

# Bedtime Worries

Milton thought he needed a jar of courage to face his fears. Imagine you are Milton and describe the two scenes below.

## Key words:

monster      night      shaking  
scared      bedtime      dreaming  
shape      sleep

## Think about:

- what he might see, hear and smell in each picture;
- what he is afraid of;
- how he is feeling (scared, nervous, excited).



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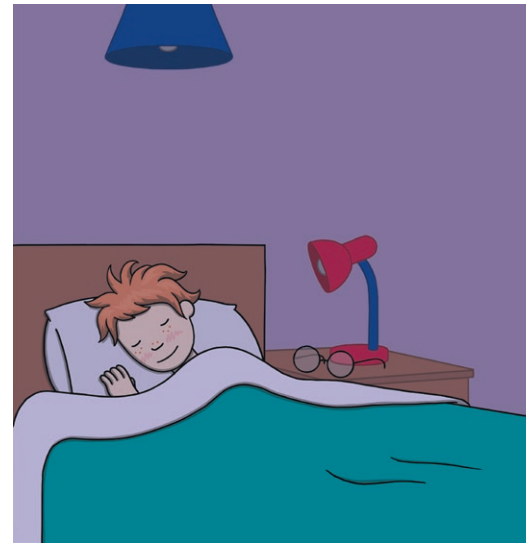
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**Key words:**

nightmare      peaceful      relaxed  
frightened      terror      hallucination  
anxious      slumber

**Think about:**

- what he might see, hear and smell in each picture;
- how he felt before and after he was given the jar;
- how he felt after each picture (scared, nervous, excited).



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Think about:

- what he might see, hear and smell in each picture;
- how he felt before and after he was given the jar;
- how his body might be feeling, e.g. did he have butterflies in his tummy? Did he feel excited?



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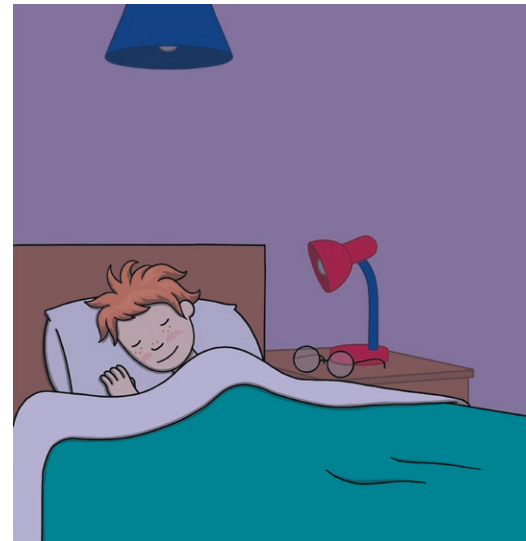
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