

INSPIRED BY  
ADAM HAMILTON'S  
**UNAFRAID**

# EEEK!

## Said Amy

WRITTEN BY

L. J. Zimmerman



ILLUSTRATED BY

Charles  
Long



# EEK! Said Amy

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# EEK! Said Amy



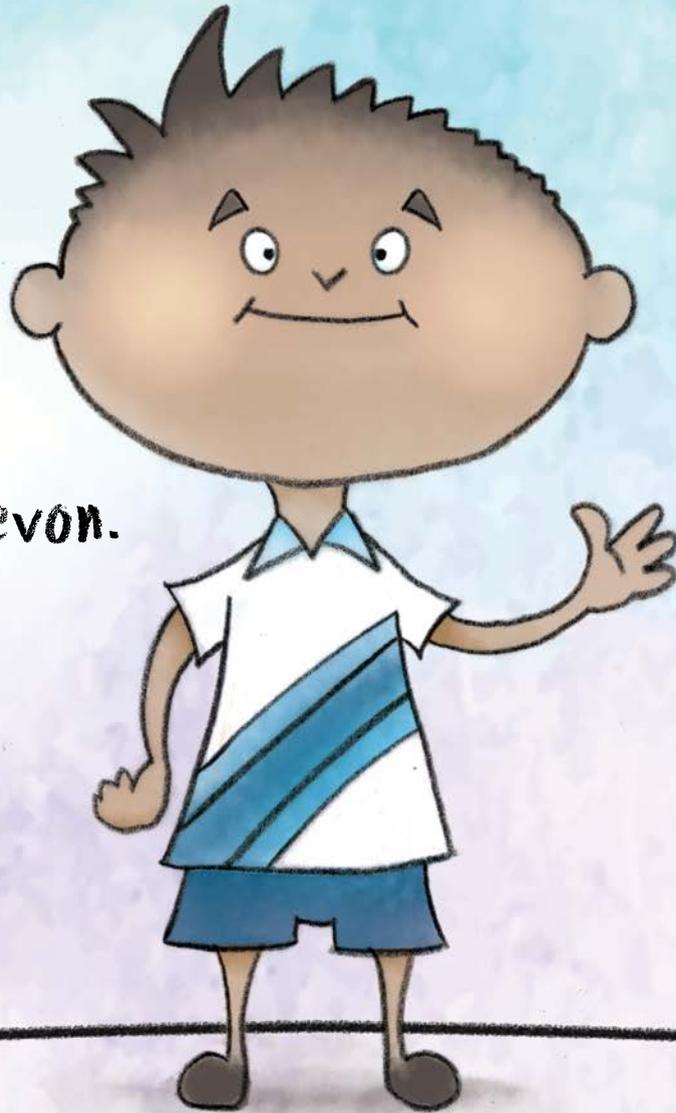
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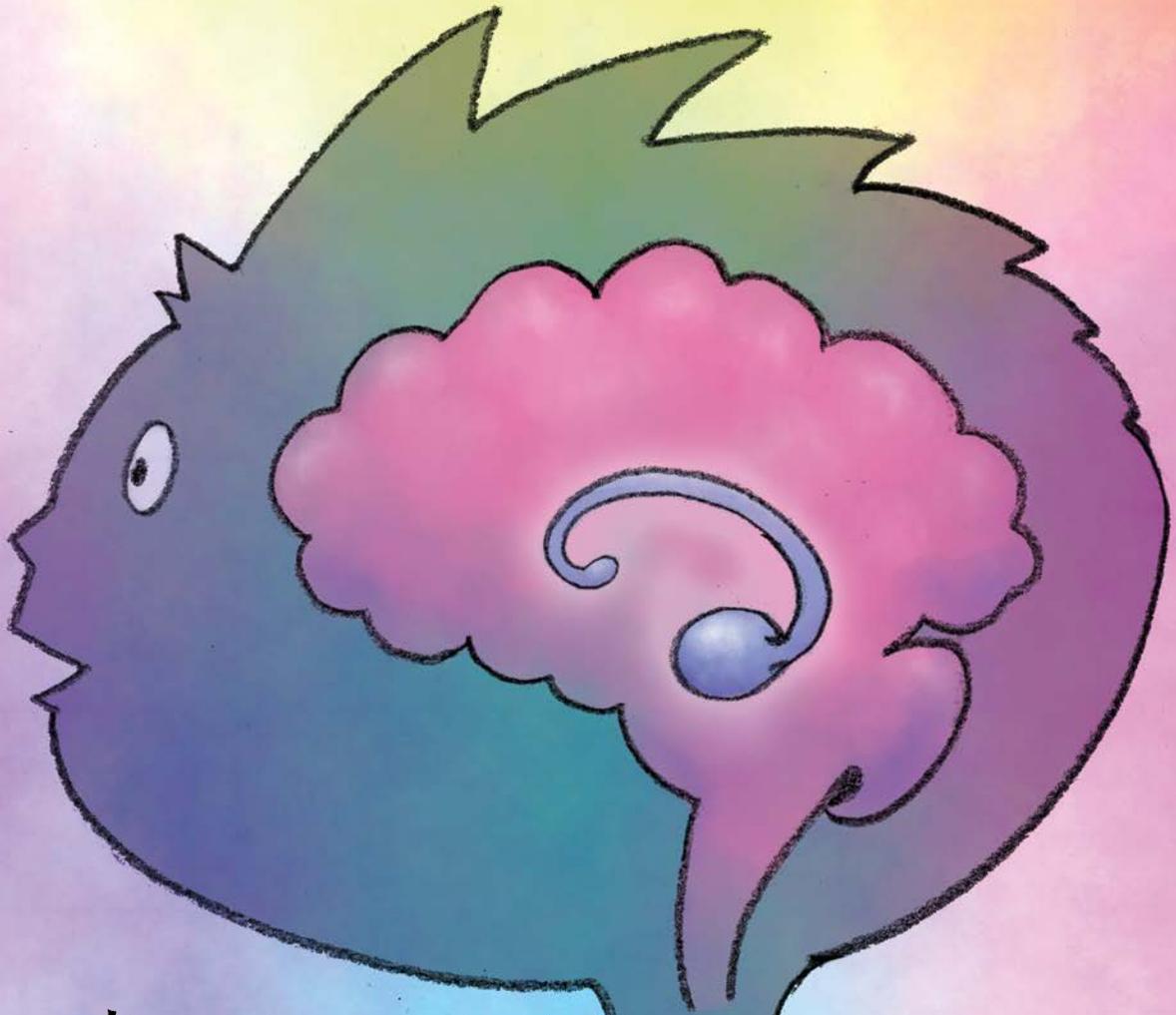


Hi, I'm Devon.

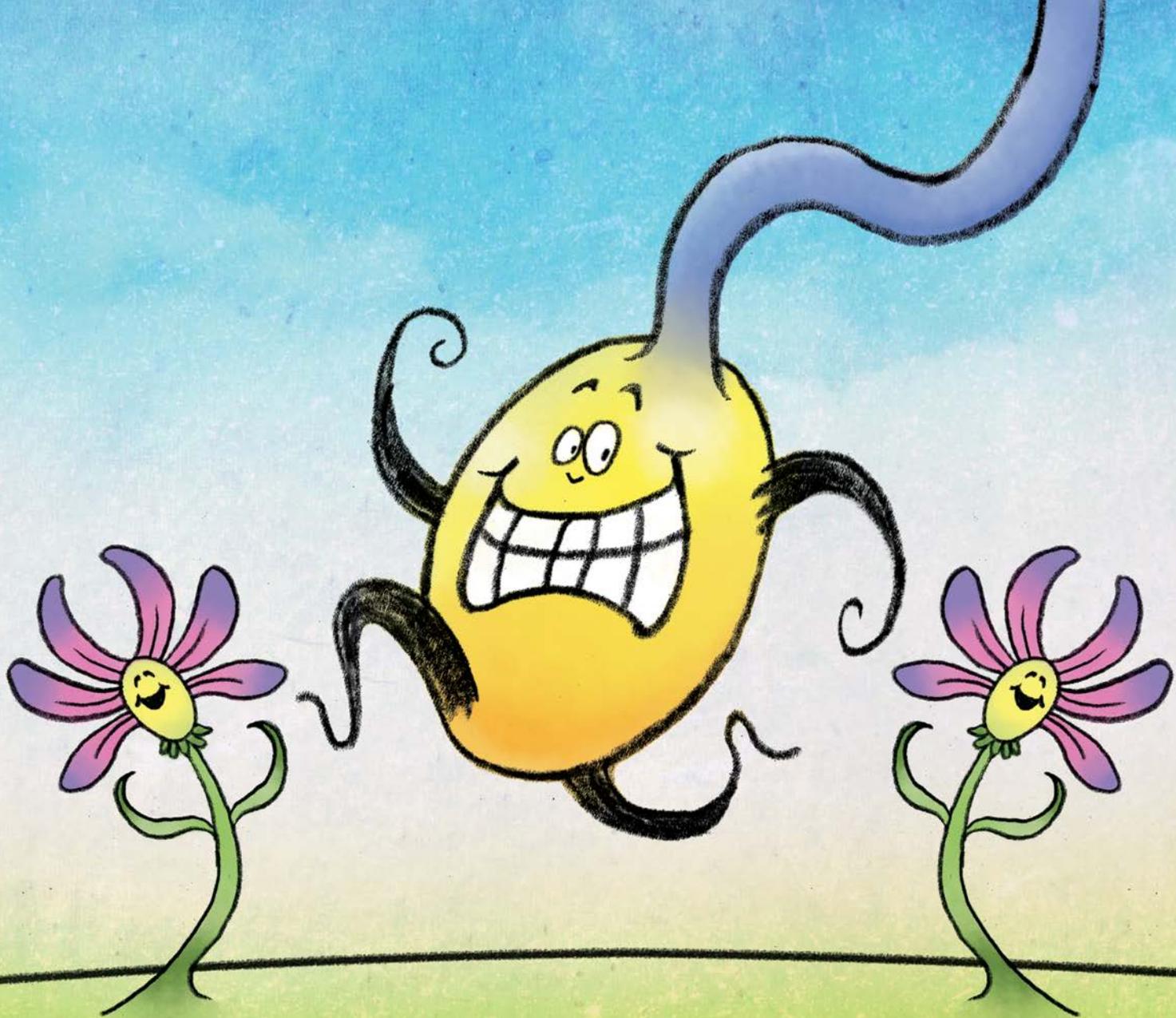




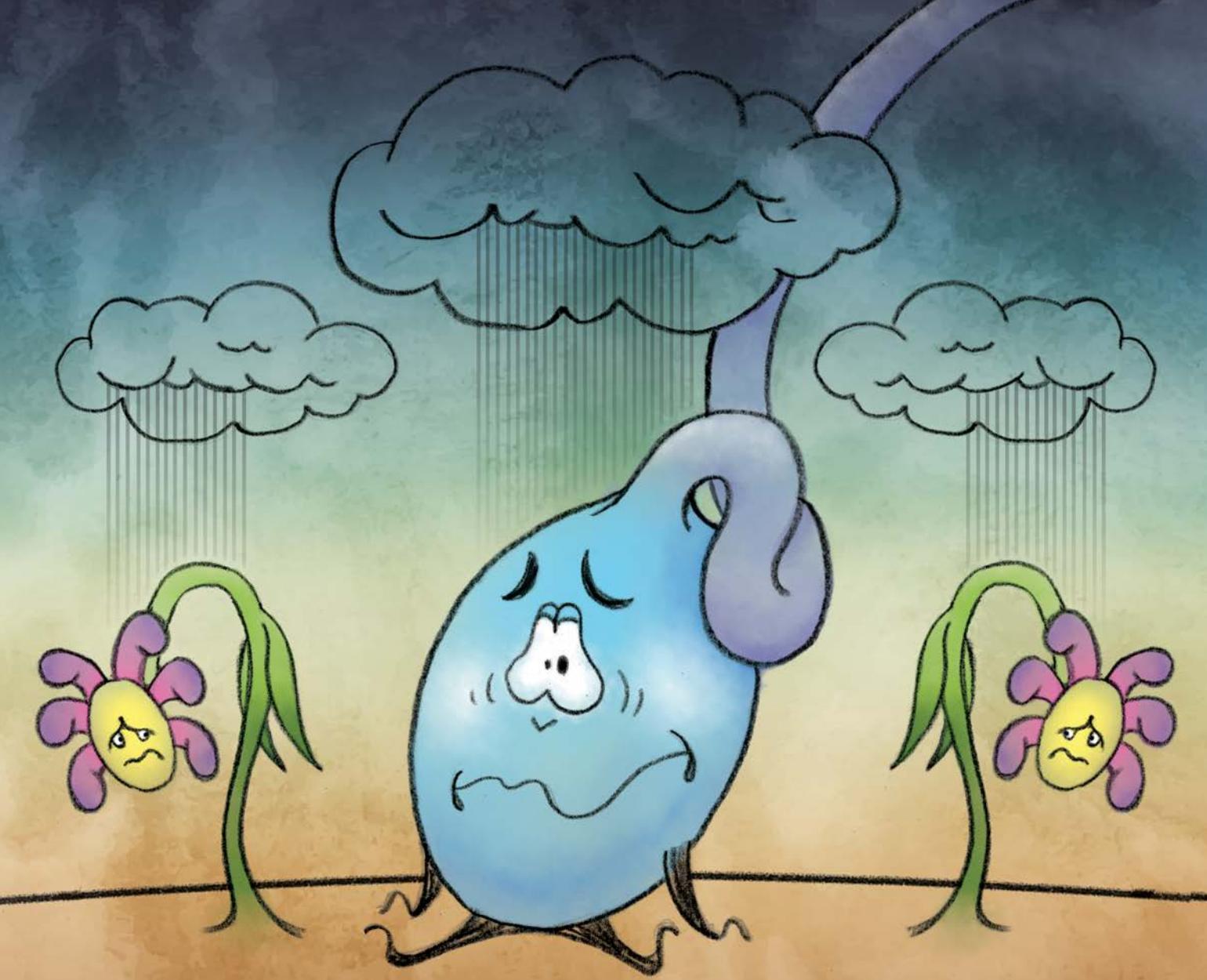
This is my friend Amy.  
She's an amygdala (pronounced uh-MIG-da-luh).



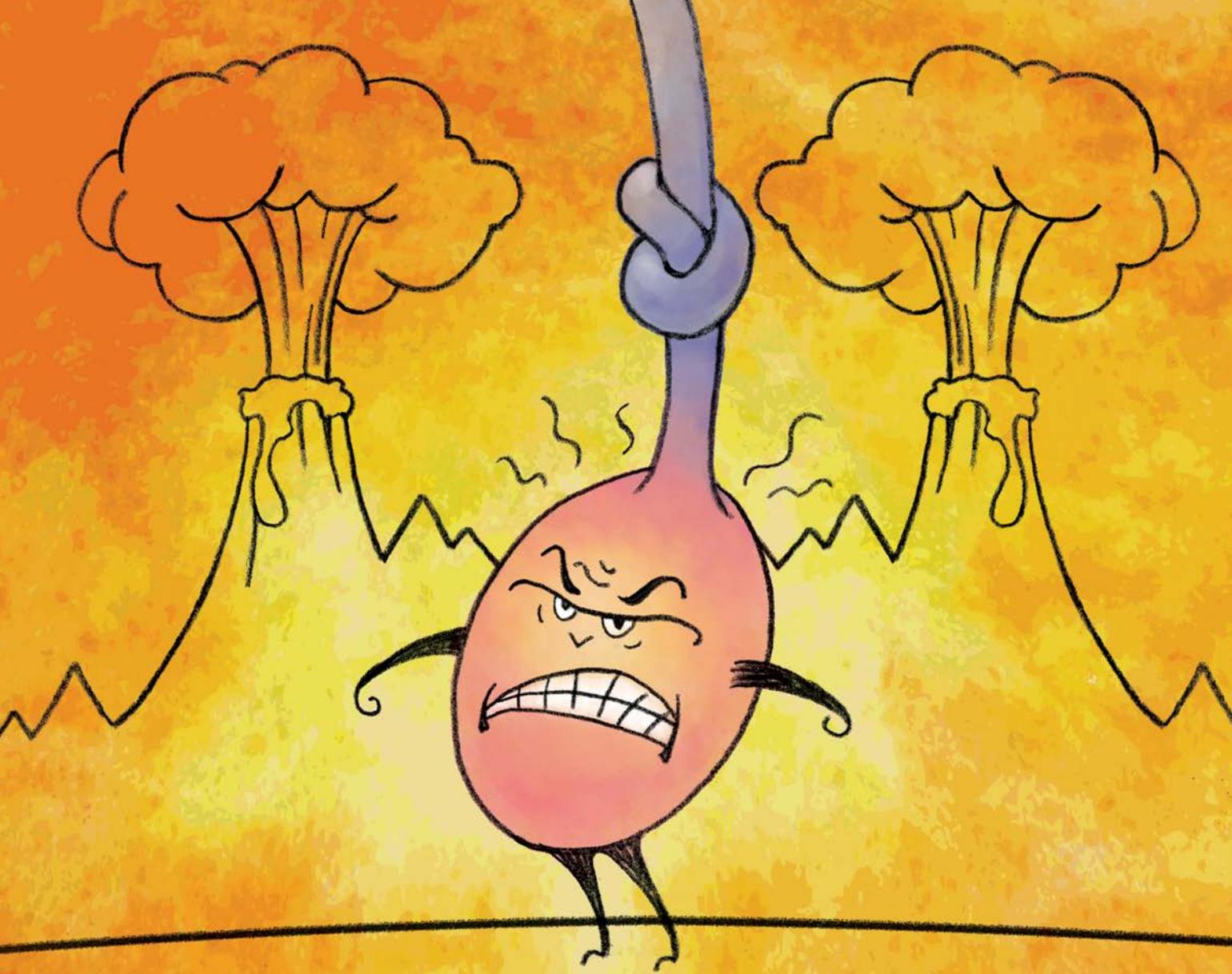
Amy lives in my brain.  
She has a very  
important job.  
She helps me feel emotions.



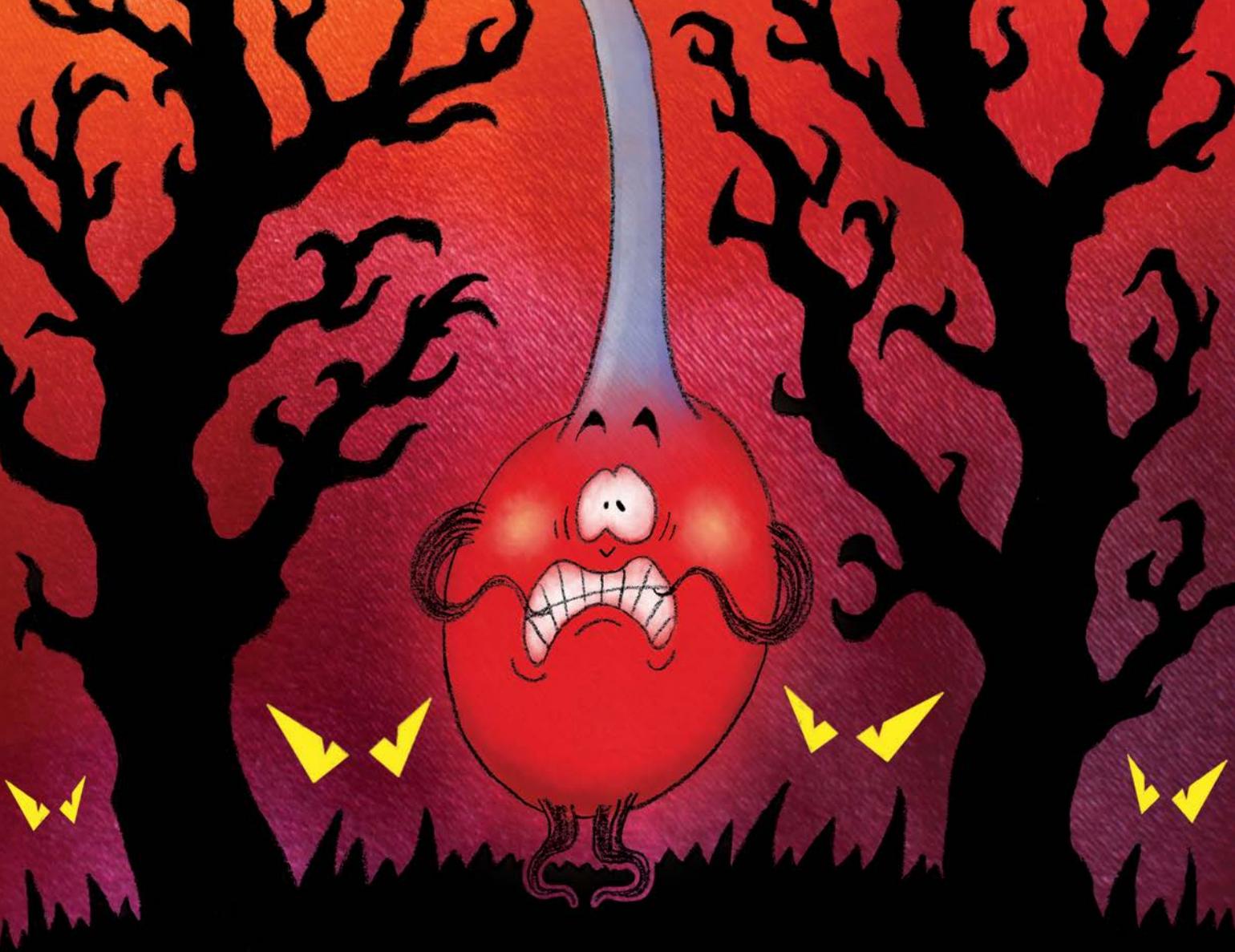
Like happiness.



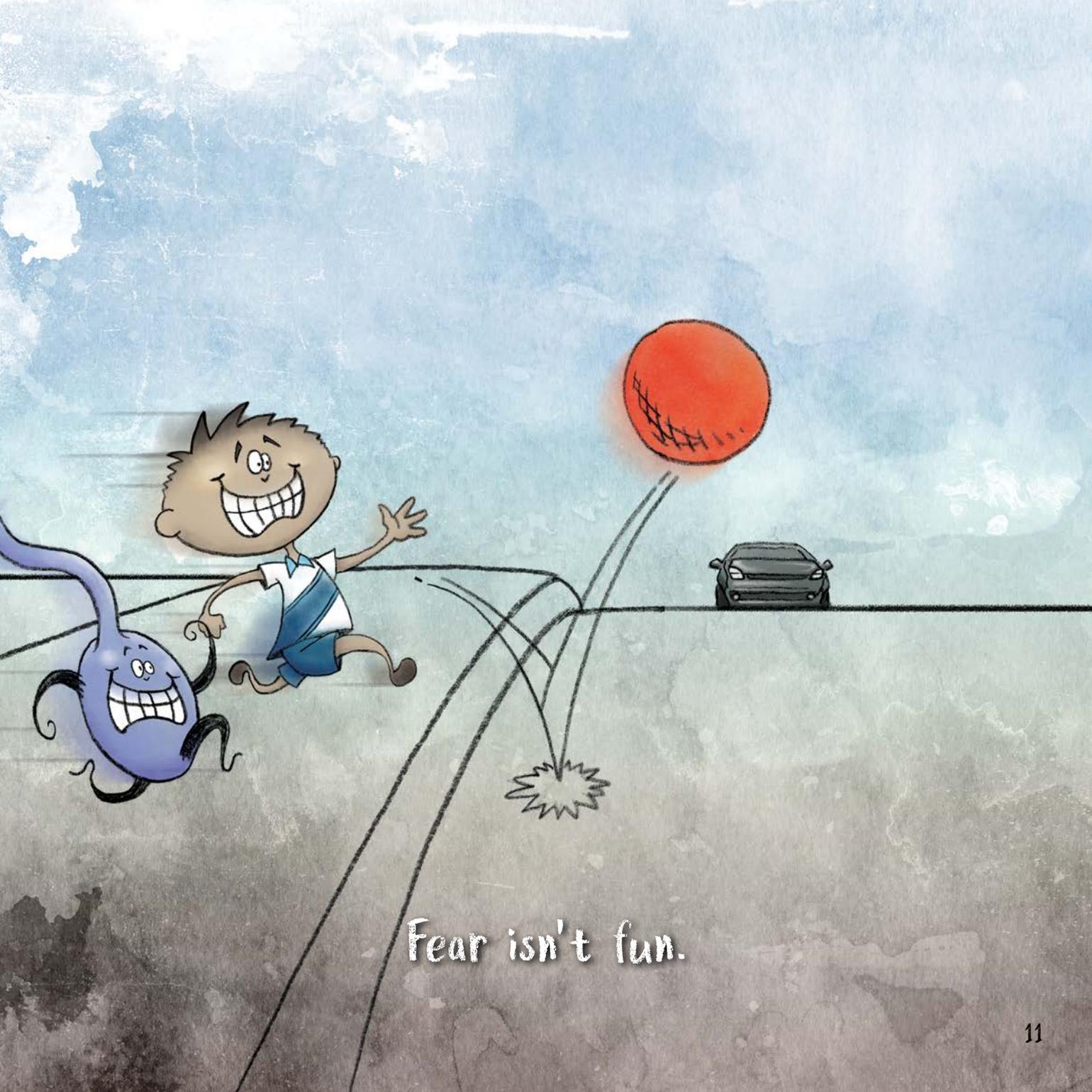
And sadness.



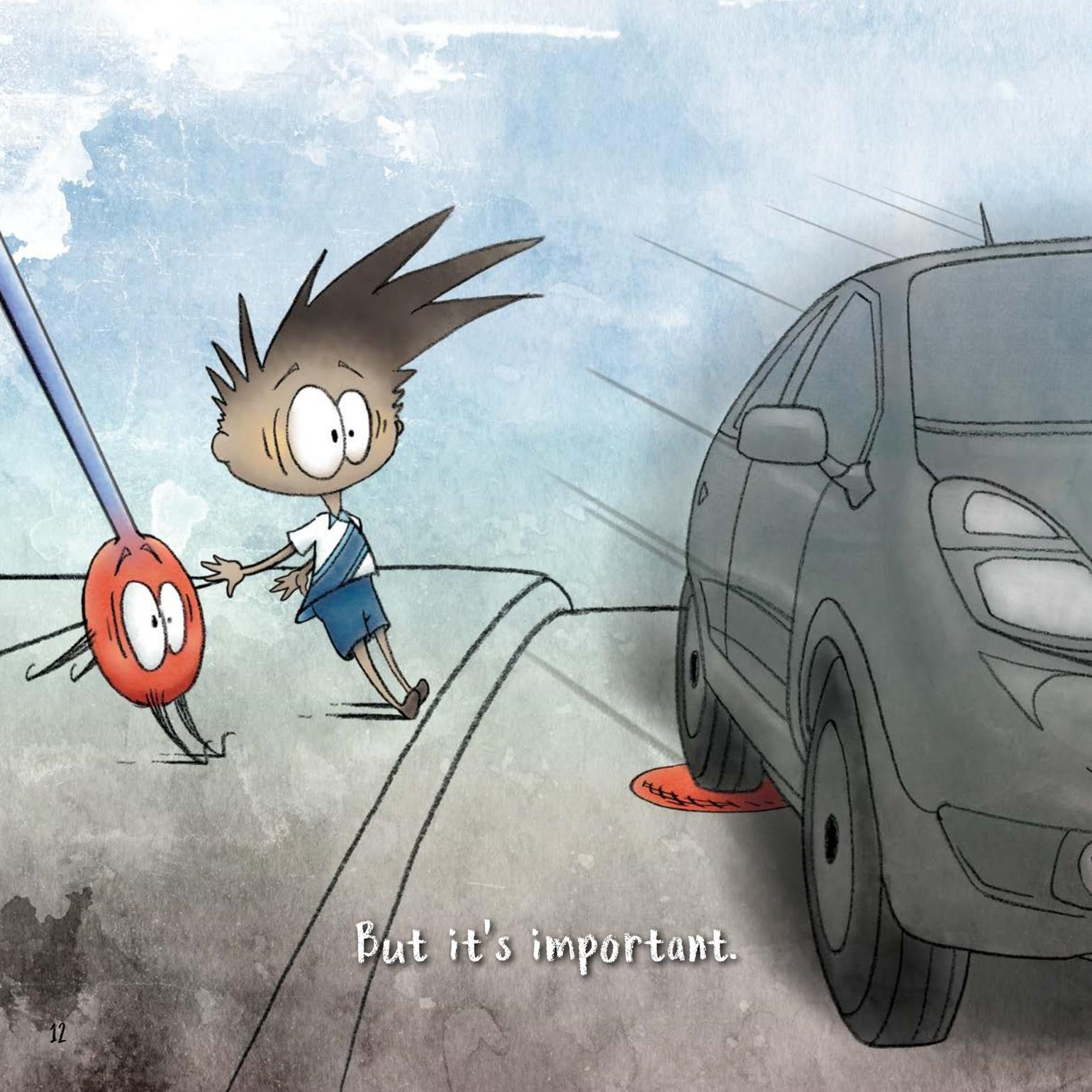
And anger.



And fear.



Fear isn't fun.



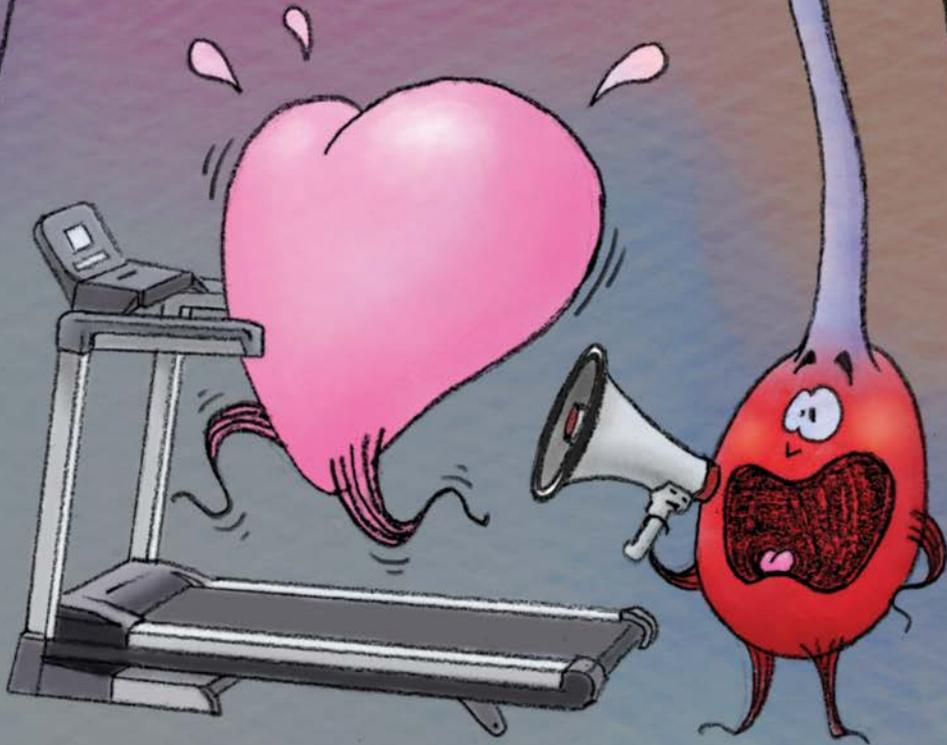
But it's important.

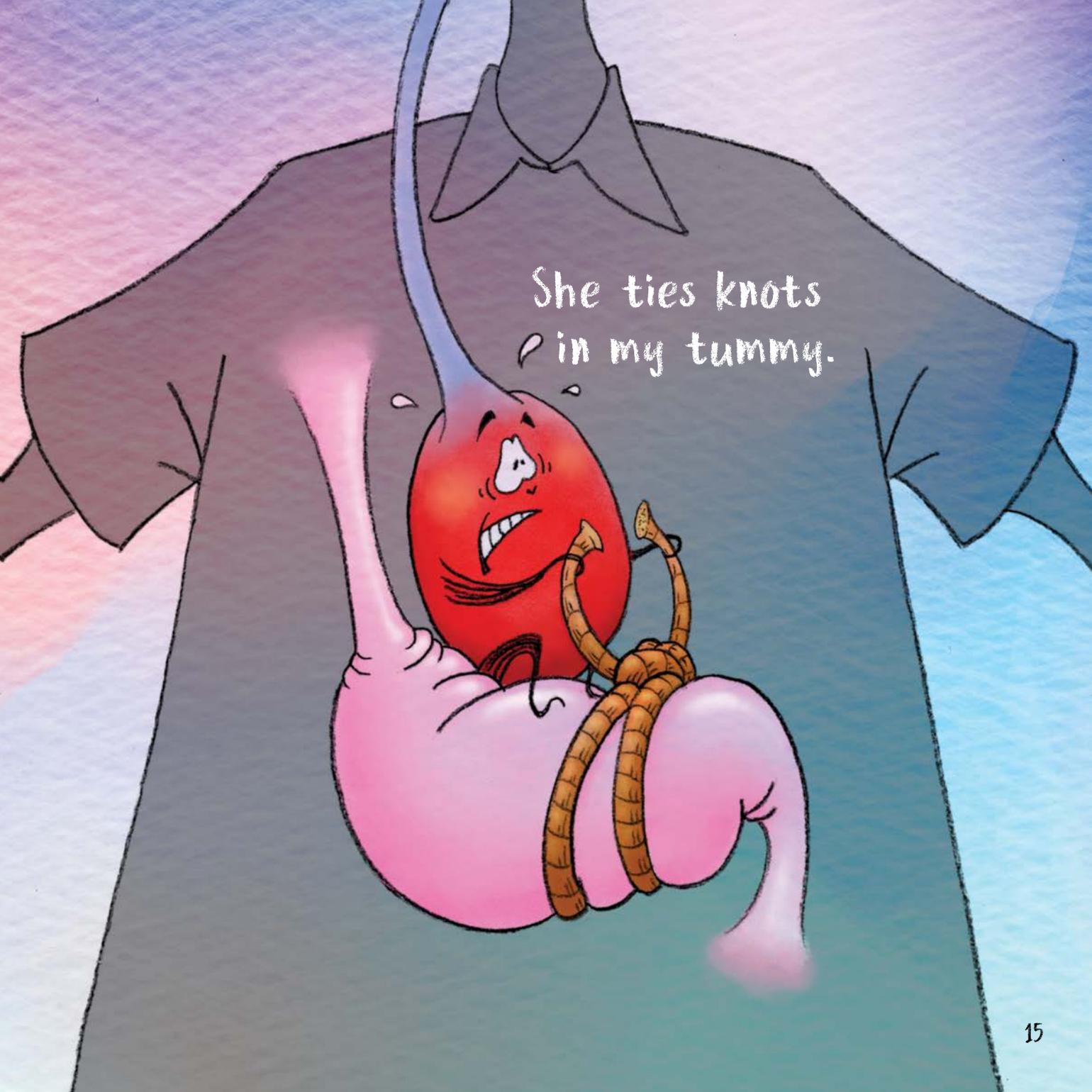


Amy sends me fear signals  
to help me stay safe.

**EEK!**  
Careful!

She makes my heart  
beat faster.





She ties knots  
in my tummy.

She tells me to run away.



Or fight.

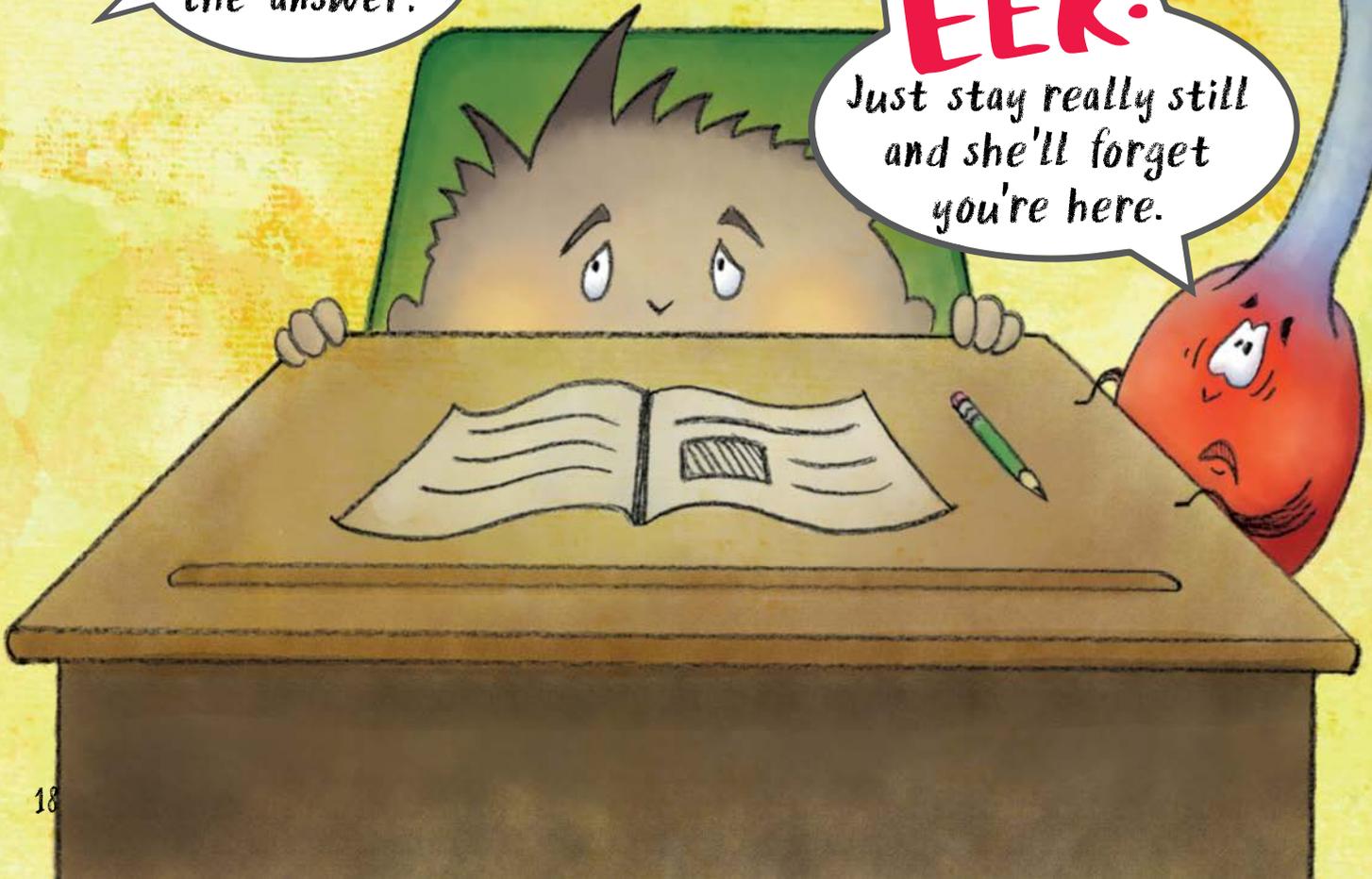


Or freeze.

Devon,  
do you know  
the answer?

**EEK!**

Just stay really still  
and she'll forget  
you're here.



Amy and I make a great team.

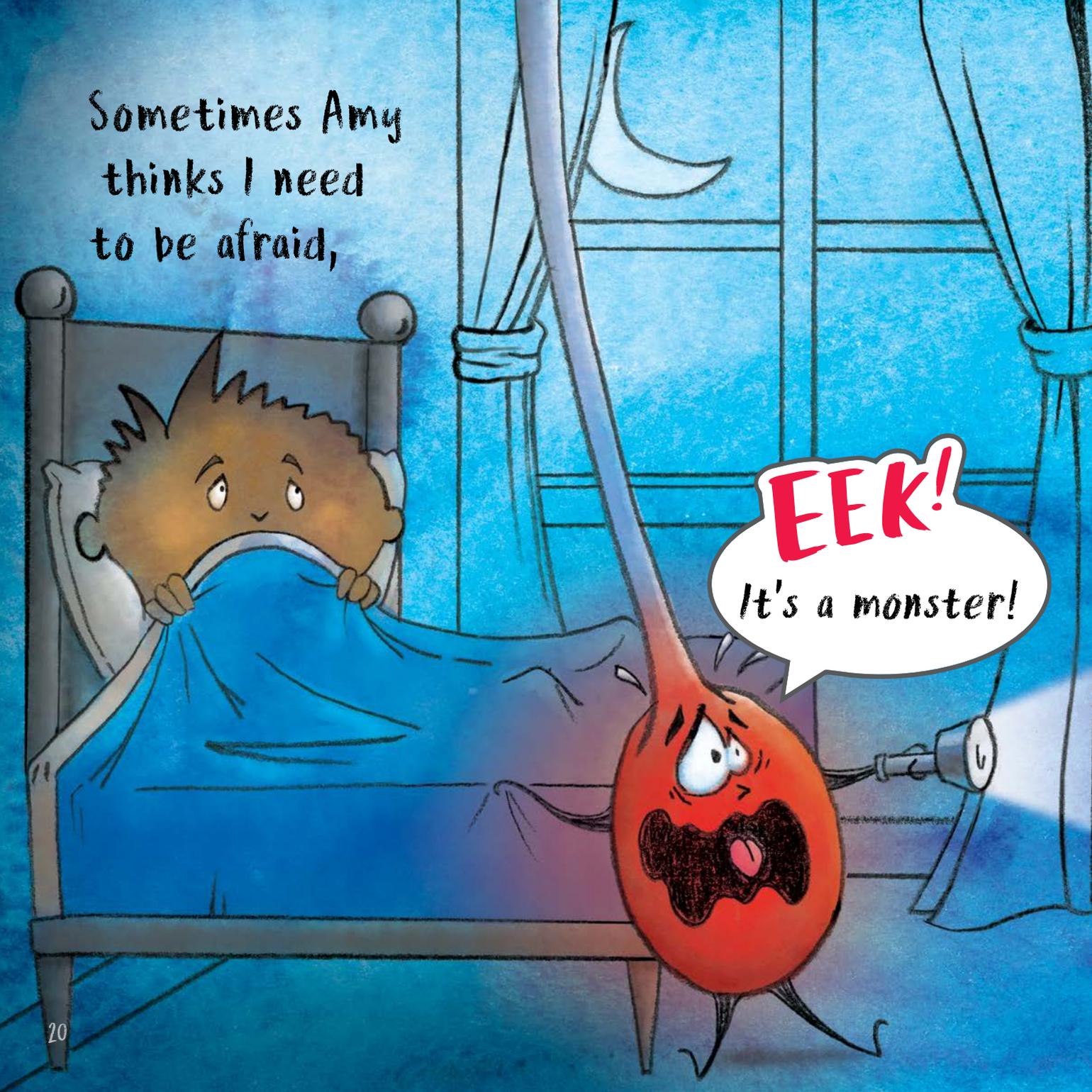


Most of the time.

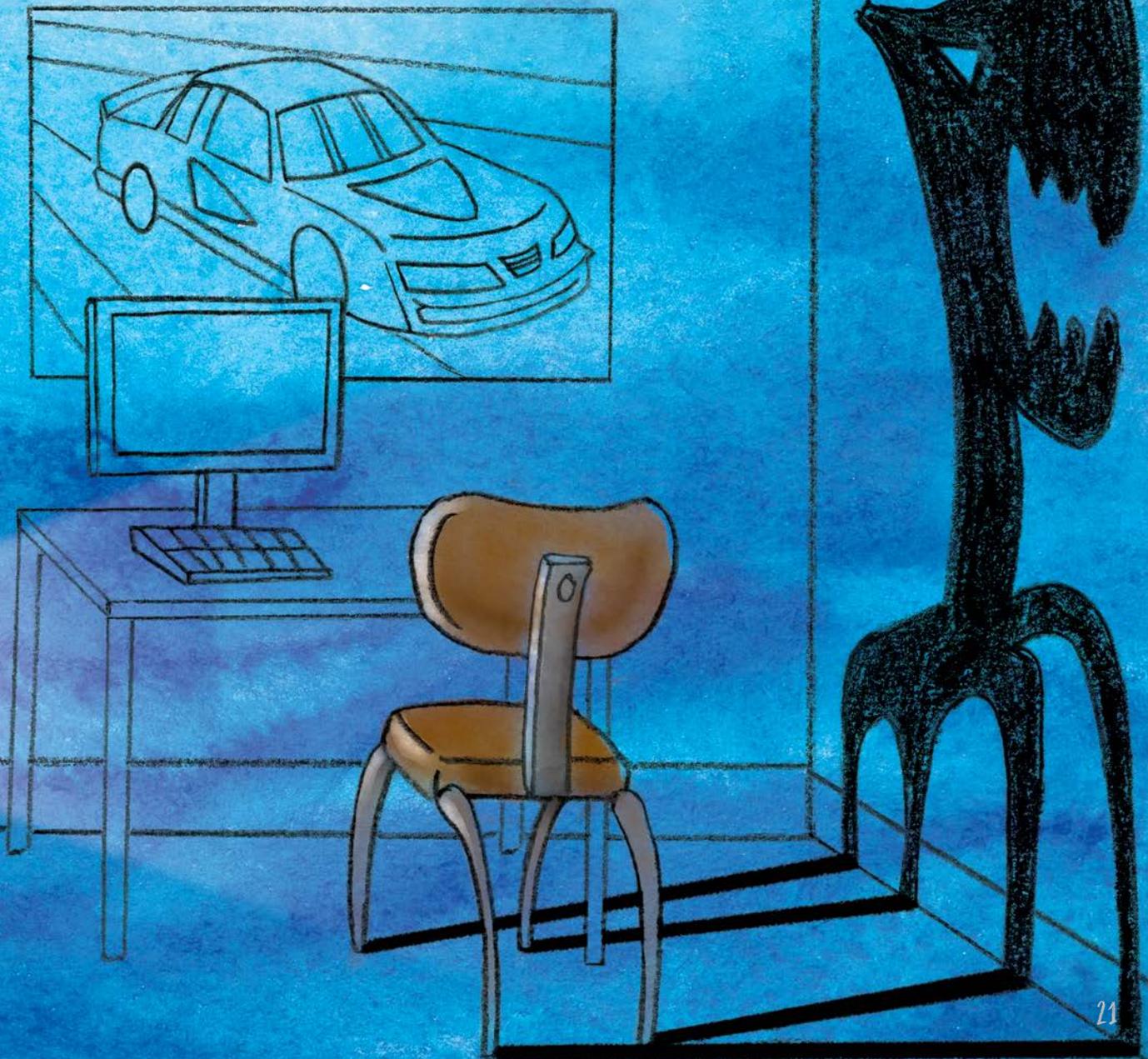
Sometimes Amy  
thinks I need  
to be afraid,

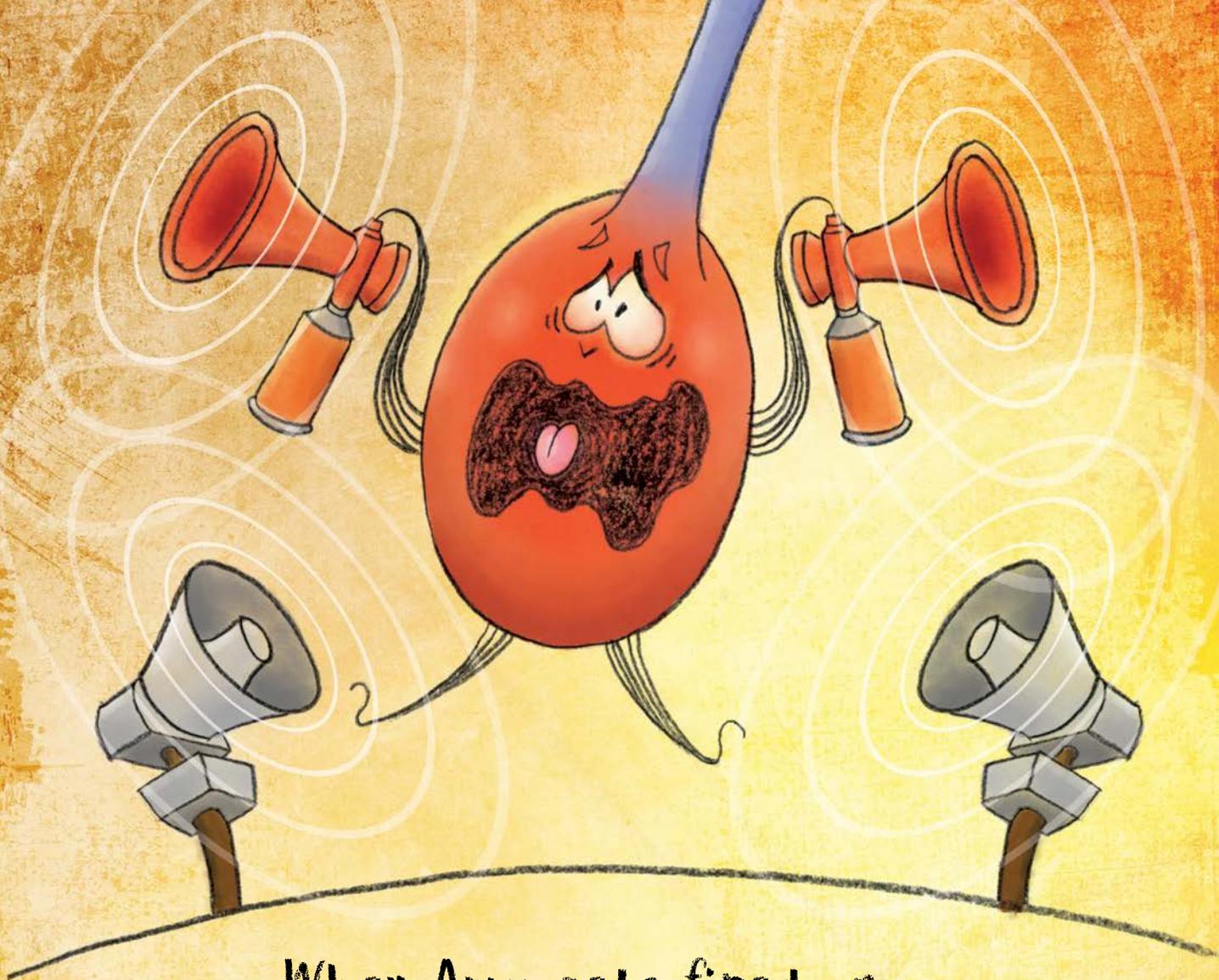
**EEK!**

It's a monster!



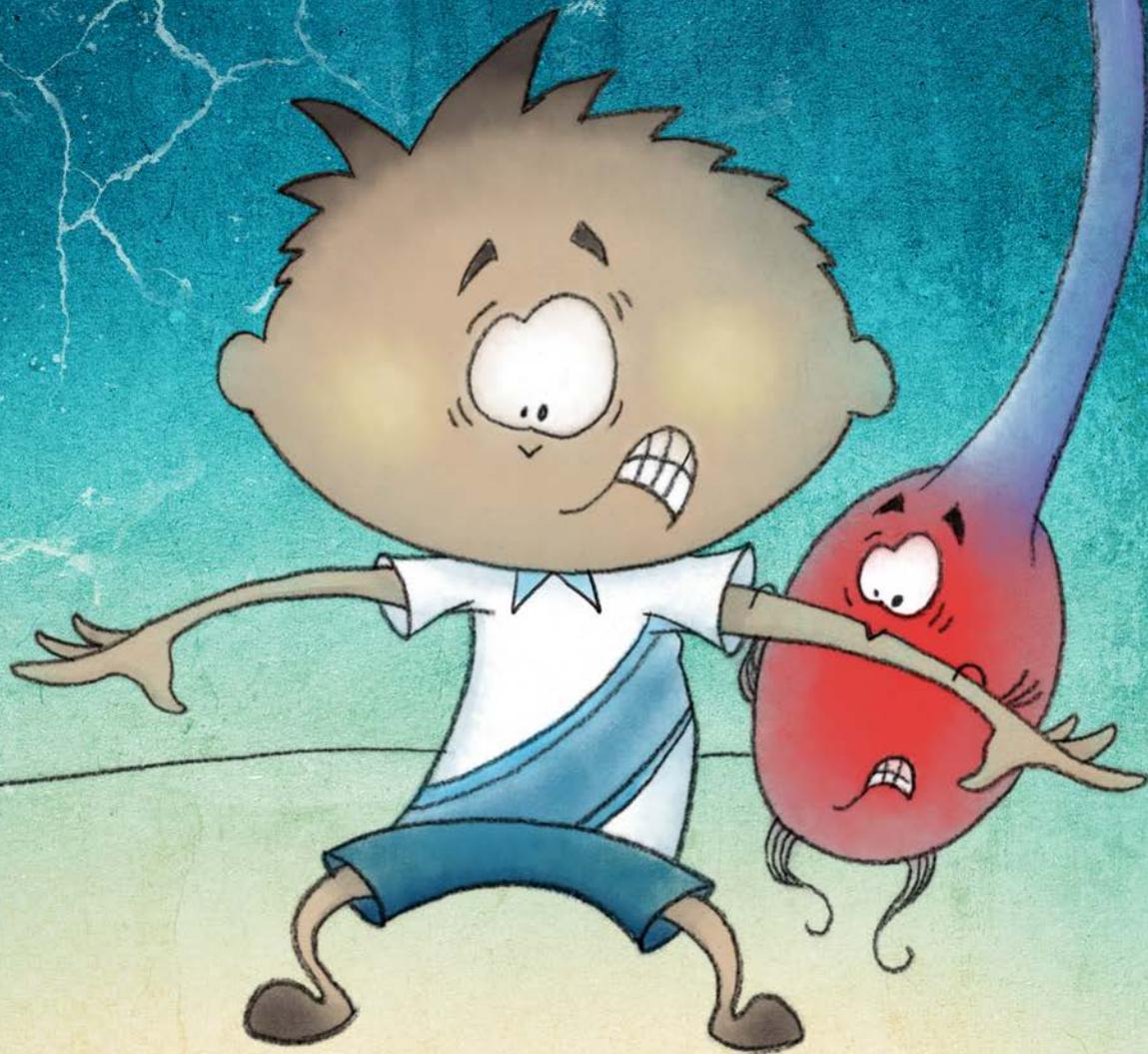
even when I don't.



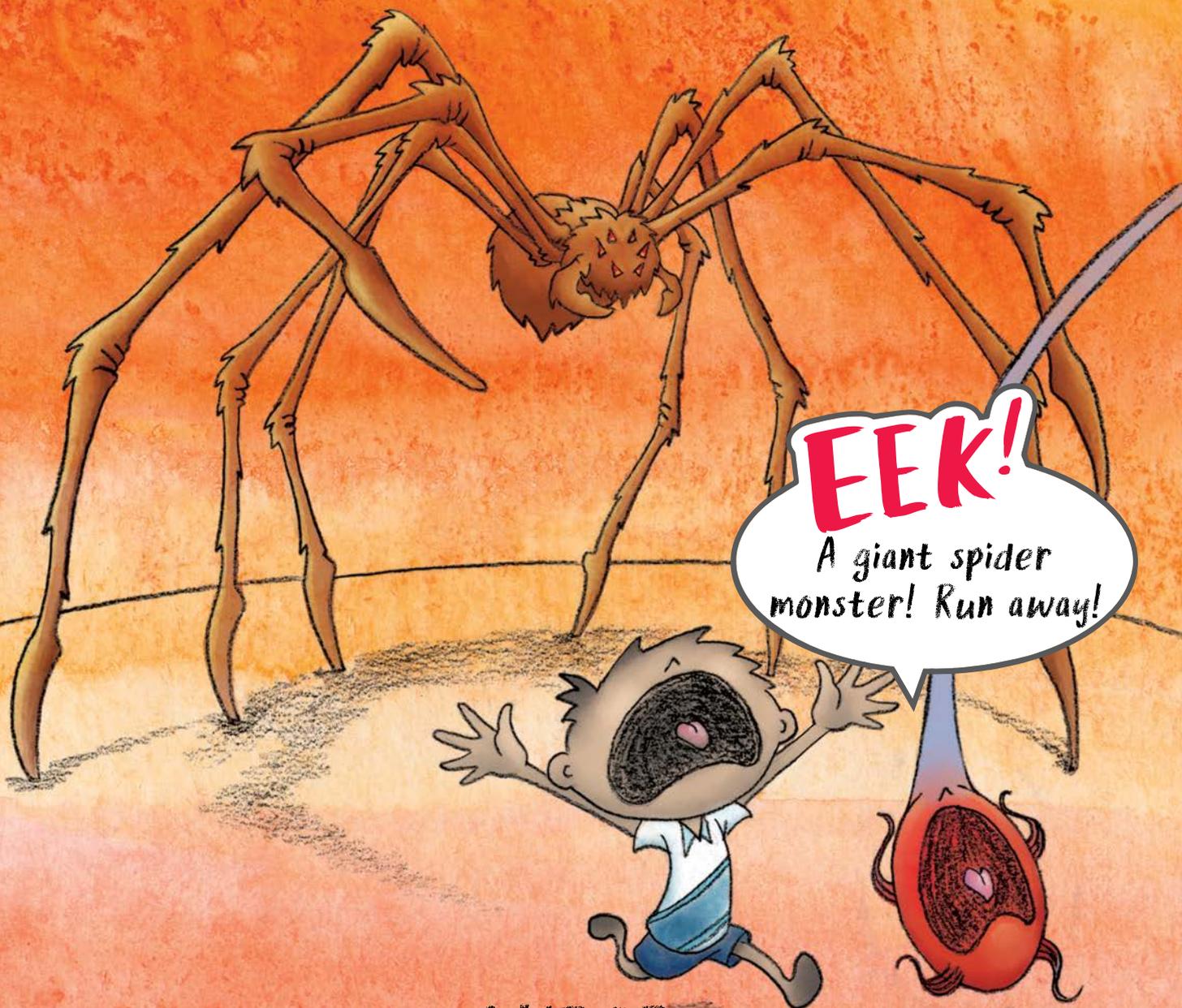


When Amy gets fired up,  
it's hard to calm her down.

She's on red alert.



When Amy's on red alert, things that  
are only a little scary



become **SUPER** scary.

When Amy is on red alert,  
it's hard to think clearly.

**EEK!**

What if you aren't  
good at basketball?

What if you  
fall down?

What if they  
laugh at you?

What if you say  
something silly?

Do you wanna  
play with us?



Oh no! I stepped  
on a crack.

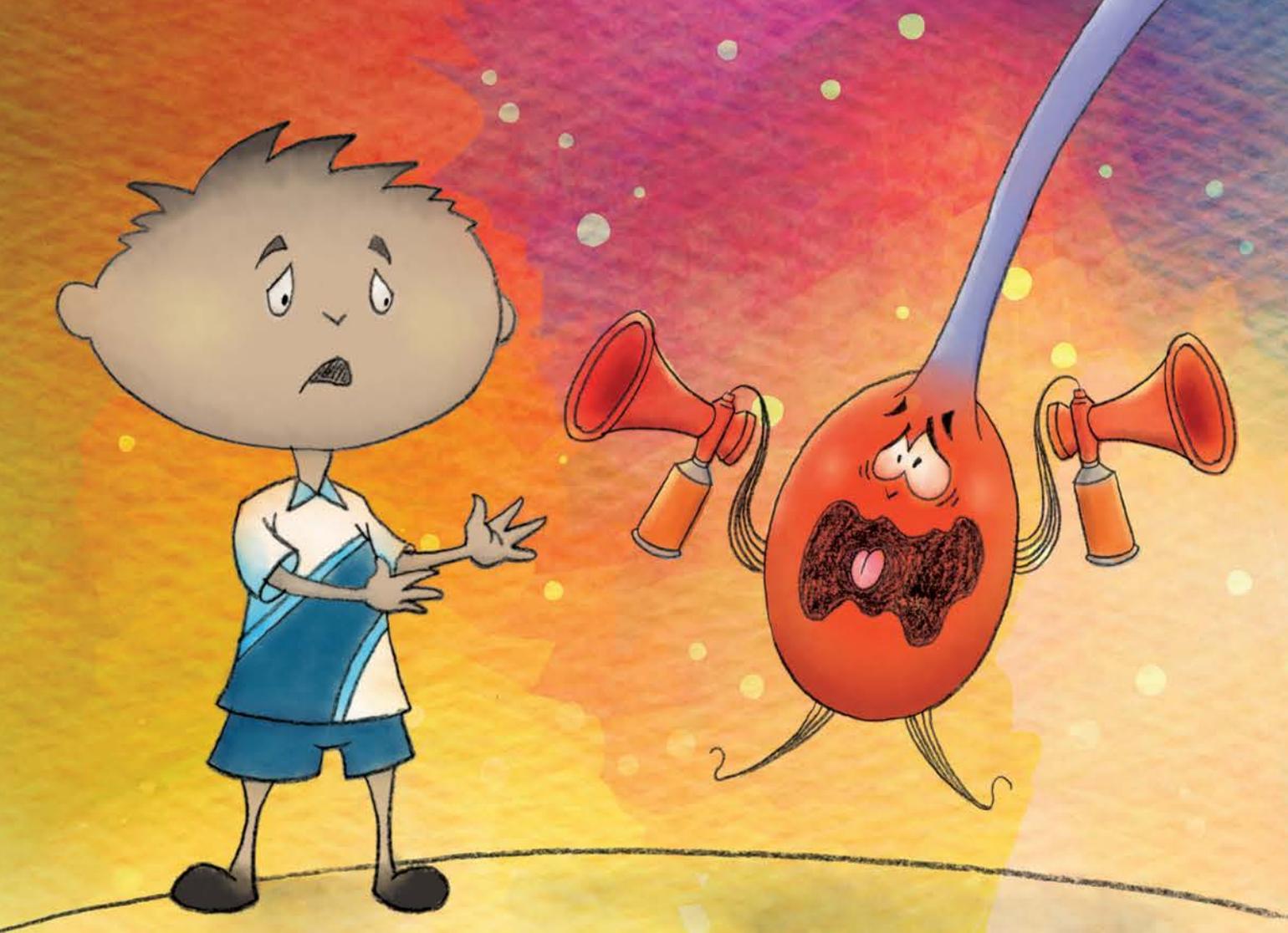
**EEK!**

You have to go back  
and start over, or else  
something bad might  
happen!

When Amy's on red alert, I start to worry  
about stuff that I know doesn't make sense.



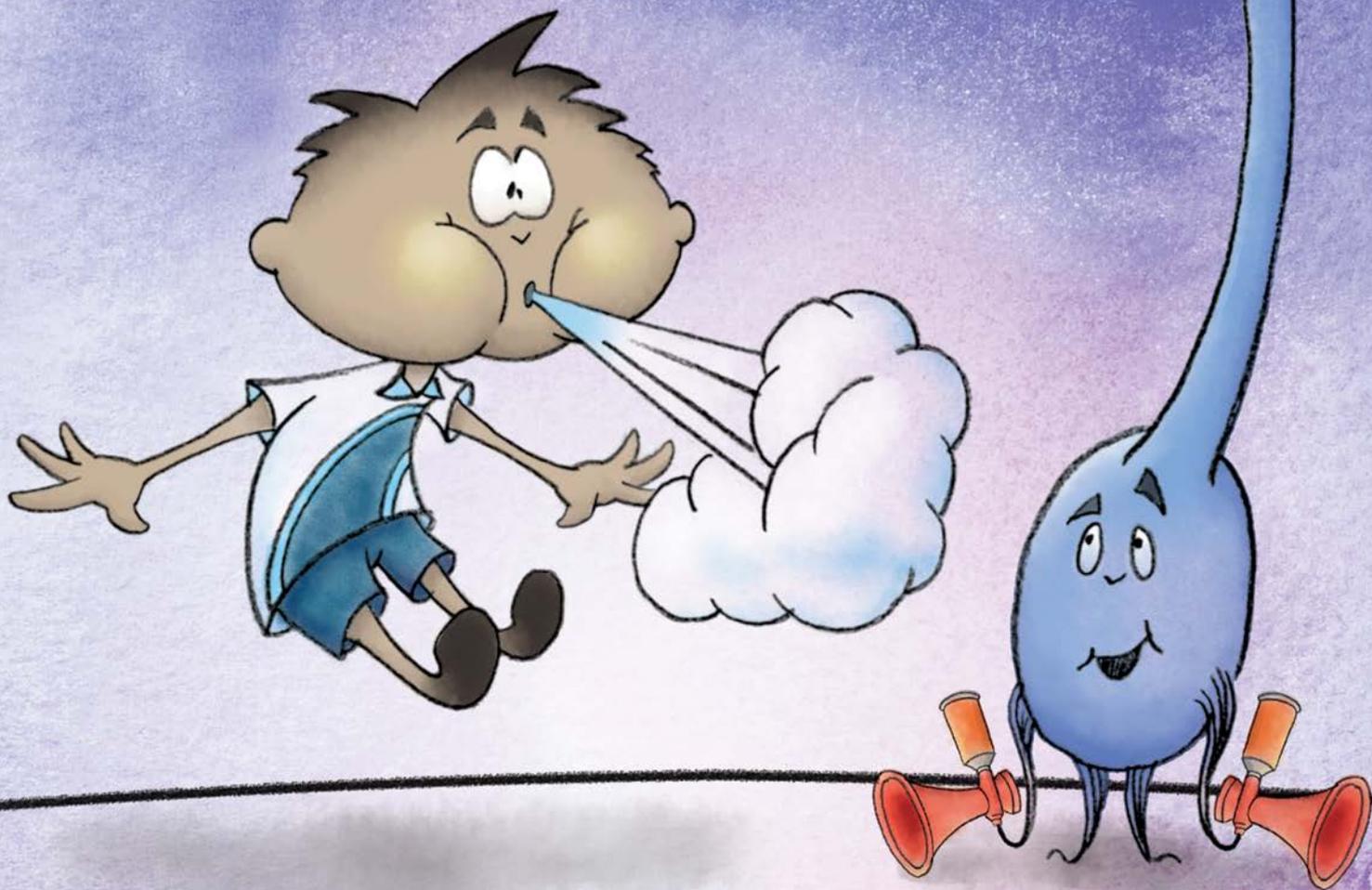
I talked to my mom  
about how scared  
I was feeling.



Mom helped me figure out how to calm  
Amy down when she's on red alert.



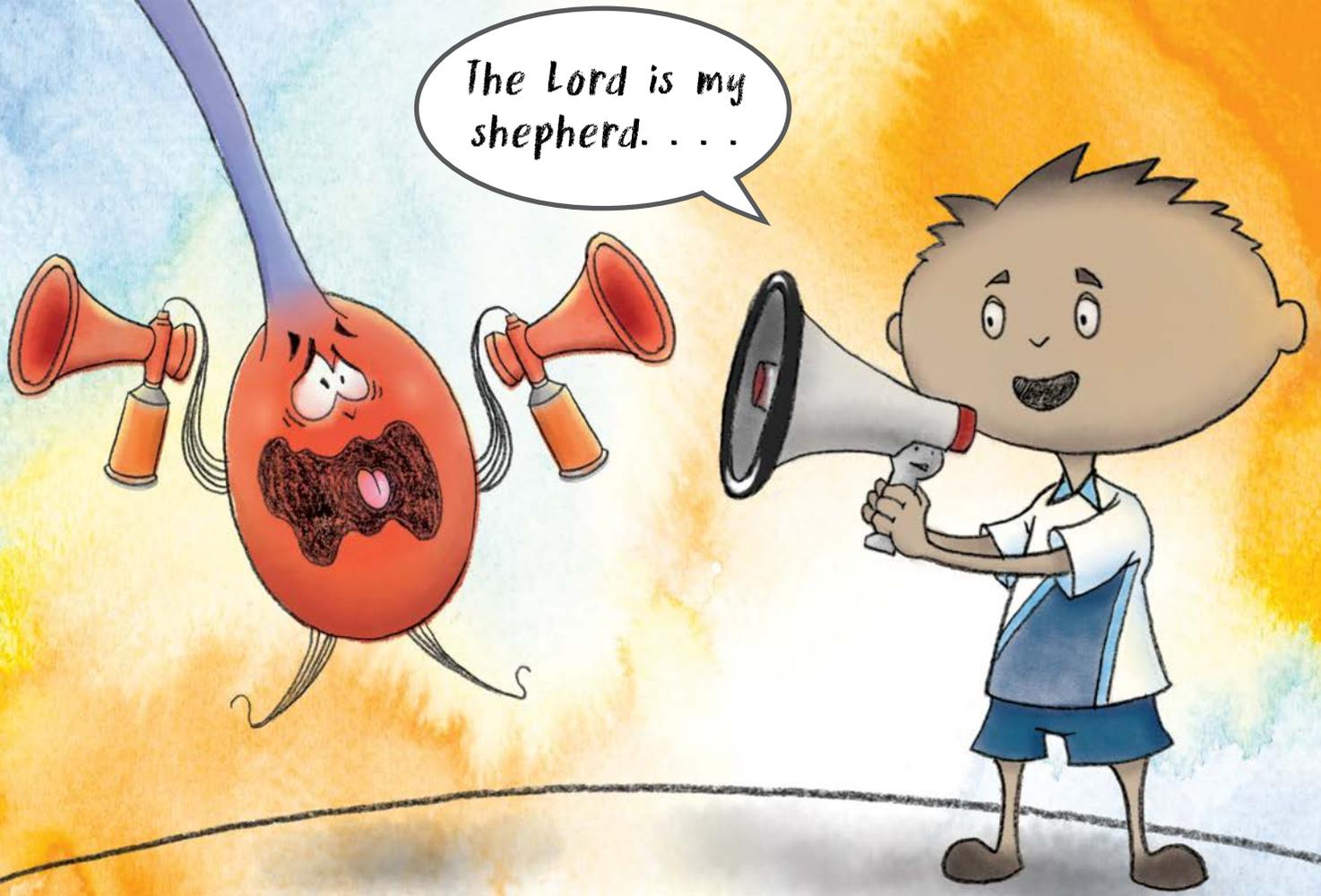
Now when Amy is on red alert,  
I take a deep breath.  
I imagine God's love filling me up.



Then I let it all out. I imagine all  
the scary feelings leaving my body.  
I keep going until Amy calms down.

My dad helped me learn Bible  
verses to say when  
I'm scared.



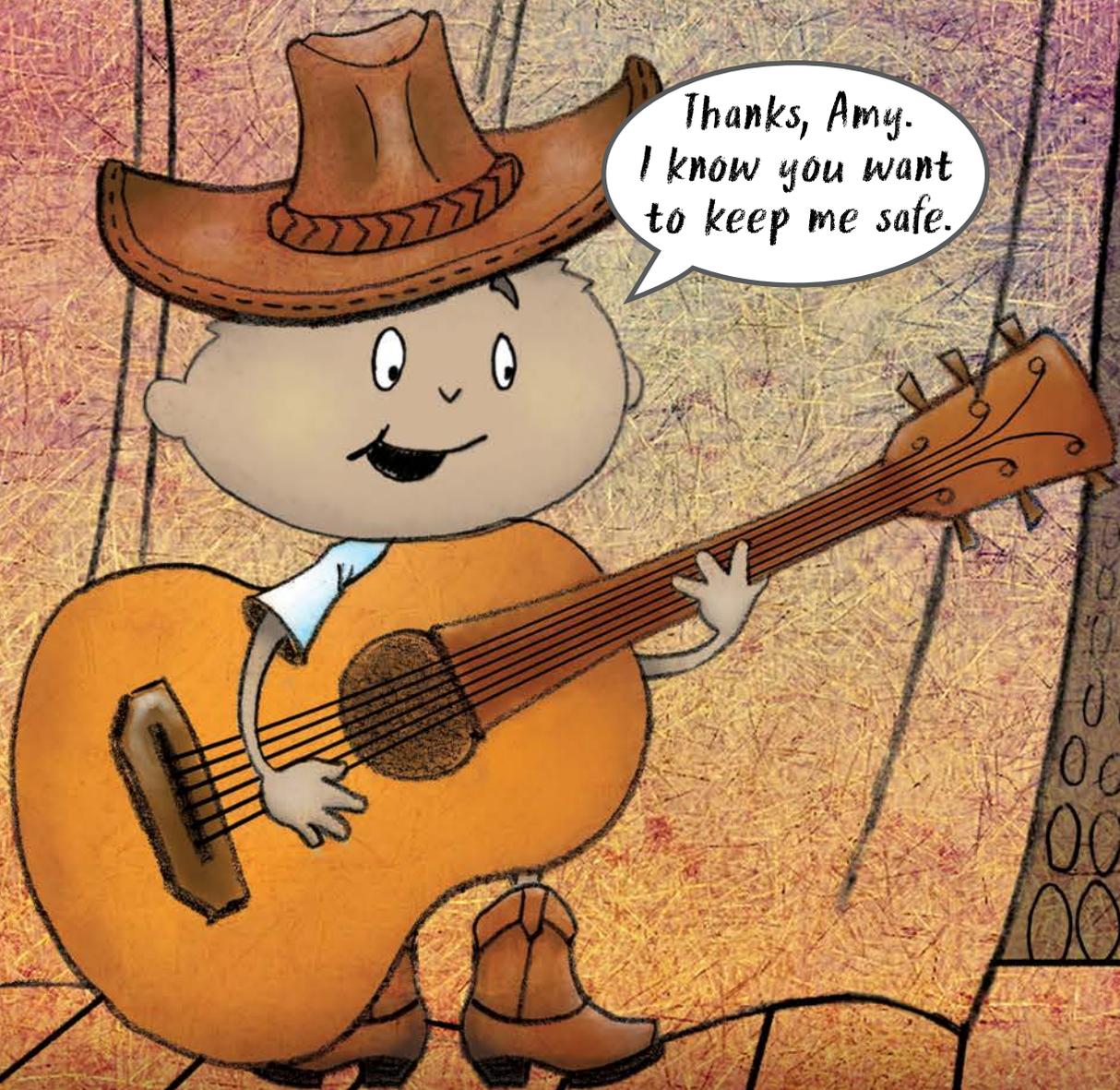


The Lord is my shepherd. . . .

Now when Amy's on red alert,  
I say Psalm 23.

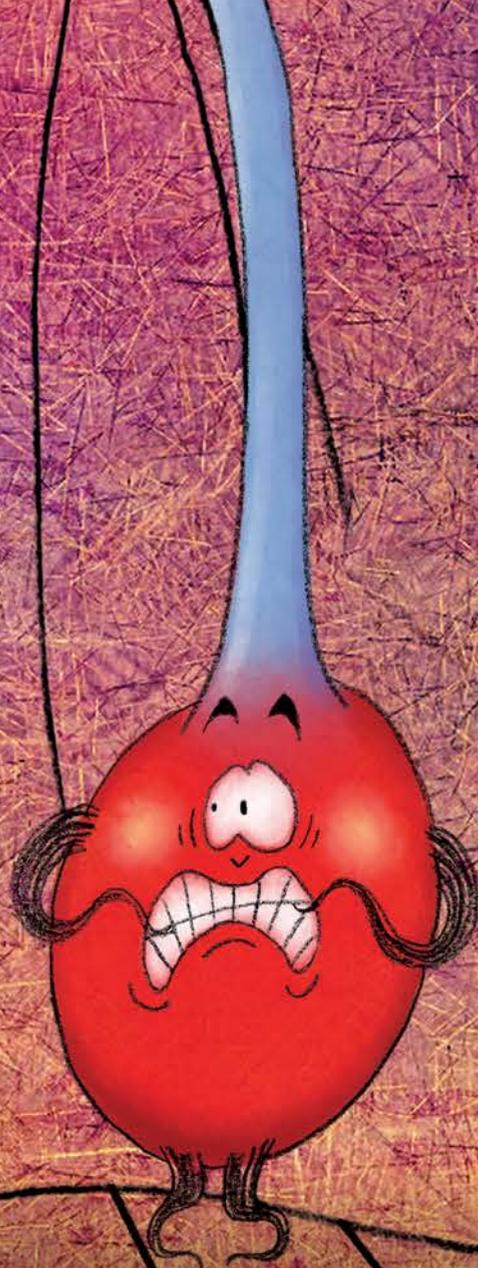


She seems to like it.



Thanks, Amy.  
I know you want  
to keep me safe.

Sometimes it helps to thank Amy  
for all her hard work.



God gave her a very important job,  
after all.

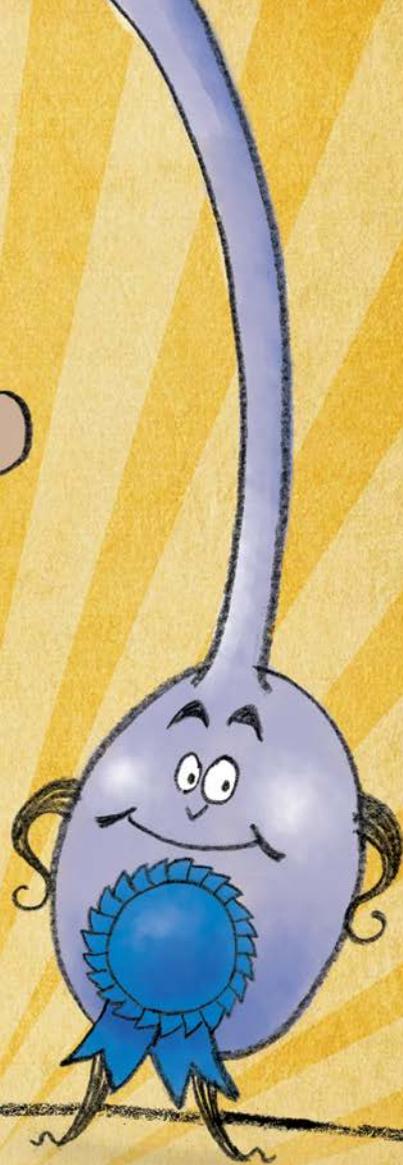
But sometimes I have to be brave  
to face my fears.



Amy understands.



I'm glad God gave me Amy  
to show me how to be afraid.



And how to be brave.

# Bible Verses to Say When You Are Scared



Exodus 14:13-14

Psalms 23

Psalms 46:1-2

Isaiah 41:10

Mark 5:36

John 14:25-27

Romans 8:38-39

2 Timothy 1:7

Hebrews 13:6

## Note to Parents

In this day and age, raising children to be courageous and compassionate feels harder than ever. News of conflict, war, and violence in society seems to bombard us from all sides, and makes the task of keeping our children safe, both mentally and physically, feel nearly impossible.

While we can't entirely protect our children from seeing or hearing scary things—on the news, on the bus ride home, or at a friend's house—we can help our children process and cope with what scares them. For young children, it can be helpful to talk with them about scary images or stories they hear and help them identify whether those fears are based in reality.

Unfortunately, some fears are based in reality. Many children cope with these fears in healthy ways. Sometimes, a child's form of coping can become unhealthy. Fears can develop into phobias, taking up a disproportionate amount of the child's emotional energy. Fears can cause obsessive thoughts and compulsive reactions, such as checking and re-checking locks, lights, or homework. Fears can cause a constant, low-level anxiety that something bad will happen.

There are many healthy ways of expressing and facing fears, some of which are named in this book. You can help your child name his or her fears and develop strategies for dealing with them. Below are a few resources to help you learn more about healthy ways to respond to fear and anxiety. If your child's way of coping with fear begins to disrupt her or his daily life, it's important to seek professional help.

- National Association for the Education of Young Children, "Coping with Violence," <https://www.naeyc.org/our-work/families/coping-with-violence>
- Dawn Huebner, PhD, *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (Washington, DC: Magination Press, 2005).
- James J. Crist, PhD, *What to Do When You're Scared and Worried: A Guide for Kids* (Minneapolis, MN: Free Spirit Publishing, 2014).

Eerie shadows, a bump in the night, a dark place . . . life can be just plain scary. A companion piece to Adam Hamilton's *Unafraid, Eek! Said Amy* is a tool for parents to use in talking with their children about common fears and how Scripture and faith can help us face them.

Meet Devon. Devon is a little boy who introduces readers to his friend Amy, the AMYgdala! Amy helps Devon feel emotions, including fear. Through his friendship with Amy, Devon learns that fear helps him stay safe, but sometimes he needs to face his fears. Bright, colorful, and amusing illustrations will engage children ages 3–7 and make this scary topic more approachable. Additional resources on how to explore fear and anxiety with children are also included.

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**L. J. Zimmerman** holds a Bachelor of Arts in religious studies from the University of Pennsylvania, and a Master of Divinity from Candler School of Theology at Emory University. Before coming to The United Methodist Publishing House, L. J. served as a Christian educator and minister to children, youth, and adults in various congregations. She is the writer and editor of *Submerge: Deep Blue for Tweens* and editor of *Deep Blue Rotation Stations*. L. J. loves biking around Nashville, Tennessee; knitting sweaters; and hiking with her dog Memphis.

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