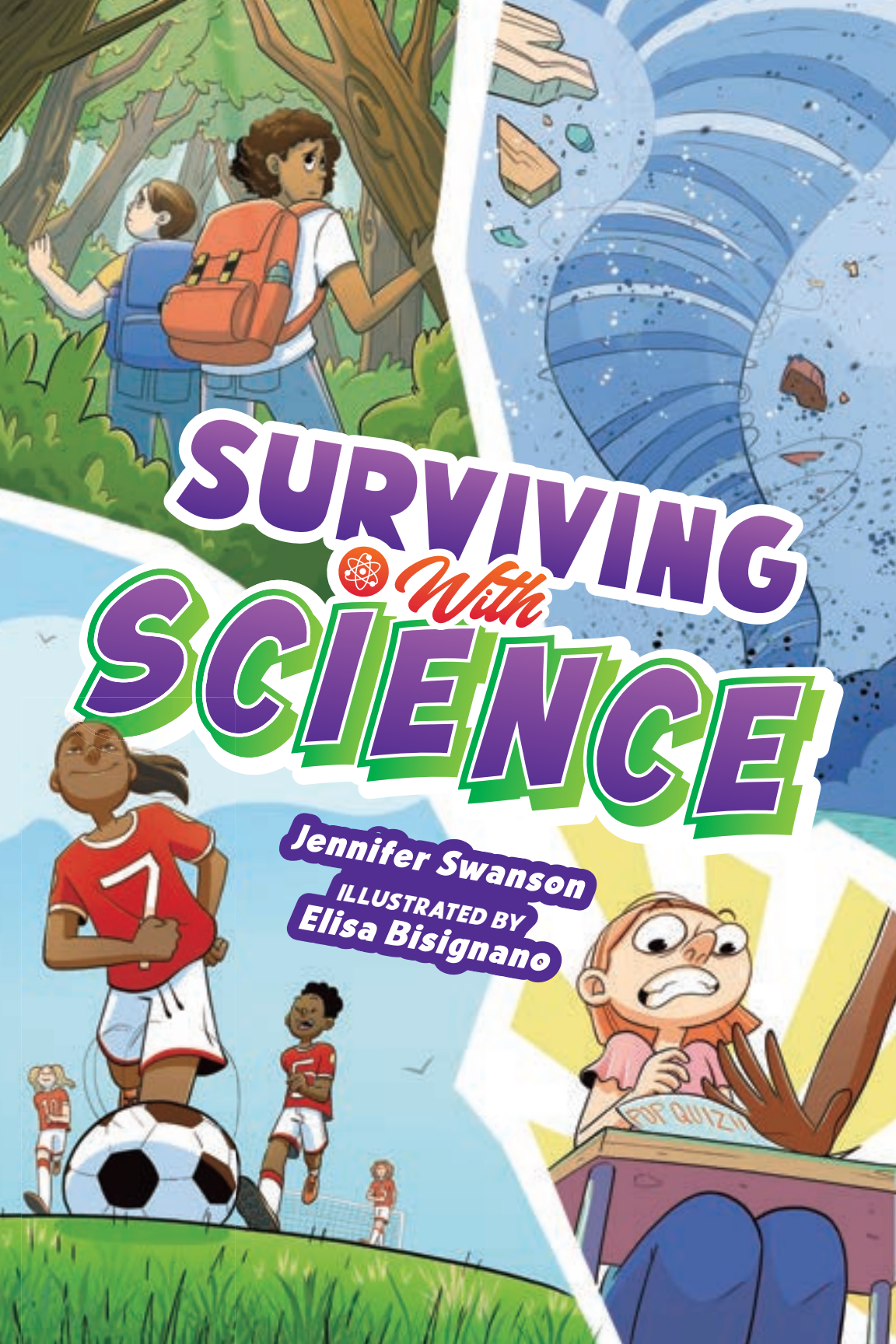




SURVIVING *With* SCIENCE

Jennifer Swanson
ILLUSTRATED BY
Elisa Bisignano



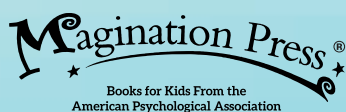
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To Dr. Joe Lomax, thanks for believing in me—JS

To Antonello, thanks for everything—EB



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Magination Press®, Books for Kids From the American Psychological Association
maginationpress.org

Distributed by Lerner Publisher Services
lernerbooks.com

Produced by WonderLab Group, LLC
 Book design by Bad People Good Things
 Art assistants: Elisa Buoncompagni, Sara Delogu, Giulia Mammone
 Printed by Sheridan Worzalla, Stevens Point, WI

Cataloging-in-Publication Data is available at the Library of Congress
 ISBN: 9781433851285
 eISBNs: 9781433851292, 9781433851308, 9781433851315

Manufactured in the United States of America
 10 9 8 7 6 5 4 3 2 1

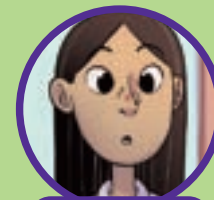
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MEET OUR Characters



Sam



Bri



Sara



Josh



Laila



Mario



Zoe



Andre



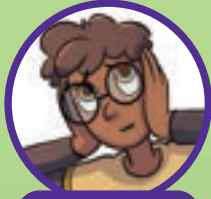
Nia



Tomas



Ella



Jadyn



Tony



Louis



Vanessa



Saffire



Darius



Charlie



Lorenzo



Shaina



Andreás



Zahra



Henry



Aisha



Tahj



Jack



Julia



Riley



Nicolás



Sabine



Chantelle



Chloe



Elena



Jasmine

HOW CAN SCIENCE HELP YOU SURVIVE?

To survive the pitfalls of daily life, where can you look for solutions? Science! More specifically, psychology, which is the science of studying the mind and behavior. You may not believe it, but psychology can help you get through many common—and uncommon—challenges that you face. Want tips for how to calm yourself during a surprise pop quiz? Or how to get over motion sickness during a long car ride? Maybe you want to know how to stay calm if you step in quicksand, or how to react if you're hiking and get lost? Psychology can help with *all* of that.

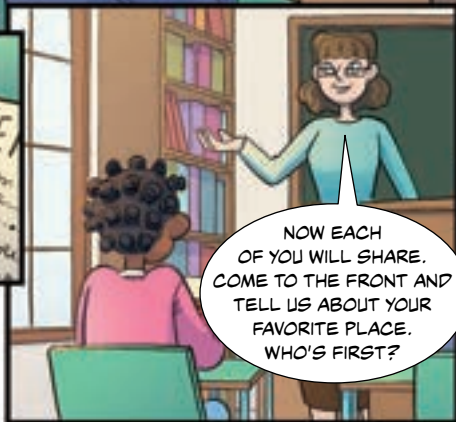
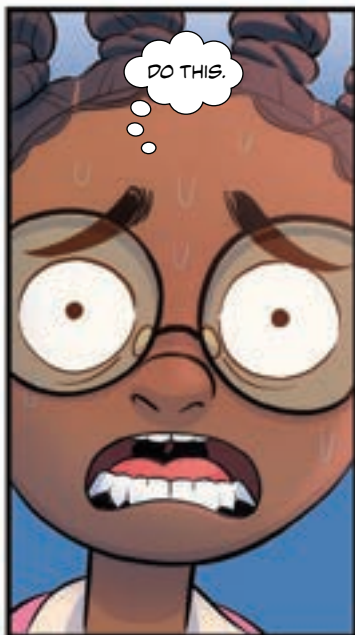
Science involves much more than nature, animals, the ocean, and space. It also includes psychology and how we think, react, and interact with our environments and other people. Learning even a little bit about psychology and then putting that information to use can help you handle most of the challenges you may face.

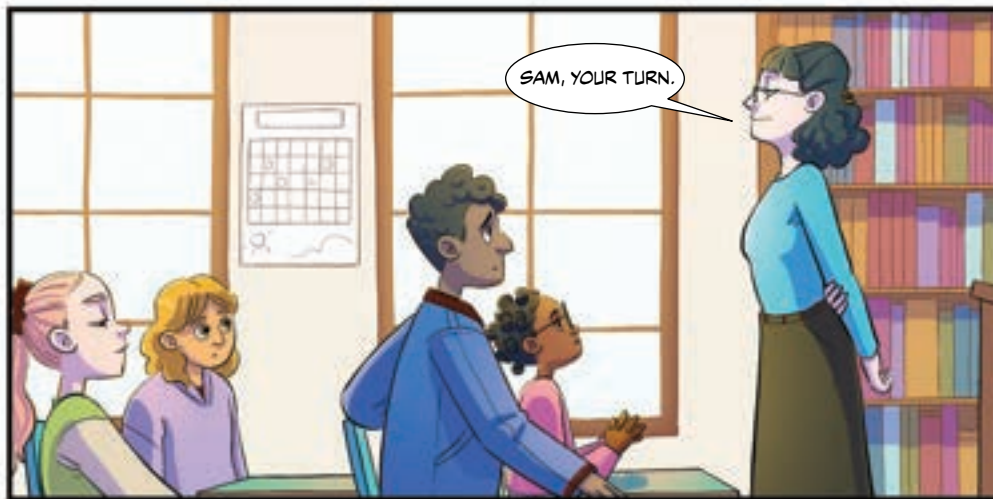
Still skeptical? Read on! In these stories, kids use psychology to survive wild situations. And you can, too. Get ready to survive with science!

SCHOOL SURVIVAL

Do you break out in a sweat at the thought of speaking in front of a bunch of people? Feel so nervous as you suit up before a big game that you might get sick? Never fear, science is here! This chapter will teach you some tips and tricks to help you face life at school.







SAM, YOUR TURN.

Move. That will help release tension in your muscles.

When you get in front of the class, take a step toward the audience. This can help you feel more confident.



Take another breath and start talking.



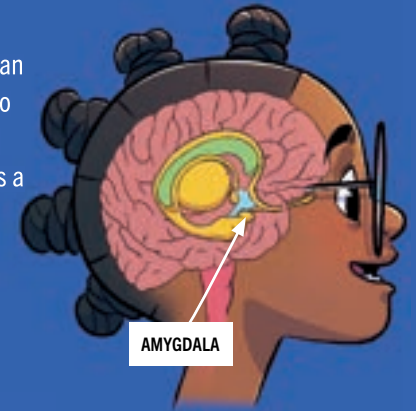
I CAUGHT GREAT SWELLS AT THIS BEACH . . .

PSYCHOLOGY

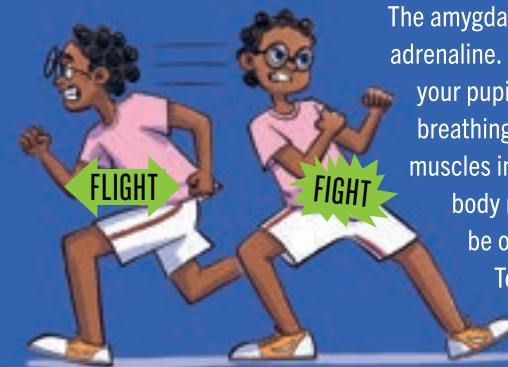
IS ON YOUR SIDE!



Fear is your body's response to an emotionally charged situation. Sometimes, public speaking can make you feel uncomfortable. Your body reacts to that fear by activating its fight-or-flight response in your brain, which means that your body senses a threat and thinks that it needs to battle (fight) or flee (flight) in order to survive. Your amygdala, a small, almond-shaped structure in your brain that controls emotions, processes this fear.



AMYGDALA



The amygdala pumps out a chemical called adrenaline. Adrenaline is a hormone that dilates your pupils, increases your heart rate and breathing, and sends more blood flow to your muscles in case you need to flee. While your body may be prepared to flee, it may also be overreacting to a particular situation.

To speak coherently and calmly, you need to break this cycle.

Learning to control this immediate response will help reduce nervousness and help you be more confident when speaking. The steps of breathing, moving, and stepping toward the audience all help get rid of excess energy and allow you to focus.

PSYCH FACT
IMAGINING YOUR AUDIENCE
IN THEIR UNDERWEAR DOES
NOT ACTUALLY HELP YOU
OVERCOME YOUR FEAR OF
PUBLIC SPEAKING.