

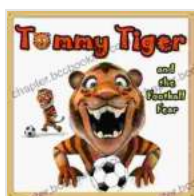
Tommy Tiger And The Football Fear: Empowering Children to Overcome Anxiety



Tommy Tiger And The Football Fear is a beautifully illustrated children's book that tackles the common issue of anxiety, particularly in sports settings. Through the relatable character of Tommy Tiger, young readers

will learn valuable coping mechanisms and strategies to manage their fears and achieve success on and off the field.

Tommy is a young tiger who loves football. But when it comes to game day, he's overwhelmed by fear. His heart races, his palms sweat, and he feels like he can't breathe. Tommy's fear is so strong that it starts to affect his performance on the field. He makes mistakes, fumbles the ball, and lets his team down.



Books for Kids: Tommy Tiger and the Football Fear: Illustration Book (Ages 3-8), Short Stories for Kids, Kids Books, Bedtime Stories For Kids, Children Books, Early Readers by Tommy Tiger

- ★★★★★ 5 out of 5
- Language : English
 - File size : 2197 KB
 - Text-to-Speech : Enabled
 - Enhanced typesetting : Enabled
 - Word Wise : Enabled
 - Print length : 20 pages
 - Lending : Enabled
 - Screen Reader : Supported



Tommy's coach, a wise old owl, sees what's happening and takes Tommy aside to talk to him. The owl helps Tommy understand that it's okay to be afraid. Everyone feels fear sometimes. The important thing is to not let fear control you.

The owl teaches Tommy some simple but effective coping mechanisms to help him manage his fear. He teaches Tommy to take deep breaths, to visualize himself succeeding, and to focus on the positive. Tommy also learns the importance of positive self-talk.

With the help of his coach and his teammates, Tommy is able to overcome his fear and become a confident and successful football player. He learns that he can do anything he sets his mind to, even if it's scary at first.

Tommy Tiger And The Football Fear is a heart-warming and inspiring story that will help children of all ages overcome their fears and achieve their dreams. It's a must-read for any child who struggles with anxiety, whether in sports, school, or social situations.

Why is Tommy Tiger And The Football Fear so important?

Tommy Tiger And The Football Fear is important because it:

- **Addresses a common issue:** Anxiety is a common problem among children, and it can be particularly challenging in sports settings. Tommy Tiger And The Football Fear provides a relatable and empowering story that can help children understand and cope with their anxiety.
- **Teaches coping mechanisms:** The book teaches children simple but effective coping mechanisms that they can use to manage their anxiety. These coping mechanisms can be used in any situation, not just in sports.
- **Empowers children:** Tommy Tiger And The Football Fear shows children that they are not alone in their struggles with anxiety. It also

shows them that they can overcome their fears and achieve their dreams.

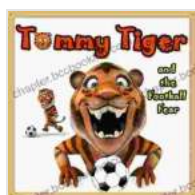
Who is Tommy Tiger And The Football Fear for?

Tommy Tiger And The Football Fear is for any child who struggles with anxiety, whether in sports, school, or social situations. It is also a great resource for parents, teachers, and coaches who want to help children overcome their fears.

Where can I buy Tommy Tiger And The Football Fear?

Tommy Tiger And The Football Fear is available for Free Download on Our Book Library, Barnes & Noble, and other major book retailers. It is also available as an eBook.

Tommy Tiger And The Football Fear is a valuable resource for children, parents, and educators. It is a heart-warming and inspiring story that can help children overcome their fears and achieve their dreams.



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