Why am I afraid of the dark?

**BIG QUESTION:** Why do things seem more scary in the dark, even though they are the same things you see when it's light? -Scout, age 8

Human's visual sense is very important to them. When this is taken away, when it is dark, the brain tends to wander and imagine what might not be there. Draw or write about a time this happened to you.
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K (Know). This podcast reminds me of:

W (Want to know). I want to know:

L (Learned). In the podcast I learned:

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What other questions do you have about this topic? How will you find the answer?

Ask an expert. Who?

Find a safe source. Where?

What will you ask?