




What do you say to a
Dragon?

A Story about Facing
Fear and Anxiety



by Lexi Young Peck • foreword by Joanna Gaines
illustrations by Wendy Leach



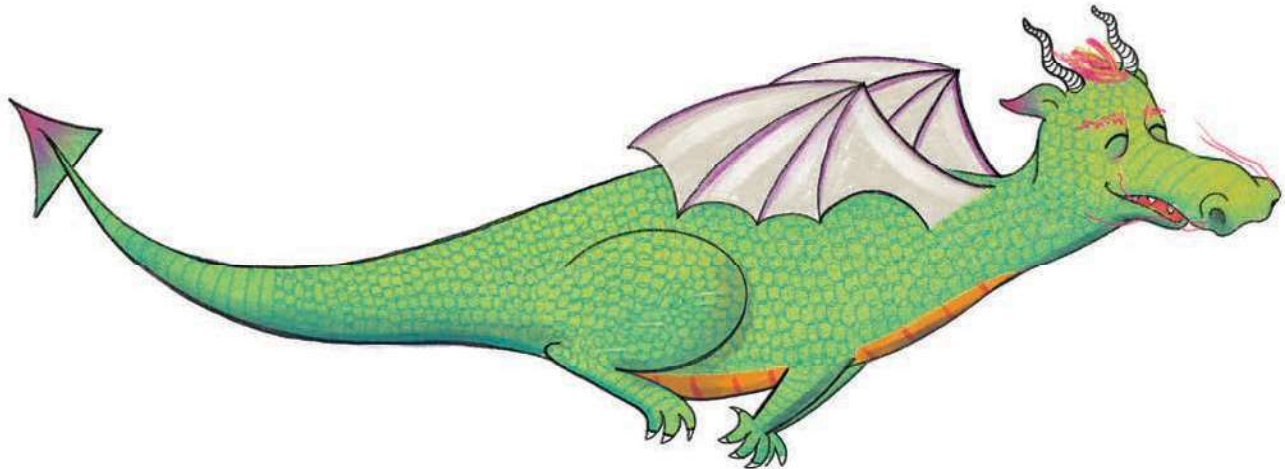
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What Do You Say to a Dragon?: A Story about Facing Fear and Anxiety

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**For Vivian and Xander, the ones who showed me how brave I could be. I love you.
—Mom**



One night I woke up from a terrible dream.

I sat straight up in bed as I started to scream.

“Help, Daddy! Help, Mommy! I’m scared! Please come quick!

I had a bad nightmare,
and now I feel sick.”



In came my dad, with my mom close behind.
It was late, they were tired, but they didn't mind.
They sat on my bed and asked, "Honey, what's wrong?"

"I saw a big dragon!
He was scary and strong!"



I pulled up my blankets tight over my head.
My mom moved them gently, and then softly said,
“Tell us about him—what terrified you?”

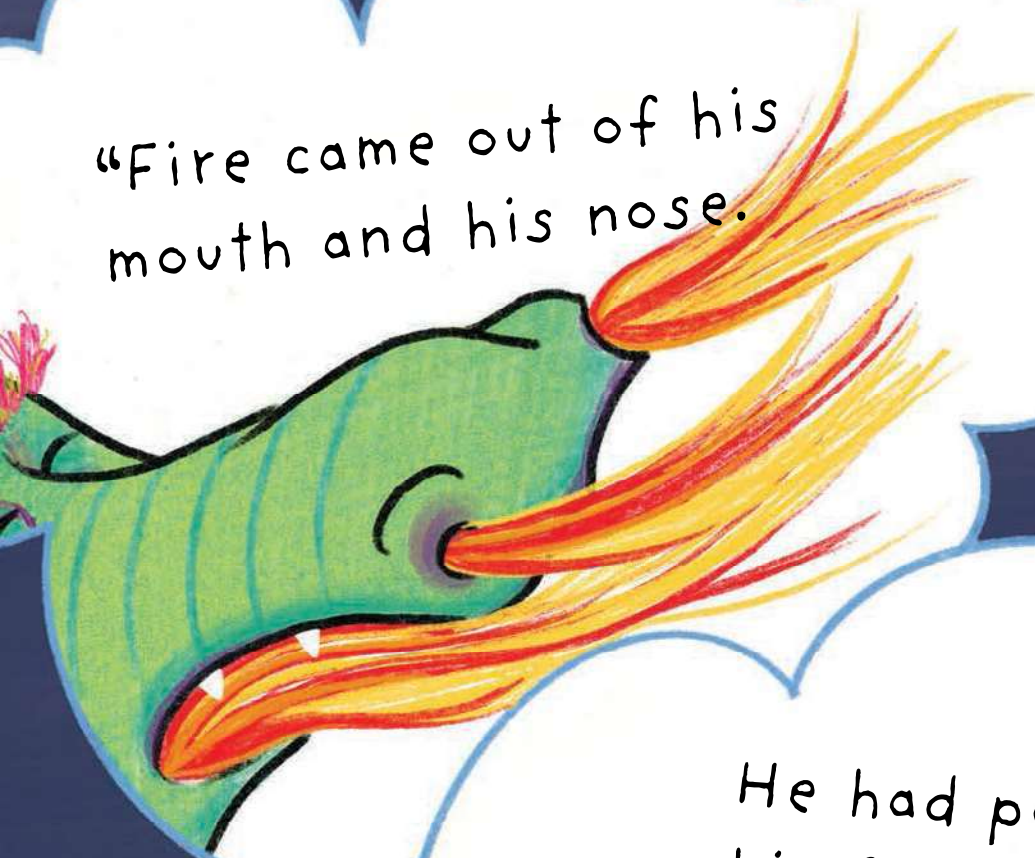


I almost screamed, “NO!”

But I knew what to do.



"Fire came out of his
mouth and his nose.



He had pointy claws on
his fingers and toes.





His eyes were so mad;
they were big, round,
and black.

When I think about it,
I get chills down my back.”





I thought I'd be cuddled
and climb in their bed,

But my dad sat beside me
and finally said,
"So, what did he say?"
Then he reached for my hand.

