



When I feel worried or scared

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Sometimes I feel
worried or scared.



When I feel worried about something, I might think about it a lot. It might be harder to play or sleep because my worry might feel very big.



When things are different to what I am used to, it might make me feel worried.



When I feel worried or scared, I can tell a grown up and they will help me.



Sometimes people talk about the same thing that is worrying me on the TV and radio all the time. The grown ups around me might talk about this a lot too.



When this happens, it might make my worry feel bigger. I can tell a grown up if hearing others talk about my worry is making me feel more worried or scared.



Lots of grown ups help when there are big things that make people worry. Doctors, nurses and police officers are some helpers who look after people.



I can try some stretches, some deep breaths or playing with my favourite toys or doing my favourite things to help me feel more calm.



The grown-ups I trust will keep me safe. There are lots of helpers keeping everyone else safe too.