

INSTINCTS

THE 'ICKY FEELING'



Our bodies are capable of doing some pretty amazing things.

We all have something called an 'instinct' - it's when our body gets a feeling that something may be unsafe.

Sometimes, your body "talks" to you when it feels nervous by making your stomach or chest feel "yucky."

You might feel it when you see a strange dog running toward you, a big ride at an amusement park, or even from another person.

It's your body's way of warning you that this person or thing may not be safe.

Noah met his daddy's friend, Peter, for the first time. He got an icky feeling from the way Peter talked to him and how he poked Noah in the belly. He stayed close to his parents. After Peter was gone, Noah told his parents about the icky feeling. A few weeks later, Peter offered to take Noah to a car museum, since he saw how many toy cars Noah had. Noah didn't want to go, so his parents told Peter they had already made plans as a family to go.

Sophia always loved playing with her friend, Emily. One day Emily's cousin was visiting and wanted them to play a 'secret' game in the closet. Sophia felt nervous, she knew secrets weren't allowed and said she would rather do the craft that Emily's mom was preparing downstairs. At home, Sophia told her mom about the icky feeling she got about the 'secret' game.

Her mom was proud of her for being brave and telling her - it was the right thing to do.

