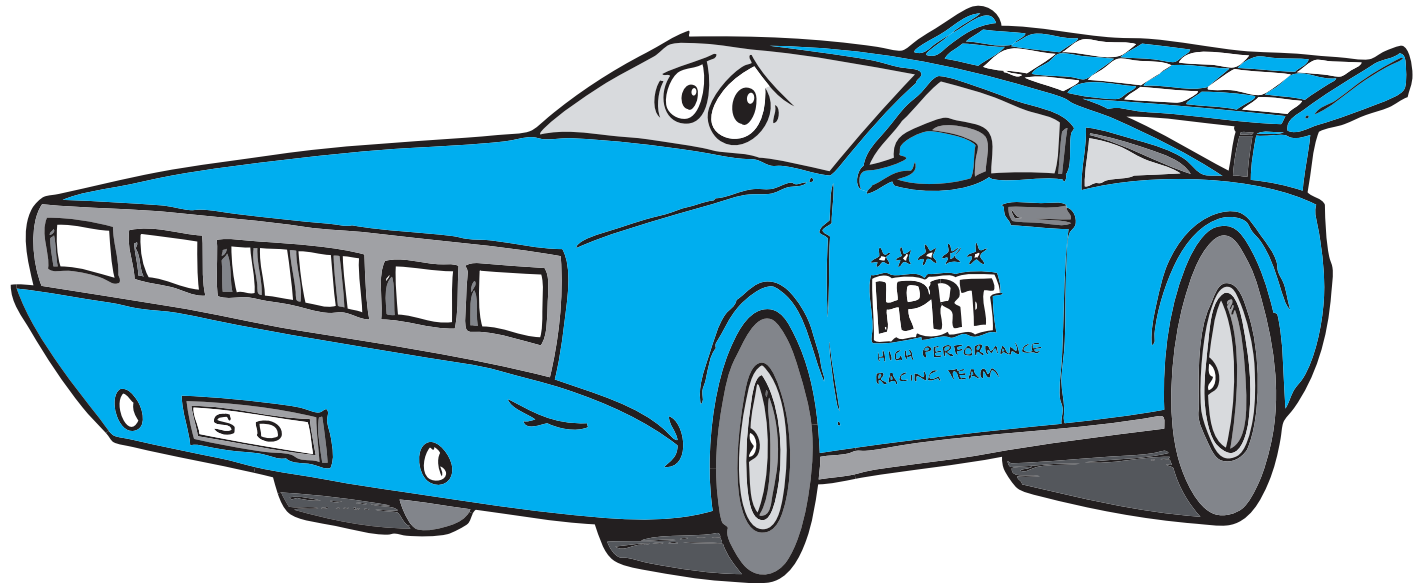
Uncle Diesel turned to Sid. 'Your turn for a tune-up Sid,' he said.

Uncle Diesel began to check Sid's engine. He asked him, 'Why are you frightened Sid?'

'How do you know how I feel Uncle Diesel? asked Sid.

'Well, I can see on this tune up machine that you are thinking very scary thoughts. They are really slowing down your engine.'

Uncle Diesel pressed some buttons on his tune-up machine. Some of Sid's thoughts popped up on a green screen.

I saw some really empty streets and a frightened car.

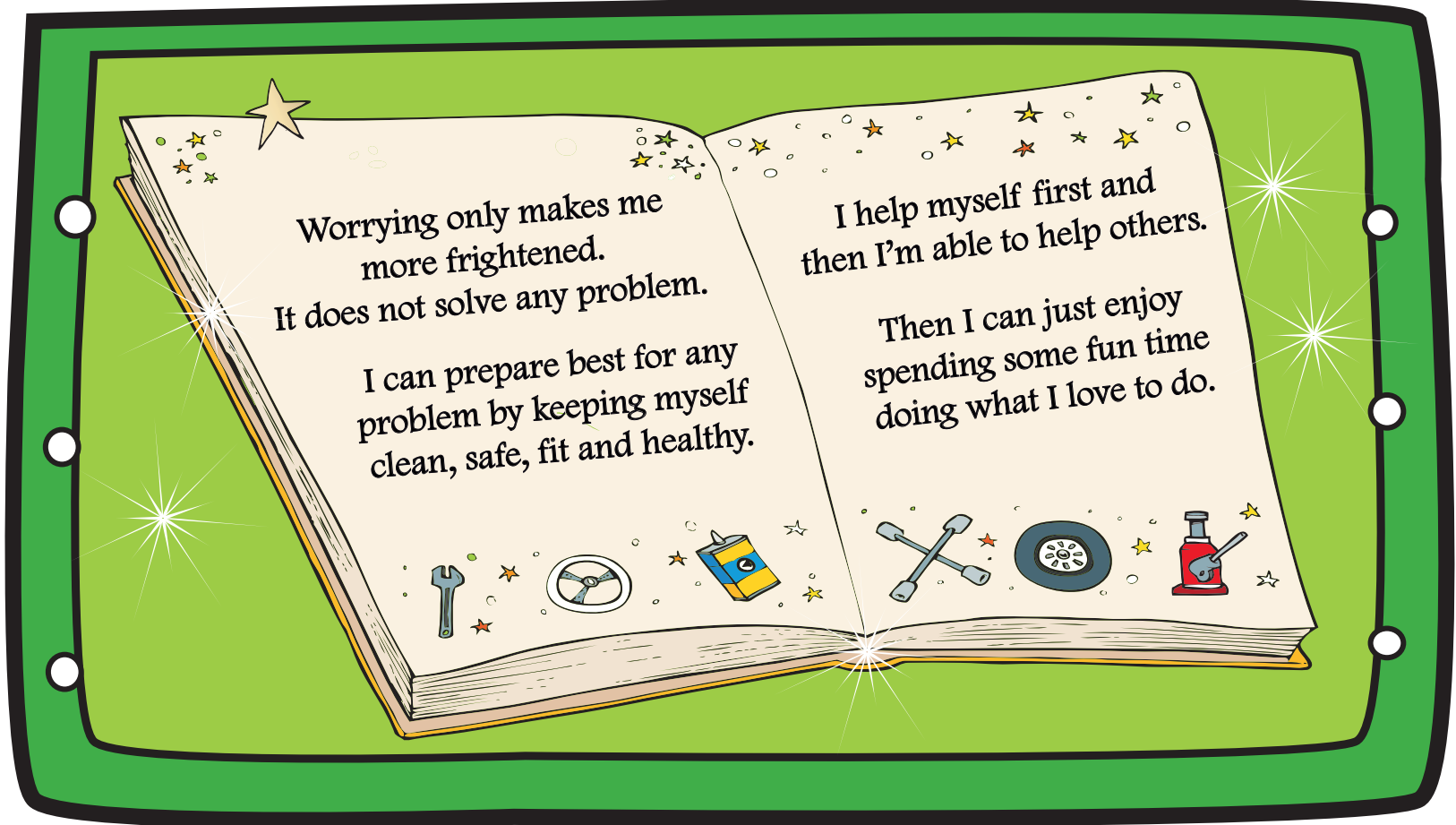I heard on Dragster T.V. there are a lot of things to worry about.

Things could go wrong, and I may get hurt.

Uncle Diesel smiled. 'Sid, you can fix your own engine. Your scary thoughts are making you worried!'

Sid was puzzled. 'How can this be Uncle Diesel?'

Uncle Diesel pushed another button. 'Let's see what the Magic Book* says'

On the screen, Sid saw some magic writing. It said...

Worrying only makes me more frightened.
It does not solve any problem.

I can prepare best for any problem by keeping myself clean, safe, fit and healthy.

I help myself first and then I'm able to help others.

Then I can just enjoy spending some fun time doing what I love to do.

*Note: You can read about the Magic Book and meet the whole dragster gang in the storybook, *The Amazing Adventures of Doug Dragster* and *Doug Dragster's Magic Book* written by Ivan Honey at www.gethappier.net

Then a new screen popped up. It said...
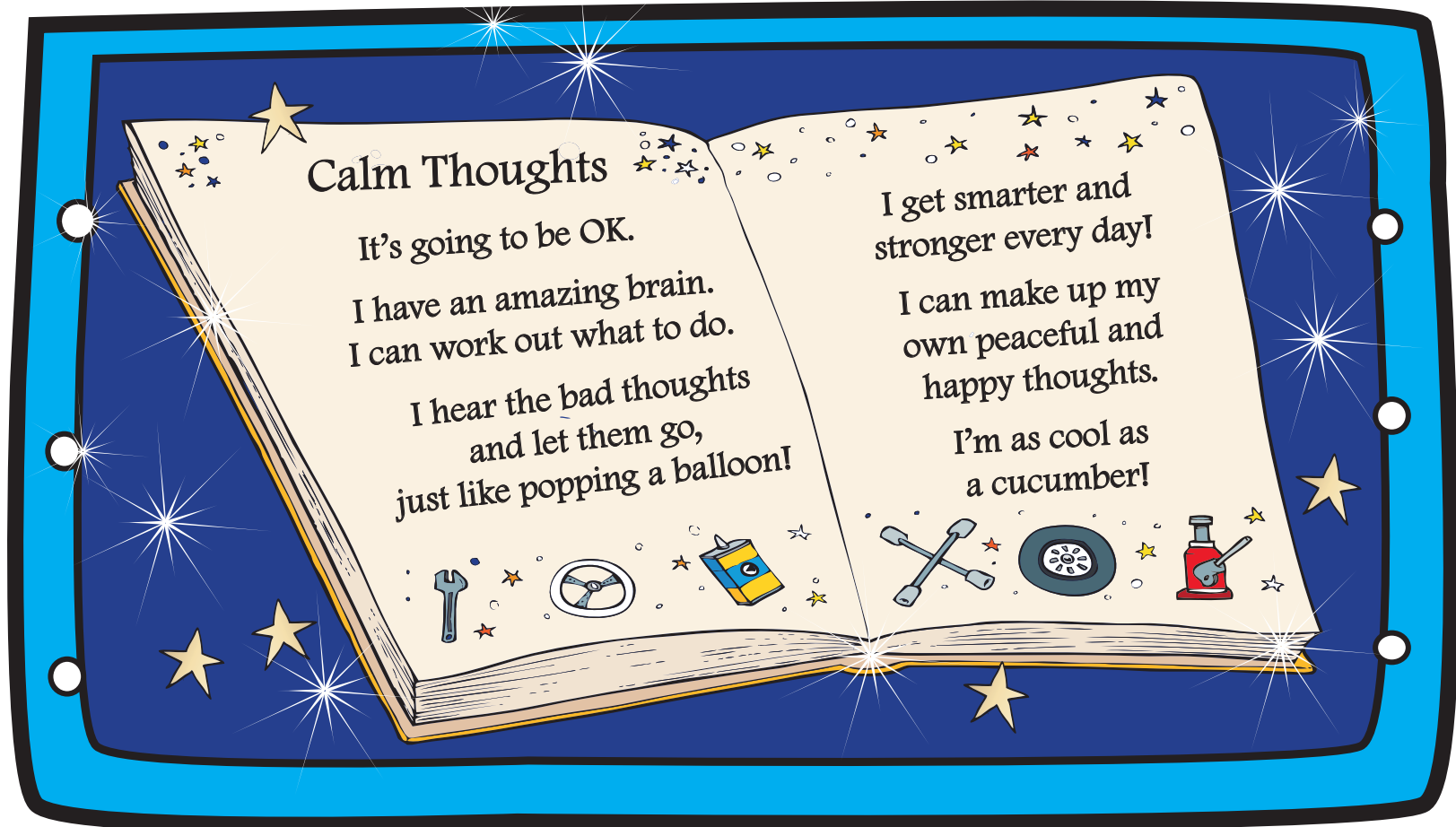
Sid

Remind Yourself!

Bad thoughts can't
hurt me.

I'm the boss of my brain!

I can drive around and look
at all the good things I've got!

I can think some
calm thoughts.

I can take four
deep breaths.

'Wow, I feel better already! said Sid. 'But what are some calm thoughts Uncle Diesel?'

Uncle Diesel smiled and pressed another button. The Magic Book came up on the screen again. It read…

Calm Thoughts

It's going to be OK.

I have an amazing brain.
I can work out what to do.

I hear the bad thoughts
and let them go,
just like popping a balloon!

I get smarter and
stronger every day!

I can make up my
own peaceful and
happy thoughts.

I'm as cool as
a cucumber!

As Sid began to feel better, Doug drove up beside him. 'Let's get to the Drag track and have some fun', he said. Sid grinned and they raced off together.

Soon, Sid's worries were blown away in the breeze as they raced around the track.
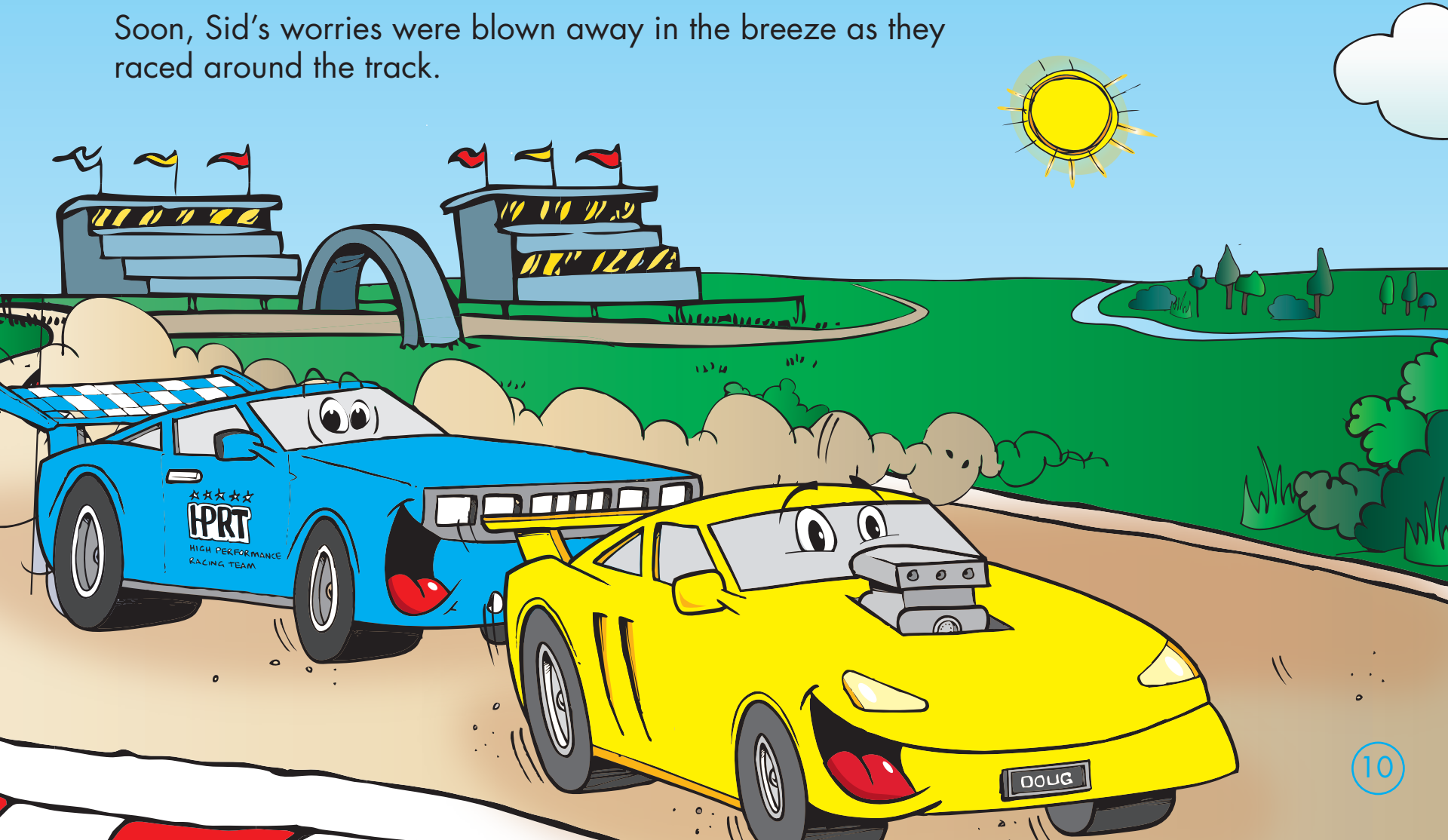
As they drove home together, Sid had one last question for Doug. 'What do I do when I can't be with my friends?'

Doug smiled. 'That's easy! Be like me and enjoy being at home with your family.'

SUPER CHARGE

DOUG

DOUG

HPRT
HIGH PERFORMANCE RACING TEAM
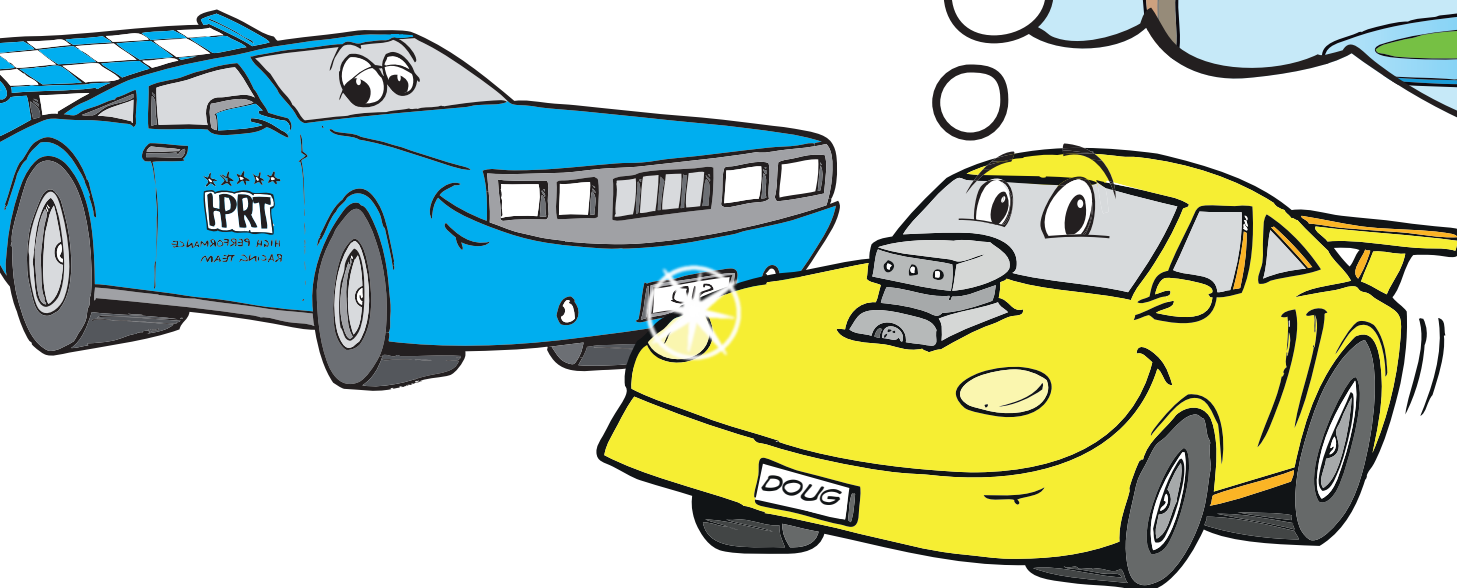
FOR PARENTS : DISCUSSION IDEAS

After you have read the book together, it really helps if everyone shares stories and ideas.
It creates great connections and helps you all brainstorm many other ideas and strategies.
Children love to hear about your stories and experiences too.
The whole family could be involved in this discussion.

Here are some ideas that you can talk about:

- Let's talk about times when you felt scared.
  - What did you do that didn't work?
- What did you do that helped yourself feel better?
  - Ask, 'What did Sid do to feel better?'
  - What things do you worry about?
- What do you do to calm yourself down when you get in a panic?
- If there is a current fear,(eg corona virus), ask everyone to share what they know about it first.
  - Then ask what everyone is doing to cope or feel better.
  - Help each person to make a plan, as on page 13.
- You might like to make up a poster or draw pictures to express your feelings and help remind you of your choices.

Remember: Where possible, support the children to focus on the **THOUGHTS** and **ACTIONS** they can choose, not on things outside their control!

If panic and fear is overwhelming, don't hesitate to get some additional professional help. ☺

Here is your own special screen.

- Write the special thoughts that help you feel calm.
- Then write what actions you will do to make yourself happy and stronger like Sid.
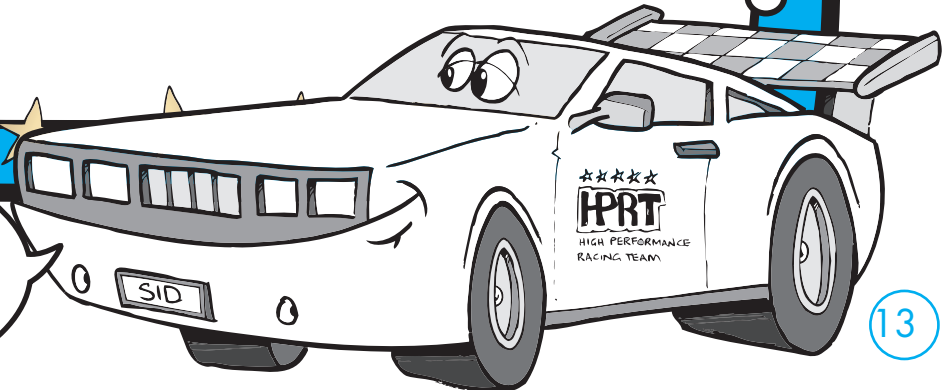
Name: ....

My special thoughts: ....

....

....

What I will do to get happier: ....

....

....

Click here to relax and get happier.

SID

HPRT
HIGH PERFORMANCE
RACING TEAM

Note to Parents:

A simple formula to create a more peaceful and happy family.

Author and psychologist, Ivan Honey has made his best selling parenting guide, 'Happy Parenting, Raising Positive and Empowered Kids' available to you at less than half price!

This fun, step by step ebook gives you the tools to improve your relationships and solve problems. It includes downloads, videos, stories and a relaxation script.

Receive your discounted copy of the parenting ebook for $10.00 AUD at

gethappier.net/product/happy-parenting/ and applying this coupon. (Available until the end of 2020)

Coupon code: offerhp10

Note to Children:

Children can visit the Kids Drag Track at gethappier.net/kids/ for games, songs and activities.

Children 5 to 13 years who want to find out more about the adventures of the Dragster gang can purchase Ivan's best selling book *The Amazing Adventures of Doug Dragster* here or download the Audio Book version here.

Note to Teachers:

Check out the amazing whole school Get Happier School program which is operating successfully in schools around the world gethappier.net/get-happier-school/

DOUG DRAGSTER ™

Author: Ivan Honey
Design by Jacqui Lynch, Preloaded Design
Illustrations by Jacqui Lynch, Preloaded Design and Mat Jones