Sometimes I Feel Like A Bat

A story for children who are sensors



STORY BY HEIDI GARCIA
2022



Sometimes I am like a bat.

Did you know that bats are highly sensitive animals?

They notice more in the world around them than many other animals... just like me.

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Bats are small and secretive, and sometimes people think they are rare.

Nearly ¼ of all mammals are bats. There are over 1000 kinds of bats in the world!

People that are sensitive and notice more than others can sometimes feel small and secretive, but they are not rare or uncommon at all ... just like a bat!



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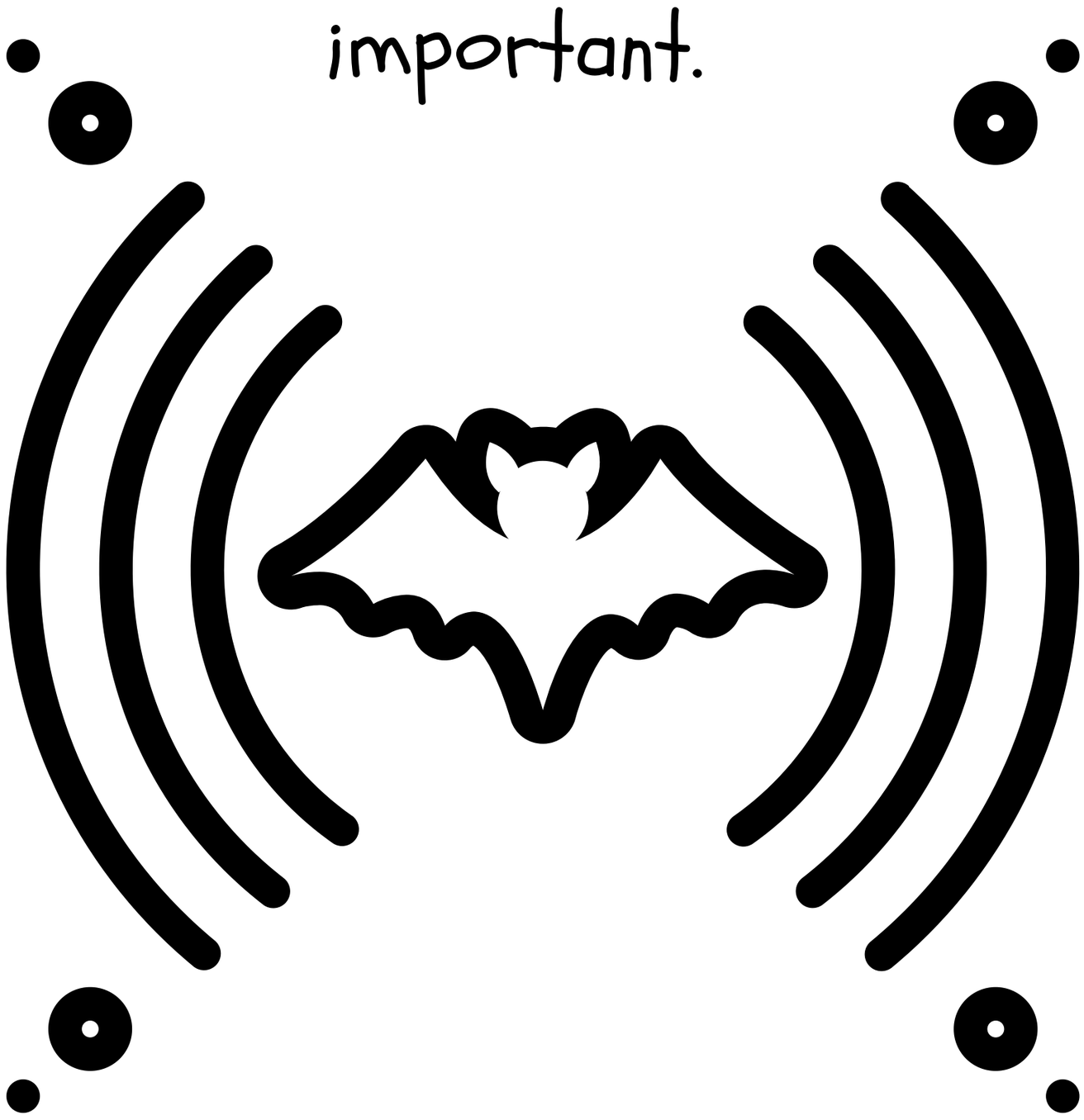
Bats sense small changes in the world around them and notice things that other animals don't notice.

My super senses mean that I notice more small changes in the world around me too... just like a bat.

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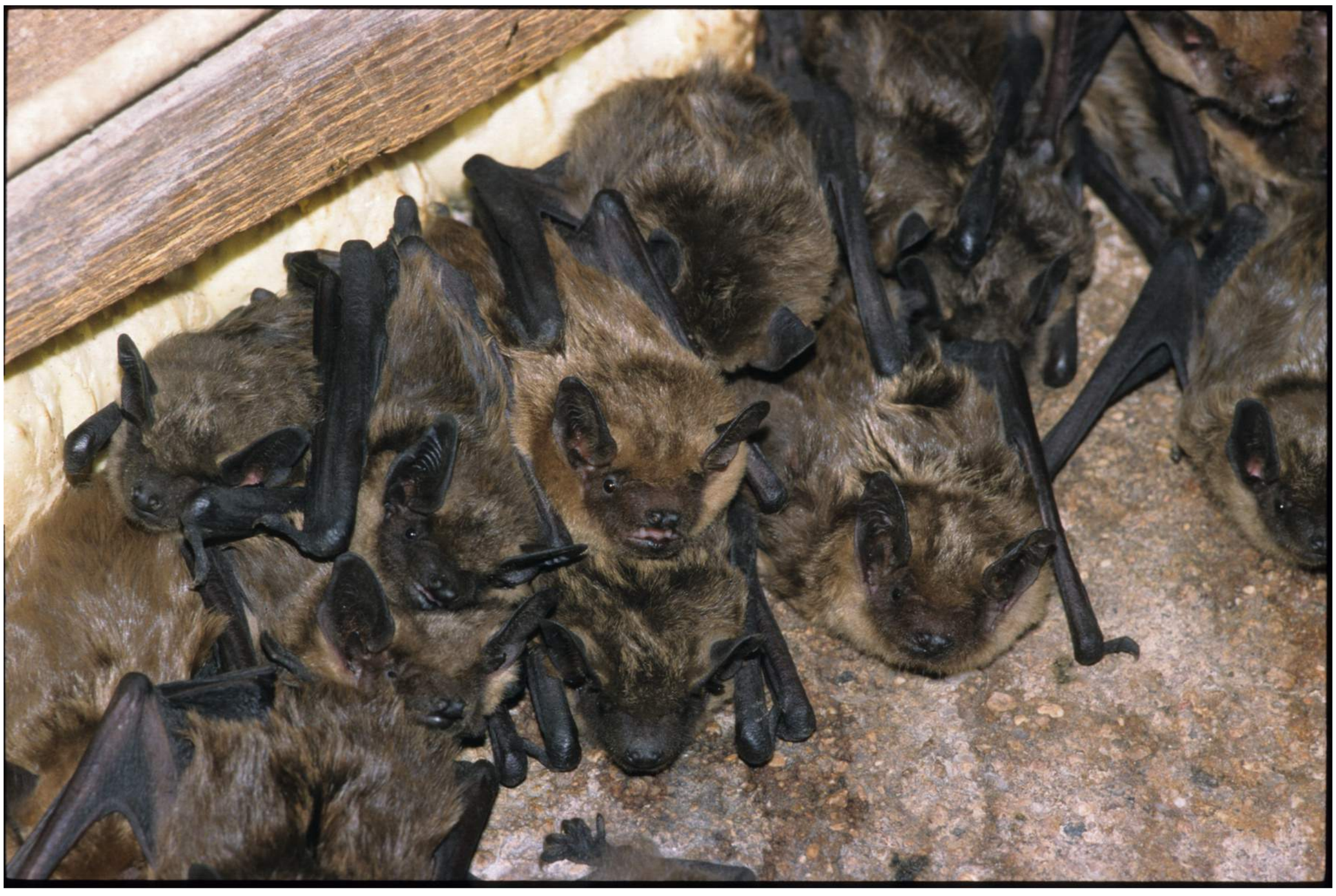
A bats super sensitive senses are a superpower! It helps them find food by using their chirps and squeaks like a radar (or sonar) as they fly.

I sometimes hear sounds that others don't hear. This can be helpful when I hear sounds that signal something is wrong or something is important.



Sometimes hearing all the sounds around me can be TOO much and wearing headphones, listening to music, or having white noise in the background can stop all the noises from becoming too distracting.

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Big brown bats choose private and sometimes hidden places to roost or sleep to protect themselves from predators.

I like to have a safe and quiet space to retreat to... just like a bat.

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Bats are nocturnal and prefer dark places. Bats can be bothered by bright lights.

Sometimes bright lights bother me too... just like a bat.

Turning off bright lights, and allowing natural light can help me be my best self so I'm not distracted and bothered by the brightness and flickering of lights.



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Sometimes bats can be timid.

Bats will watch, listen, stay close to their family or stay hidden until they know that it is safe to come out of their roost.

Sometimes it takes me a little bit to feel comfortable in a new place, or with new people... just like a bat.

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When I feel worried, I can take some deep breaths and remember that I am safe.

I can find ways to calm my nervous system so that my worries don't stop me from having fun and trying new things... just like a bat.

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If bats feel scared or threatened, they will defend themselves and might bite the person or animal that they think is invading their safe space.

Sometimes I feel like biting or attacking too... just like a bat.

When I feel scared or worried, instead of biting or attacking I can try other things like...

I can give myself a hug... to make a safe mini-roost for myself,

I can use my words to say, "this is too much for me", "please go away", or "I'm scared"

I can even go to my safe place or grab my favourite stuffed animal,

I can move my mouth in ways that get out that biting feeling like a Lion's breath or raspberries with my lips.

©



When I feel VERY worried, overwhelmed or scared, sometimes I can run to my safe place for a quick retreat... just like a bat.

I can rest and recover in a place where I'm hidden away from others, and when I'm ready I can come back and try again... just like a bat.

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Sometimes people think that bats are scary, but they are simply misunderstood. They hide to feel safe. They only bite when they feel very, very, very scared.

Sometimes people don't understand my big reactions when the world feels too loud, too bright and too much... just like a bat.

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Bats enjoy cuddling and being close and sometimes "touchy-feely" with their family, but when a cuddle is unexpected they may not like it and may quickly move away from the other bat.

I sometimes like to cuddle, but I don't always like it when others touch me... just like a bat.

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Bats stay close to their group of family and friends, who understand them and they have learned how to communicate to each other for food and safety, but stay away from areas where there are birds and other animals whom they fear or who don't understand them.

I like to be around people who understand me and help me feel safe... just like a bat.



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Sometimes bats need to take risks to fly through storms when they are migrating, or to find food at night.

Sometimes I do things that feel risky and scary, when I feel worried about something unknown... just like a bat.

Facing my fears can sometimes feel scary, but I'm learning ways to try new things even when I feel worried, scared or confused... just like a bat.

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After something scares me, frustrates me, or makes me feel upset... I can learn to let go of those big feelings and try again, and fly free... just like a bat.

Sometimes I get a hug from a safe adult, or spend some time in my room, read a book, or look at pictures that I like.

These things help me feel safe and calm again, so I'm ready to try hard things... just like a bat.

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Bats have many of the same features of other mammals, but they are unique because they are the ONLY mammals that truly fly.

I am the same as many other people too, but noticing more than others means that I might feel things more than others, notice things that others don't notice.

I'm learning to trust my senses because they make me unique... just like a bat!



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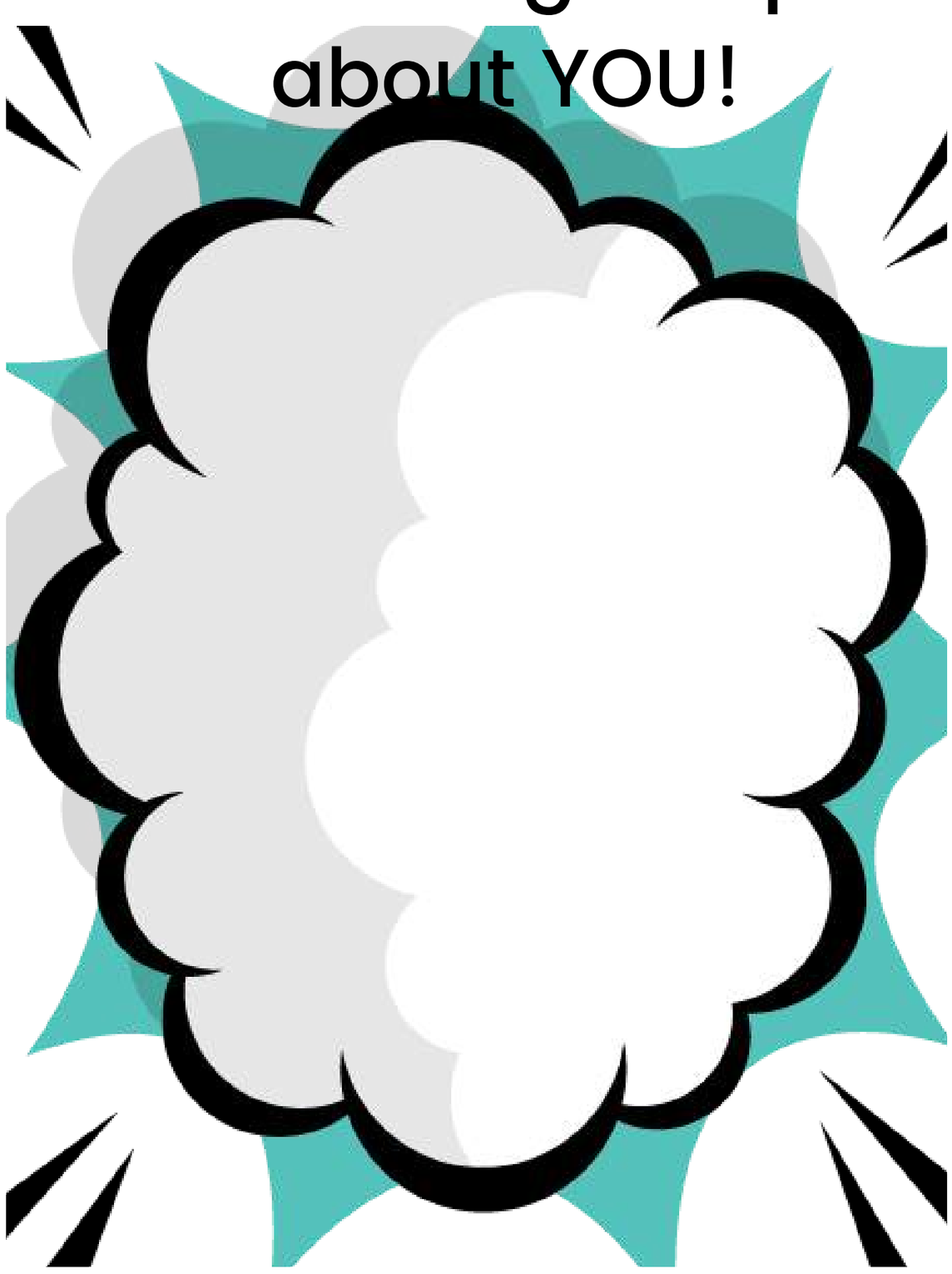
I have SUPER POWERS!

Your name



Draw yourself as the hero here

Something unique about YOU!



Your superpowers



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I AM UNIQUE... JUST LIKE A BAT!

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NOTICING IS A SUPERPOWER!



Find and count each unique bat!

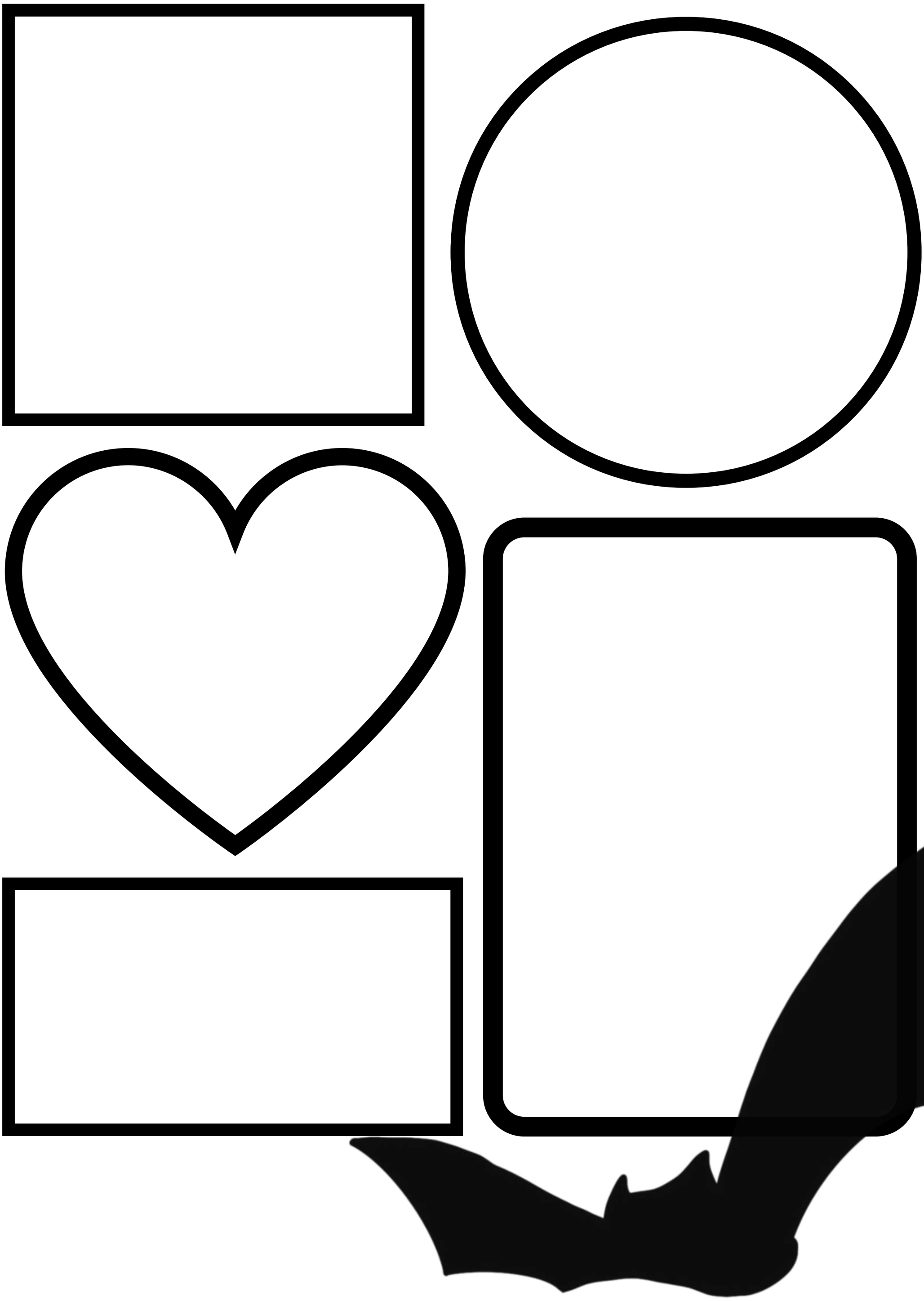


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SOMETIMES I'M LIKE A BAT

From the story... how are you sometimes like a bat?
Write or draw below.



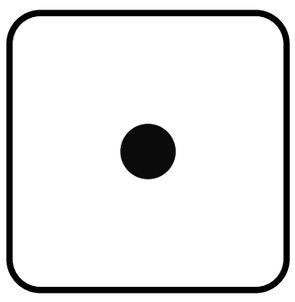
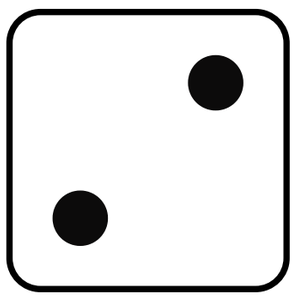
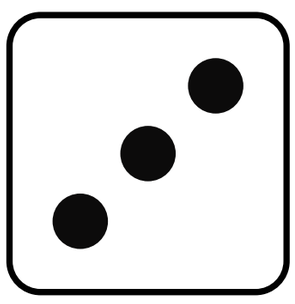
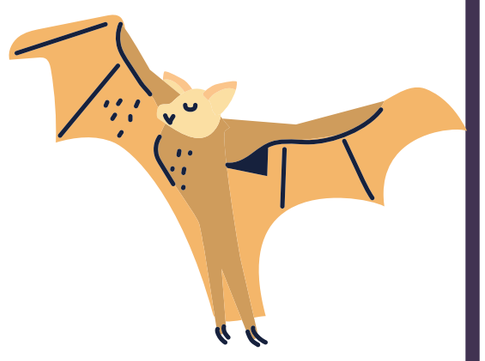
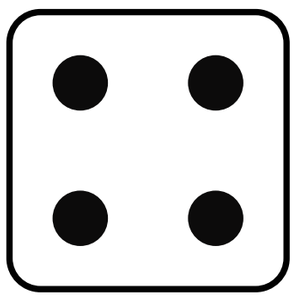
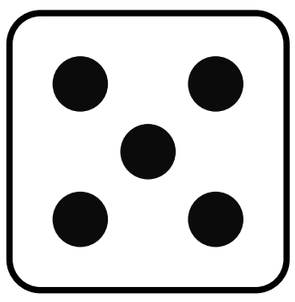
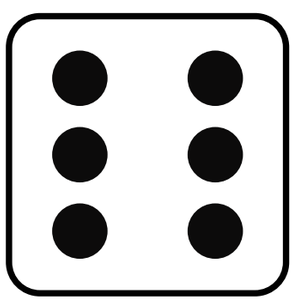
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ROLL A BATTY BRAIN BREAK



Roll the dice and perform
the brain break of the number you get

	Wrap your wings around you like a bat.	
	Fly like a bat for 10 seconds	
	Walk like a bat on the ground... crouch & with wings out for balance	
	Hang your head like a bat (go upside down on a couch, or just hang your head between your legs.	
	Lay on your tummy with wings spread like a bat soaring.	
	Pose like a bat with super powers!	

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