



# 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.