

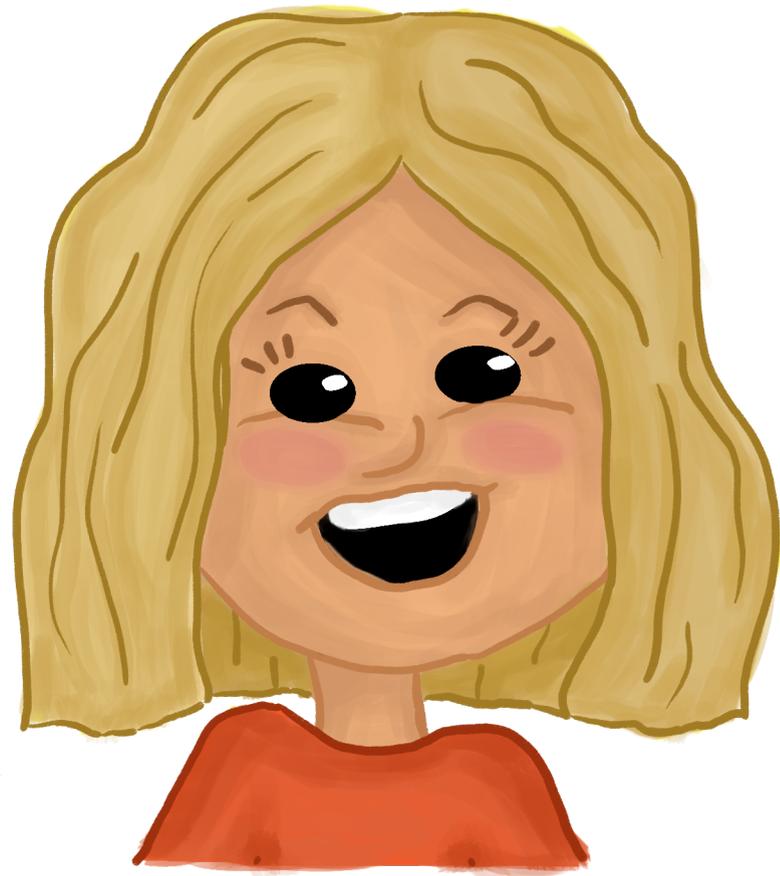
Vannah and the
Awarewolf

Copyright

Dedication

This is Vannah.

Hi!



Vannah is a nice, sweet kid.

Really, she is.

← It's true!

She says, "please" and "thank you."



She cleans up her room.

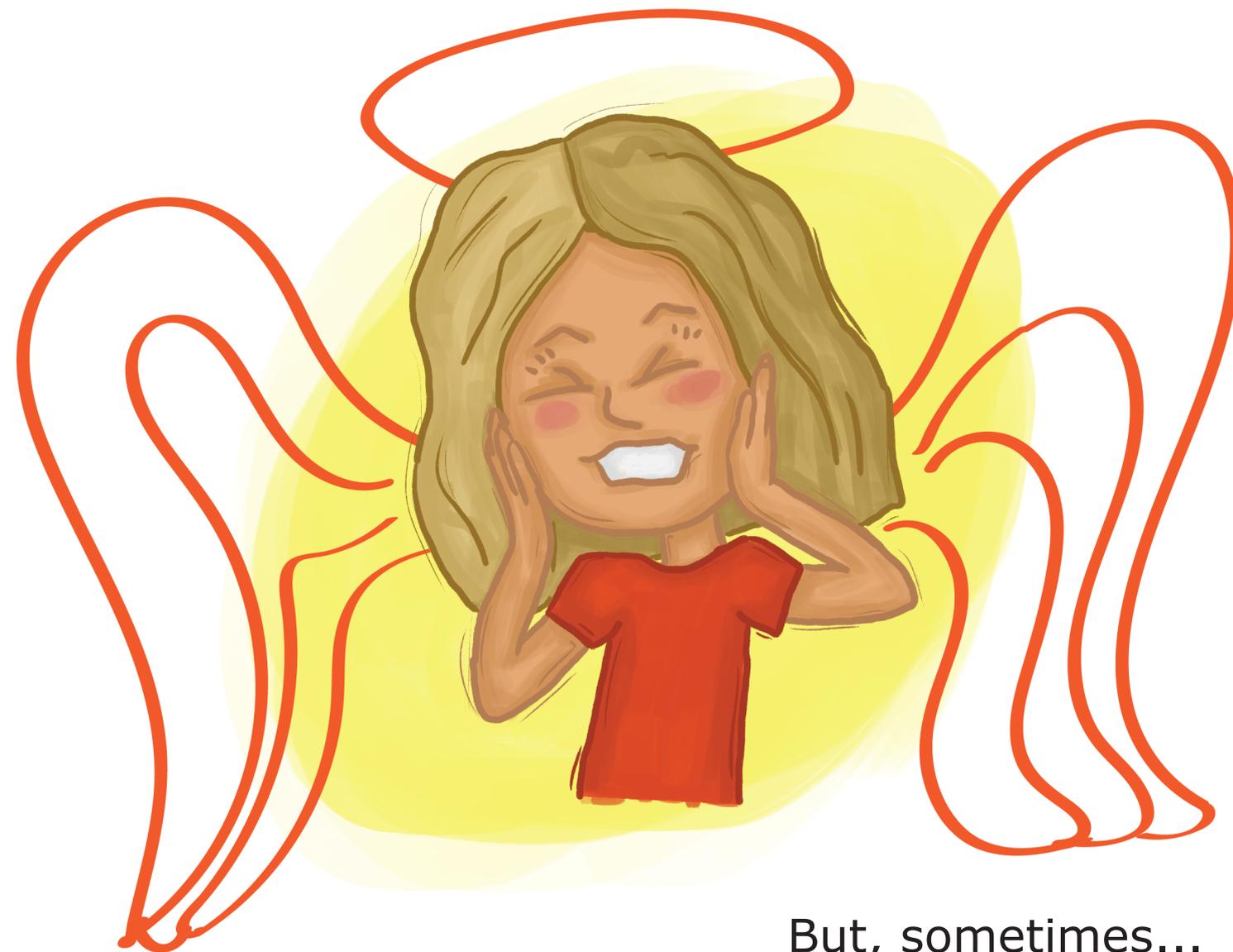
usually



She listens to her teachers.

She even goes to bed on time.

See? A nice, well-behaved, sweet kid.



*(But sometimes, I need
a drink or an extra snuggle!)*

But, sometimes...

Things get to be too much.



WAY too much.

And when things get to be too much,
that's when the awarewolf comes out.



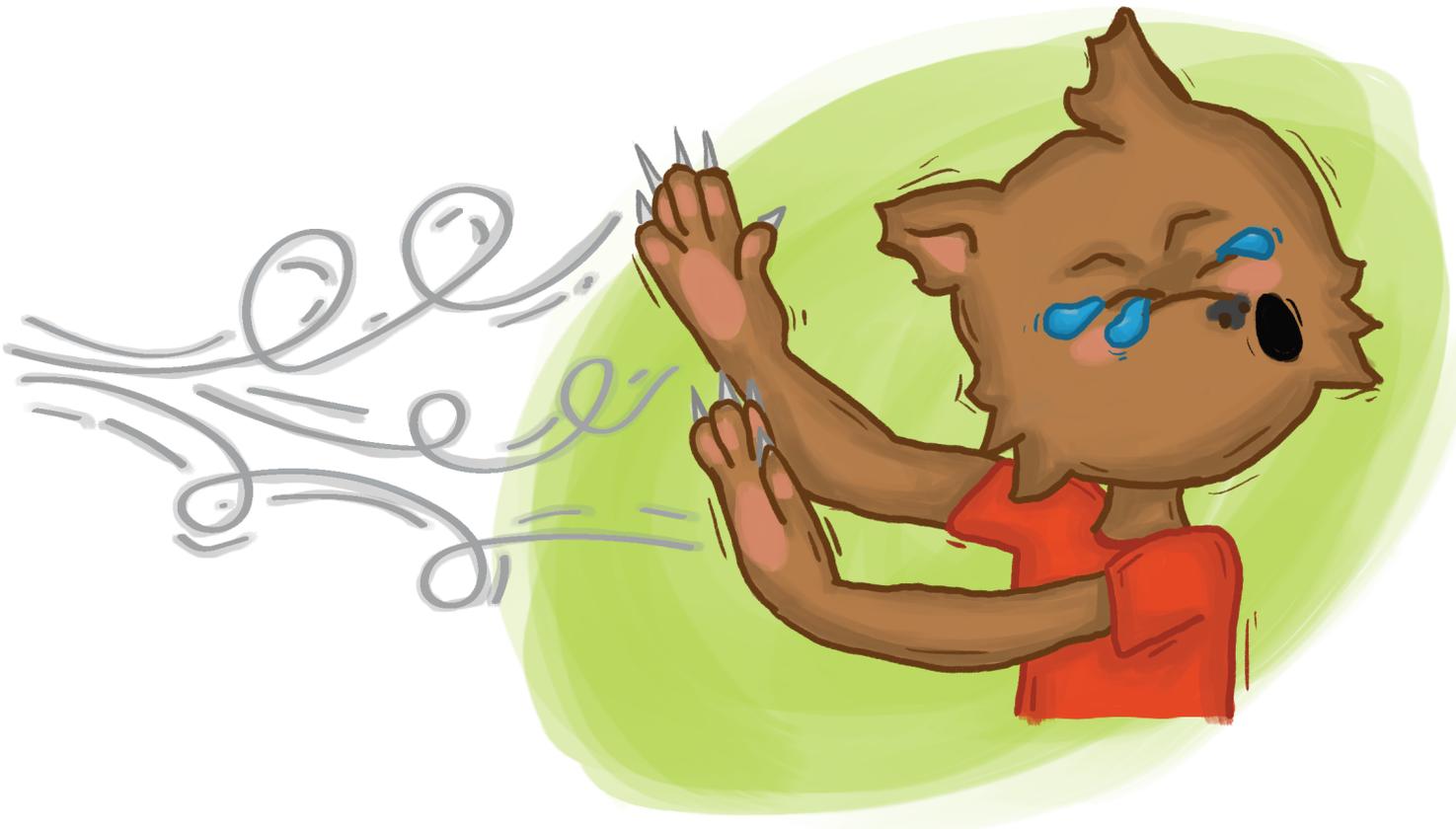
And **THAT'S** when the howling starts!

Howwwooooo!

She'll howl about
the lawnmower.



She'll howl about
the sprinkler.



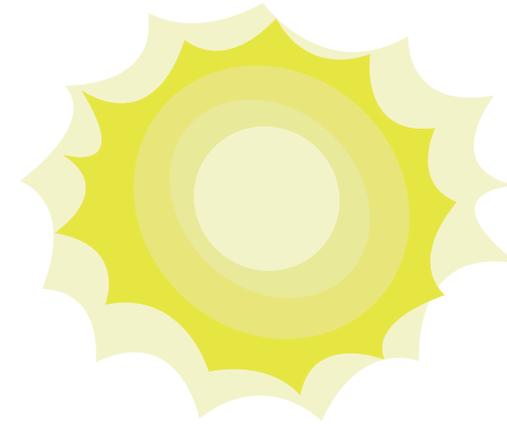
And she'll howl about
the tags.

So itchy!

The seams are too pokey.



The sun is too bright.



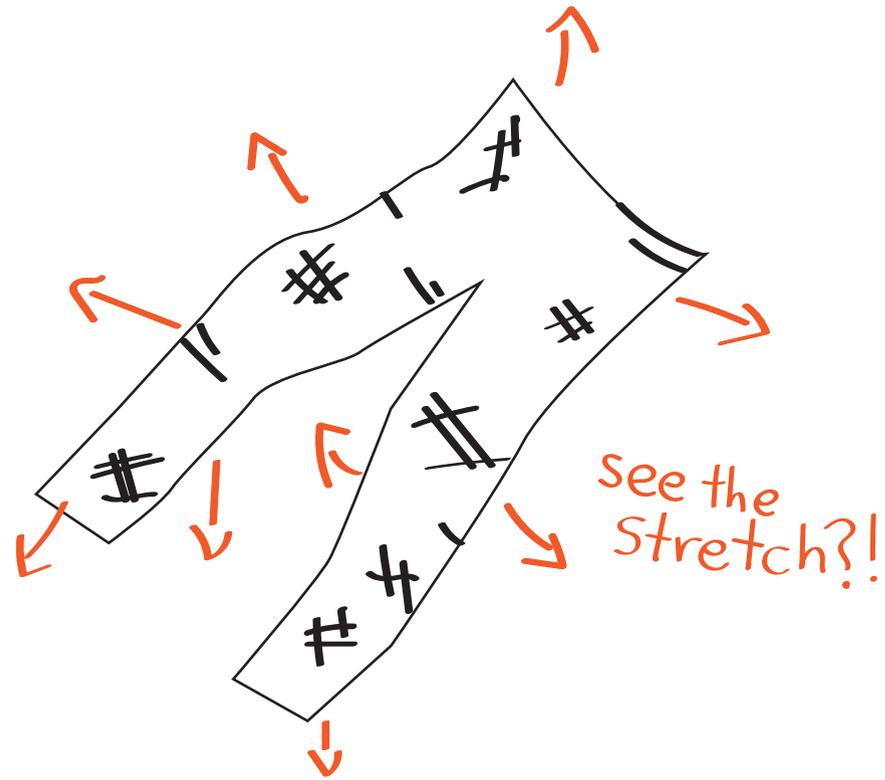
Vannah tries to keep it in.

Really, she does!

But the noises are too loud.

My eyes!

The pants are too stretchy.



And the wind is too blowy.



Mom and Dad don't know what to do about the awarewolf.

Really, they don't.



(I think they're a bit scared)

They've tried calming words.
They've tried time outs.

They've tried to reason with it.
And they've tried to howl back.

I HATE time outs!

It was weird

But nothing seems to help.

Nothing seems to calm the awarewolf,
she is simply **too** aware.

— "Help!"

So, Mom and Dad read.

Mom and Dad ask her teachers for help.

And Mom and Dad learn something new.

They start to see the things that
are too much.

The too loud, too bright,
too blowy, and the too itchy.

And they find some fresh ideas.
Ideas to help Vannah *AND* her awarewolf.

Now, the awarewolf is a happy part of Vannah.

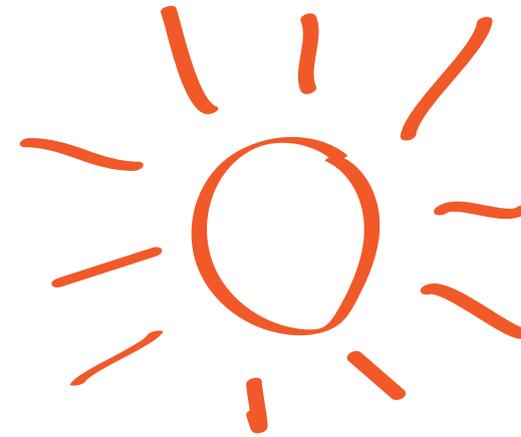
Vannah loves fireworks, and the awarewolf loves the headphones that muffle the loud bang.



Vannah loves picking out her clothes for the day, and the awarewolf loves that the clothes are comfy and not scratchy.

Yay,
No tags!

Vannah loves playing outside
and the awarewolf loves wearing
sunglasses to block the brightness.



Vannah loves riding in the car,
and the awarewolf loves that the windows
are up and they can hear their thoughts.

Now, Vannah's awarewolf can be free to be aware of other things.

Less upsetting things.

Things that are NOT too much.



Things like that pretty butterfly,



And how fun it can be to play in the rain.

Things like how the play sand feels
flowing through her fingers,



And how great it feels to dance
and sway to music.

Turns out, once they figured out what the awarewolf needed, she wasn't so scary at all.

