



Taking care of your feelings


For children under 12

How are you feeling?

We all have feelings and taking care of our feelings is really important.

It's good to feel happy but sometimes you might feel upset, sad, lonely or scared. Being bullied, having problems at home or not having friends are all things that can make you feel life is really hard.

If you feel like this, it's important to talk to an adult who cares about you.



If you feel unable to talk to anyone around you, then you might want to speak to someone at Childline. Childline has been set up to help young people just like you.

To contact them, please see the back page of this leaflet.

Tips on how to look

after your feelings

You are great.

Be proud of who you are.
Don't feel bad when you get things wrong.

Don't be afraid to ask for help when you feel like things are really hard or if you feel sad.

Talk to your mum or dad, your big brother or sister, a teacher or someone in your church.

Don't feel you have to do everything all at once.

Take one step at a time.

Look after yourself.

Eat healthy food, stay active by getting some exercise and make sure you have lots of sleep.

Where to get help

Talking about your feelings is really important. If you feel upset, scared or lonely it's OK to talk to an adult who cares about you. You don't need to feel sad on your own.

And here's a good place you can go, if you feel you would like some help:

Childline is the UK's free helpline for children and young people. It provides a telephone help service for any child with a problem and there's also a website you can visit.

- 0800 1111 (freephone 24 hours)
- www.childline.org.uk (online chat and message boards)



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