

Now I know

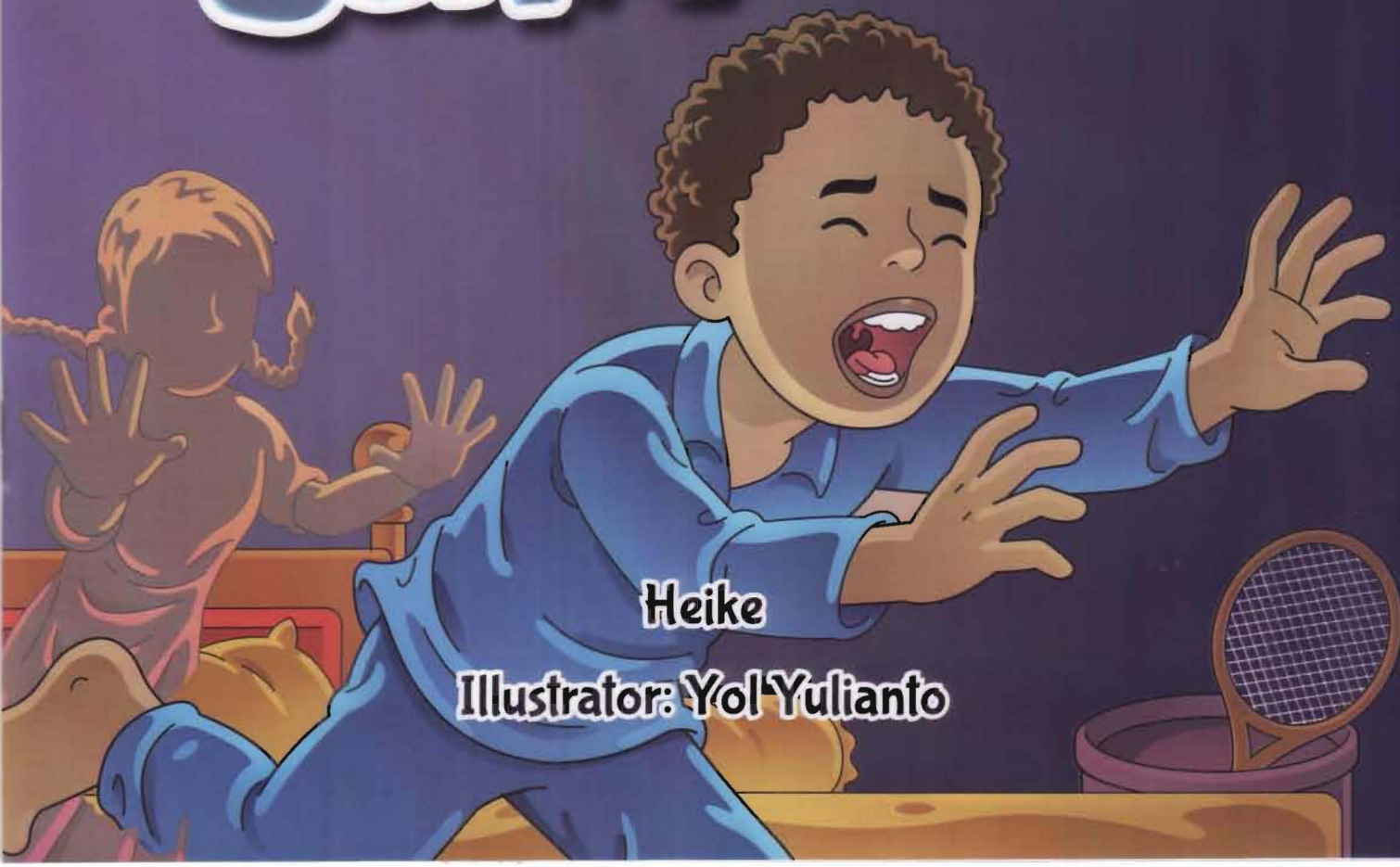
How to Choose
a Good Movie



The Scary SONABELLE

Heike

Illustrator: Yol Yulianto



The Scary Sonabelle

1016002009

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PENERBIT PT KANISIUS (Member of IKAPI)

Jl. Cempaka 9, Deresan, Caturtunggal, Depok, Sleman

Daerah Istimewa Yogyakarta 55281, INDONESIA

Telepon (0274) 588783, 565996, Fax (0274) 563349

E-Mail : office@kanisiusmedia.com

Website : www.kanisiusmedia.com

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Author : Heike

Illustrator : Yol Yulianto

Translator : Christina Lhaksmita Anandari

Editor : Flora Maharani

Designer : Kartika Dewi

Proofreader : Erik Christopher

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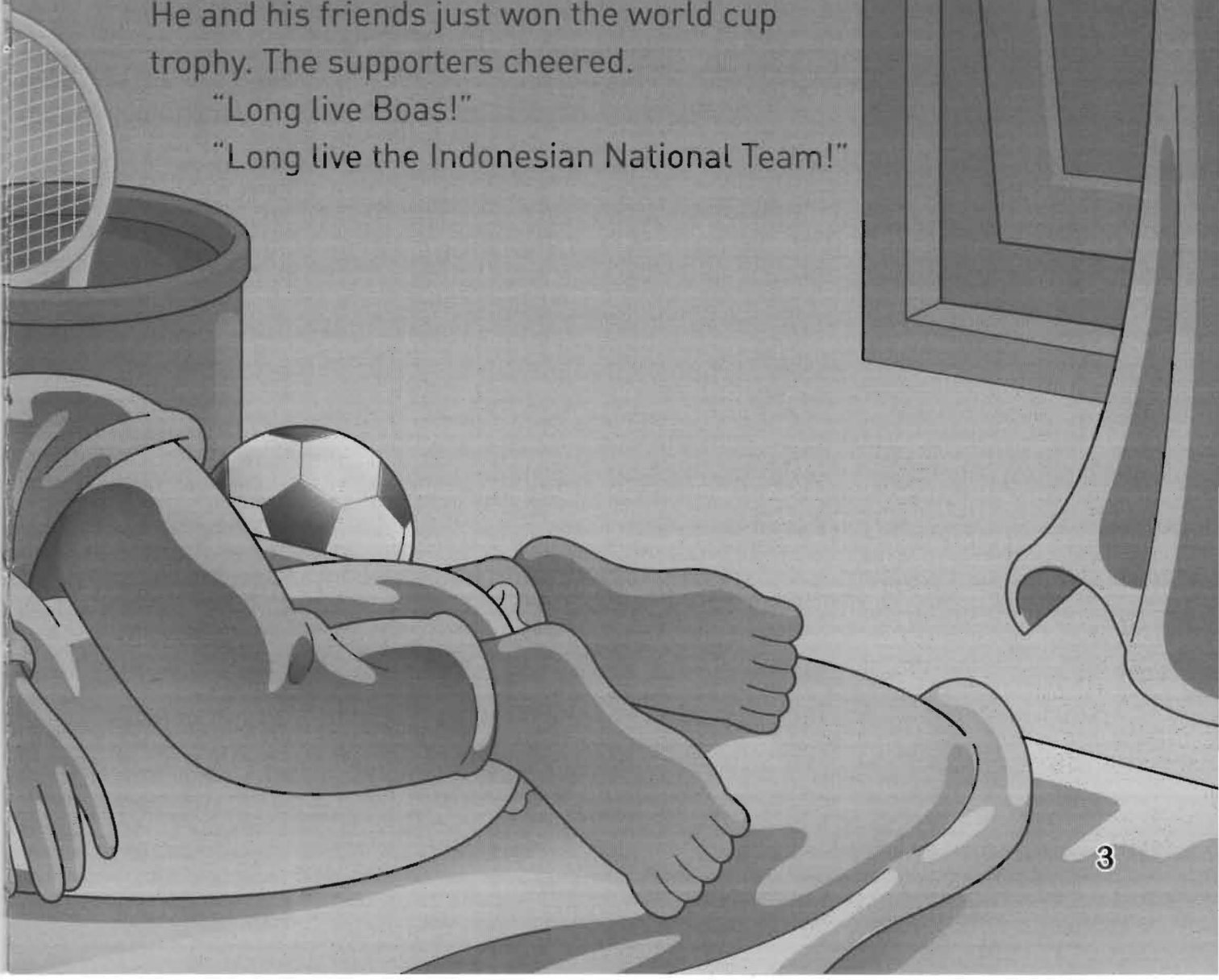


It was late at night. "Hooam," yawned Boas. He fell asleep on the count of five.

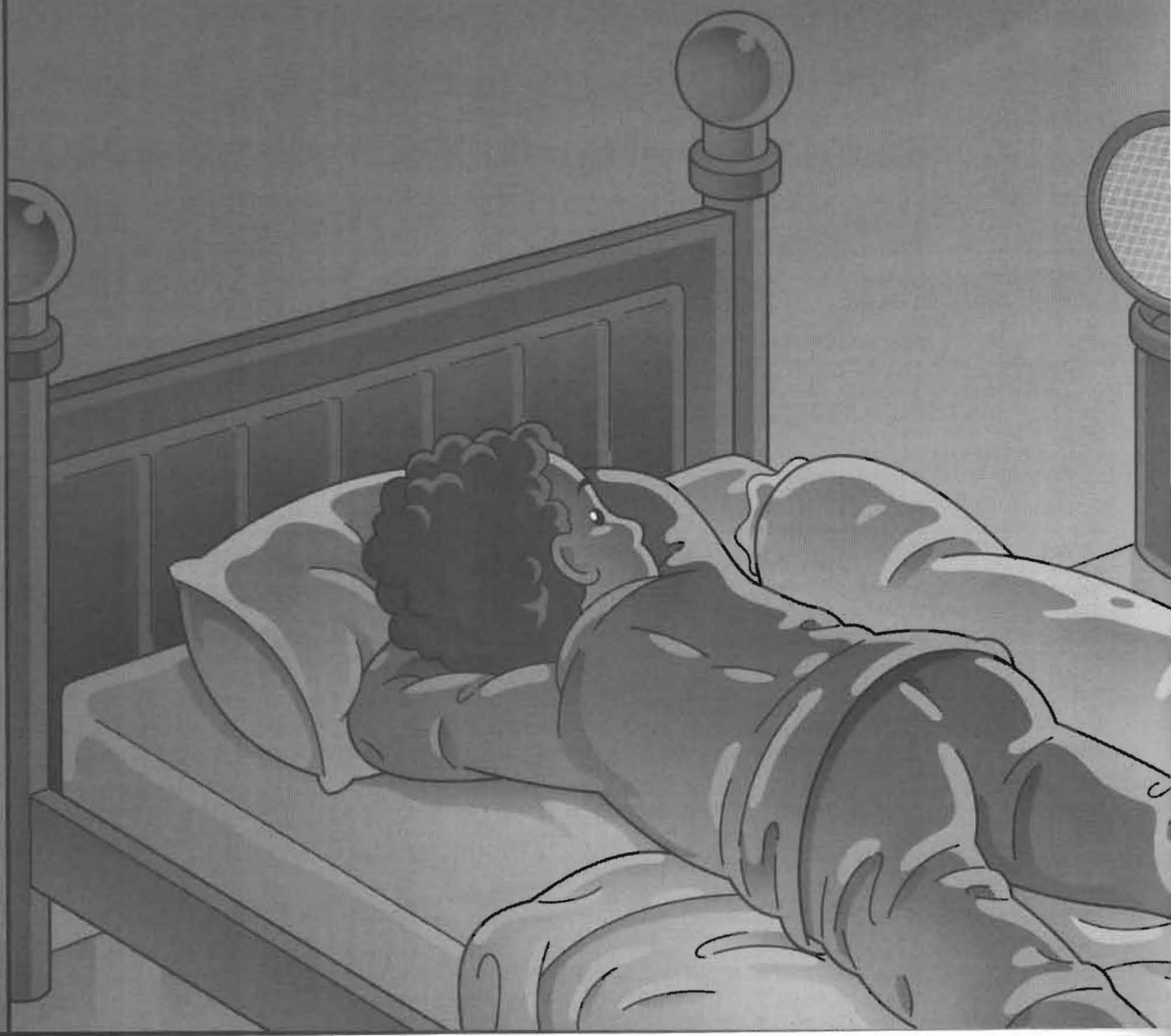
Boas dreamed. He was in a football field. He and his friends just won the world cup trophy. The supporters cheered.

"Long live Boas!"

"Long live the Indonesian National Team!"



Boas was awake and then went to the bathroom to pee.
As he laid back down on his bed, he saw his window
curtains moving back and forth.





*Boaz...
...boaz*

Boas woke up. He heard the sound of the heavy rain, along with the strong wind.

He heard a whisper coming out of his closet, calling his name. He saw a shadow. It was a woman whose hair was braided in two.

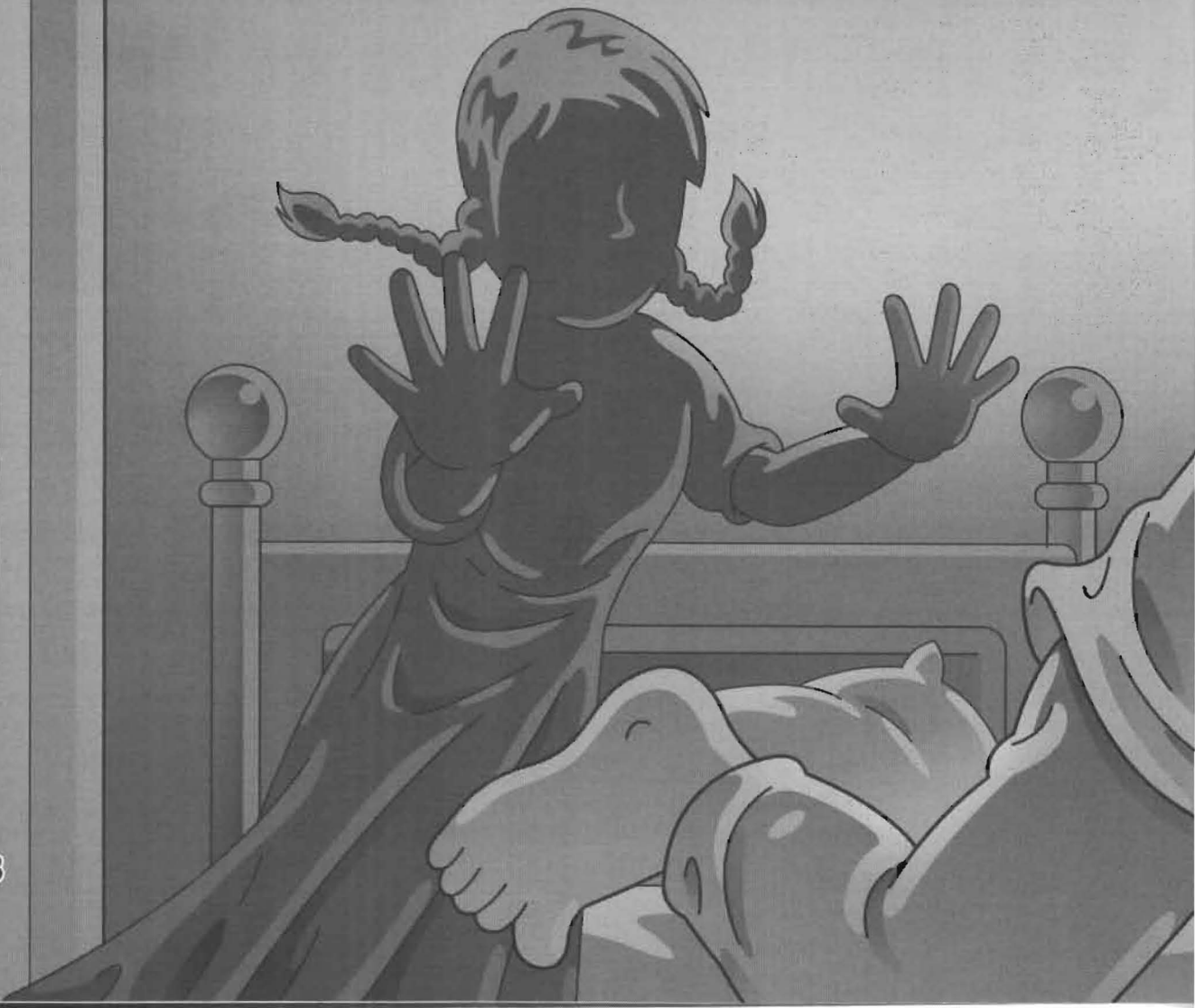
ruuu...ruuu...



"So...So... Sonabelle?" stammered Boas.

"Aaarghhh!" screamed Boas. He leapt from his bed as fast as a lightning.

"Mom!" he shouted, running out of his room.







"Ouch!" Boas shouted in pain. He just ran into someone.

Boas stared at the person in front of him. Then he shouted again loudly, "Mommy, help! It's Sonabelle!"



Click. Someone switched on the light.
The room became bright.

"*Mbak Inah?*" said Boas in surprise.

"Boas, why did you call me Sonabelle?"
asked *Mbak Inah*.

"Who is Sonabelle?" asked Boas' mommy.

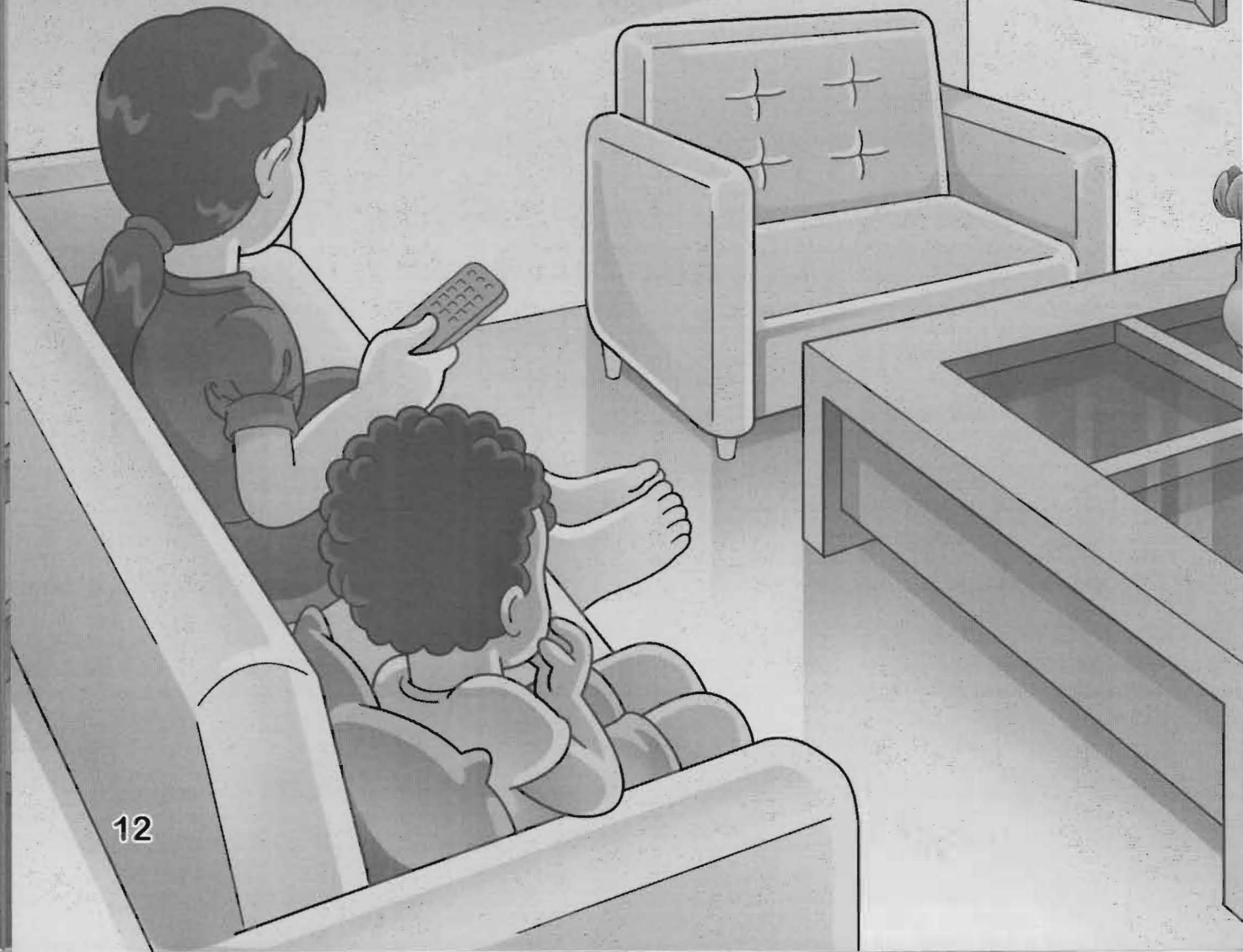


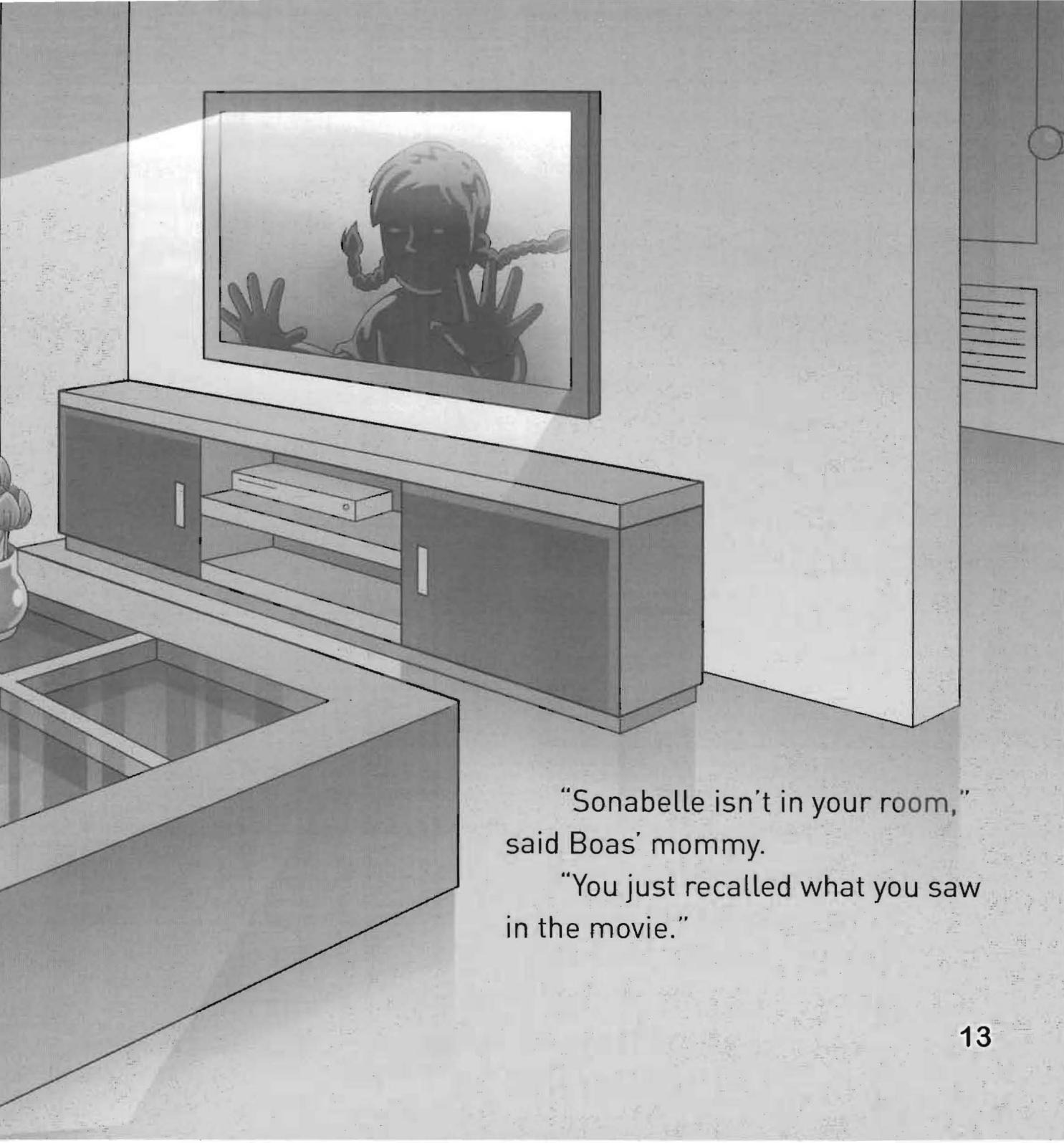
"Sonabelle is a ghost, Mom," said Boas.

"Ghost?" asked Mami. "Where did you see the ghost?"

"In my room."

Mbak Inah told Boas' mommy that she watched a horror movie titled *Sonabelle* when mommy and daddy were away. Boas watched it too.





"Sonabelle isn't in your room,"
said Boas' mommy.

"You just recalled what you saw
in the movie."



"Movies can make us scared."



"Movies can
make us sad."

"Movies can make us angry."



"Movies can
make us happy."



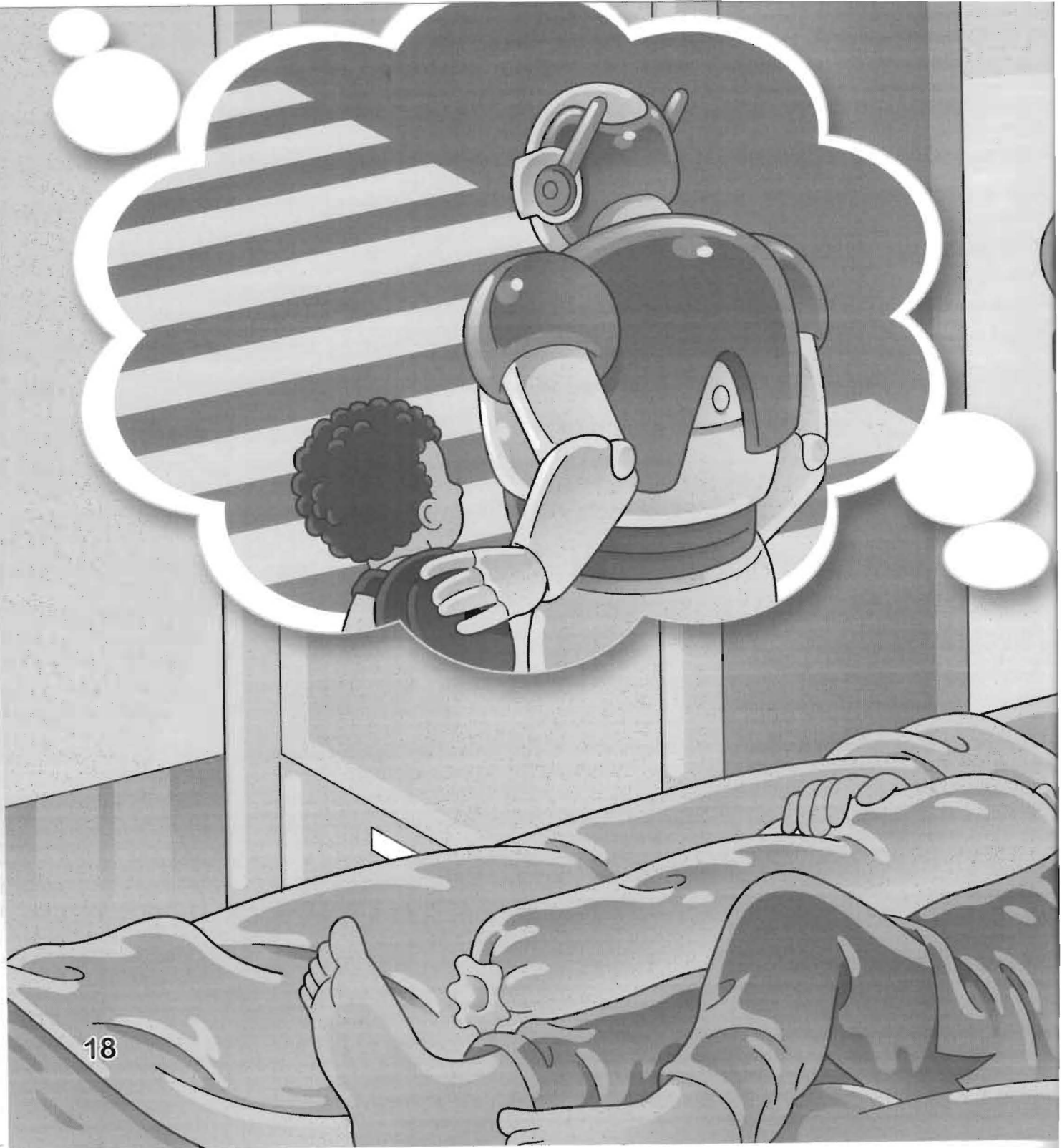
"I'm sorry, Boas. You got scared because of Sonabelle," said *Mbak Inah*.



"Next time, why don't you read books, while I make robots or origami?" said Boas to *Mbak Inah*.

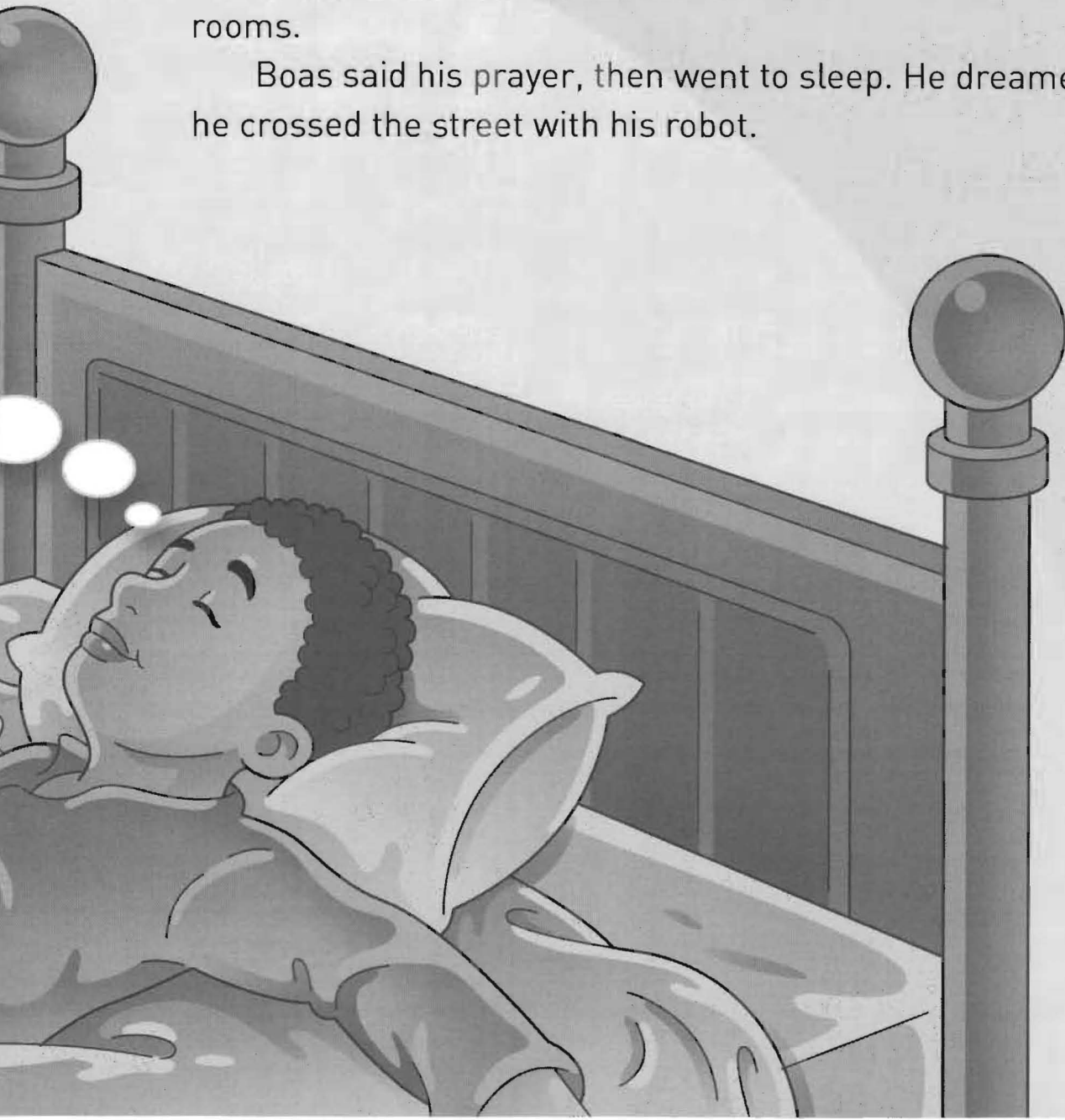
"Or, I'll fry some bananas!" said *Mbak Inah*.





Then, Boas' mommy asked them to go back to their rooms.

Boas said his prayer, then went to sleep. He dreamed, he crossed the street with his robot.





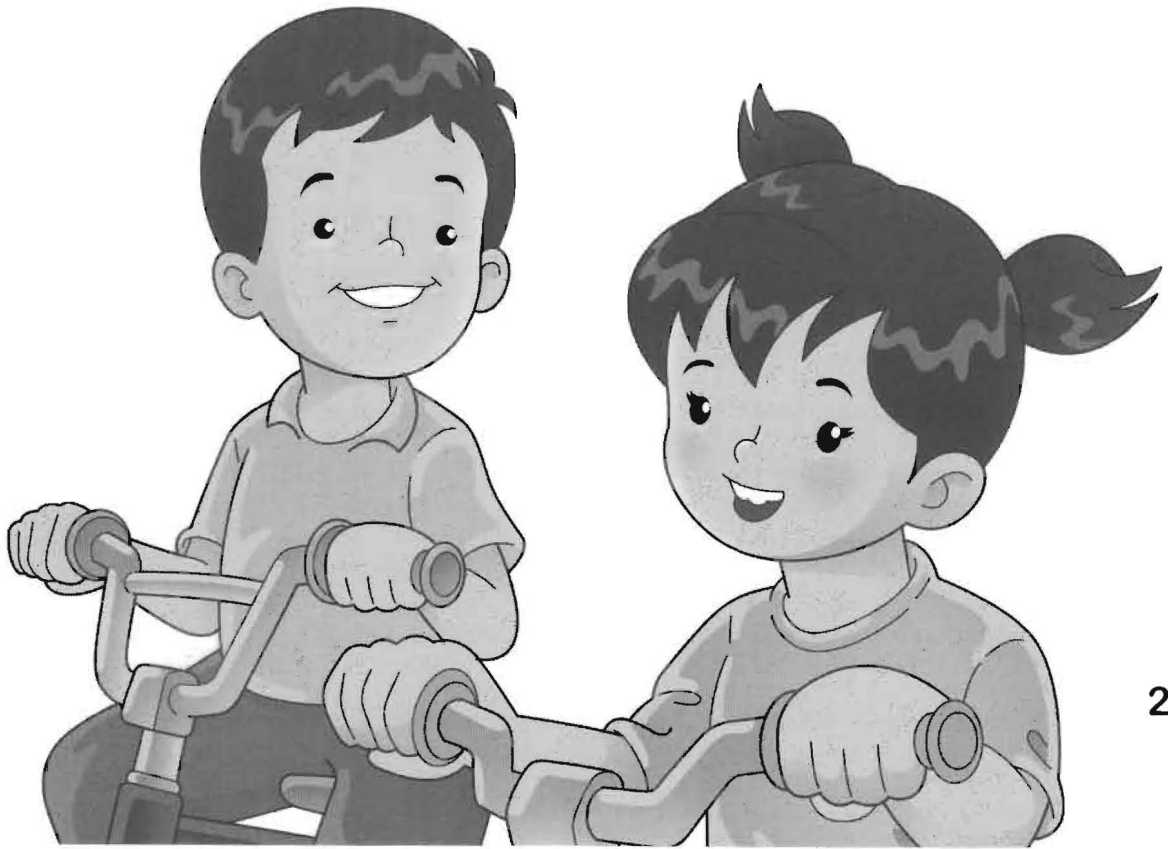
Select What You are Going to Watch!

Do you like watching videos, television programs or games? These are the things you need to remember before watching.

- Choose movies that are suitable for your age. Ask your parents to help you.
- Choose movies that can make you become a happy, loving, and smart child.

- Do not watch movies more than 2 hours per day. Watching movies for hours can harm your eyes. When you watch movies, your body doesn't move much. As a result, you can become overweight.

Do meaningful things in your leisure time. You can observe what is around you by riding a bike. Magnify your talents by singing, drawing, handcrafting, and dancing. You may also do some sports, write stories, or read books.

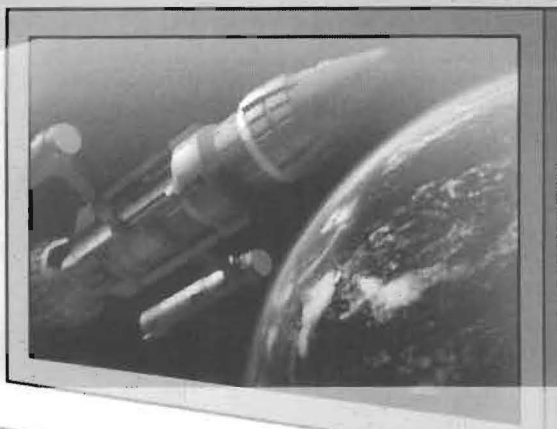


Notes to Parents

Watching bad movies and television programs is one of the causes of the increasing number of violence in the society, including among the children.

Many movies and TV programs have violence and pornography content that harm children's mind and emotions. Further, they can be a trigger of bad words use and other negative behaviors.






These are things that you need to do as parents to keep your children from dangerous movies and programs.

- Select your child's movies wisely. Pick educational movies which are full of good values such as peace and love.
- Accompany your children as they watch the movies or the programs. Discuss the things that they don't understand.
- Limit the time. Make sure that their screen time lasts 2 hours max.
- Encourage your children to make a to-do list of their leisure time.

Reference

Wirawan, Henny. 2013. *Anakku, Buah Hatiku*. Jakarta: PT BPK Gunung Mulia.



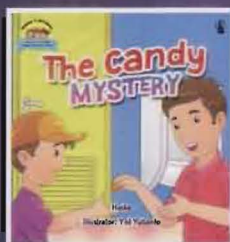
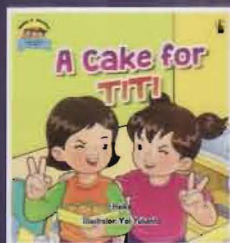
Select what you're going to watch wisely.
Always ask your parents,
"Is it good for me?"

The Scary SONABELLE

In the middle of the night Boas was so scared. He saw a shadow of a woman who wore her hair in two braids. The woman chased him!

What happened next? Did Boas get caught? Who was that woman?

Now *I Know* series teaches life skills to children so that they can be smarter and skillful in choosing their actions for the sake of their safety: dealing with bullying, choosing which movies to watch, loving and protecting their bodies, playing safely in the pool, and not accepting things from strangers.



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Jl. Cempaka 9, Durenan, Caturtunggal,
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