

There are lots of things I
can do to feel better. I can:



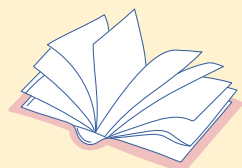
Talk to
someone I
trust



Watch a film
or TV show



Play on my
phone



Read a book



Listen to music



Draw



Have fun
with my
friends

Things may feel different
right now. But I can
remember that these
feelings can go away with a
little time.



When something
scary happens,
Information for children

After something scary happens, it is normal to have strong feelings

I may feel:



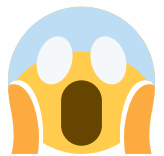
sad



worried



angry



scared



It is okay to feel this way

I may:



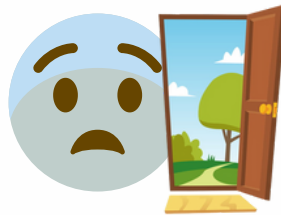
Have nightmares



Find it hard to sleep



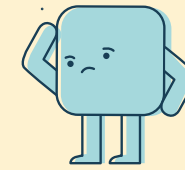
Have a sore tummy or head



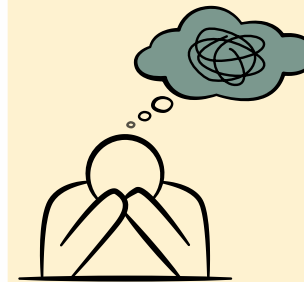
Feel scared to go out



Want to be with my family more



Find it hard to concentrate



Keep thinking about what happened, even when I don't want to



This is okay

It is normal to feel this way after something scary happens