

A SOCIAL NARRATIVE

BIG FEELINGS SERIES



When I Feel Worried



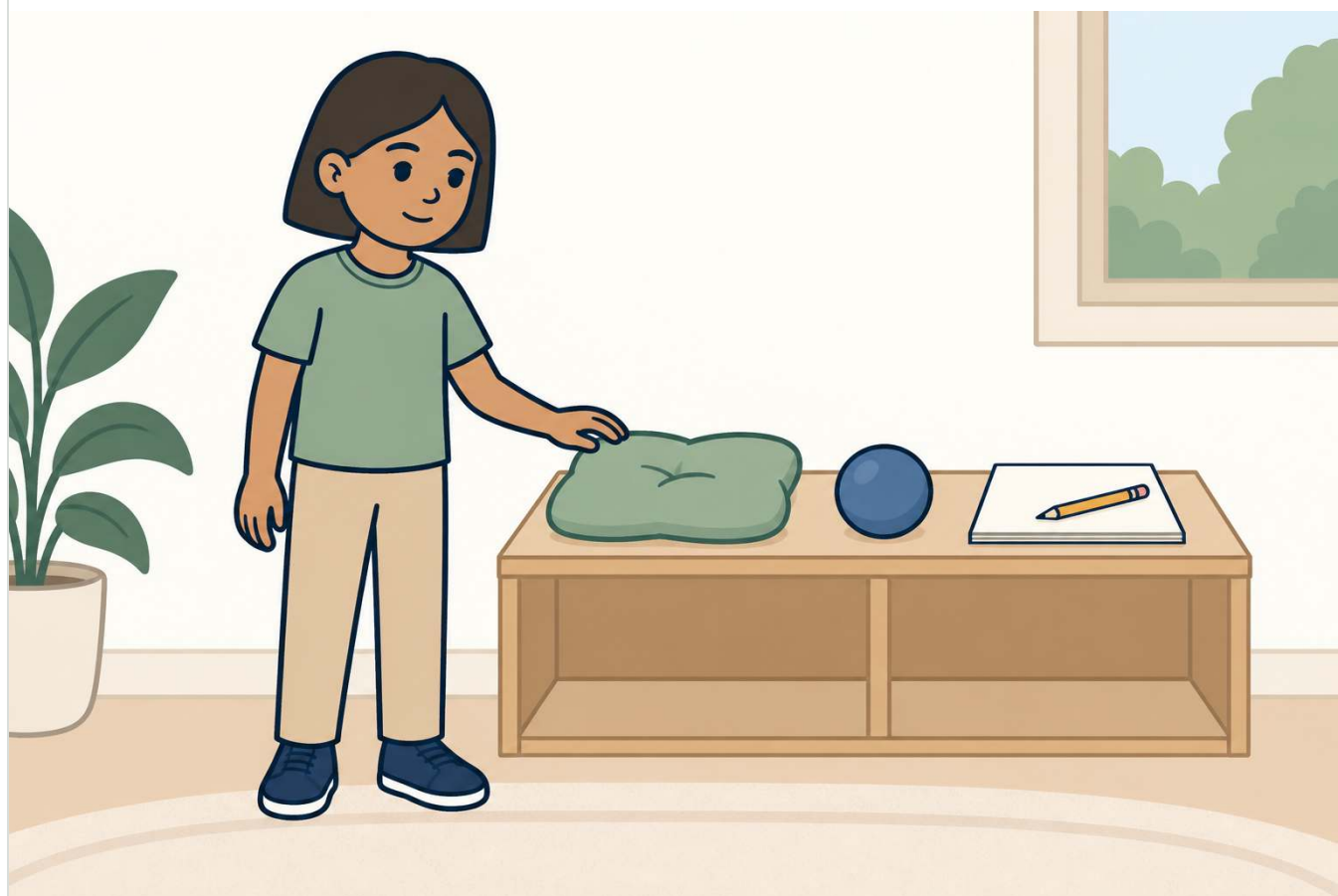
Sometimes Remy feels worried or anxious.
That's a normal feeling. Grown-ups feel this
way too.



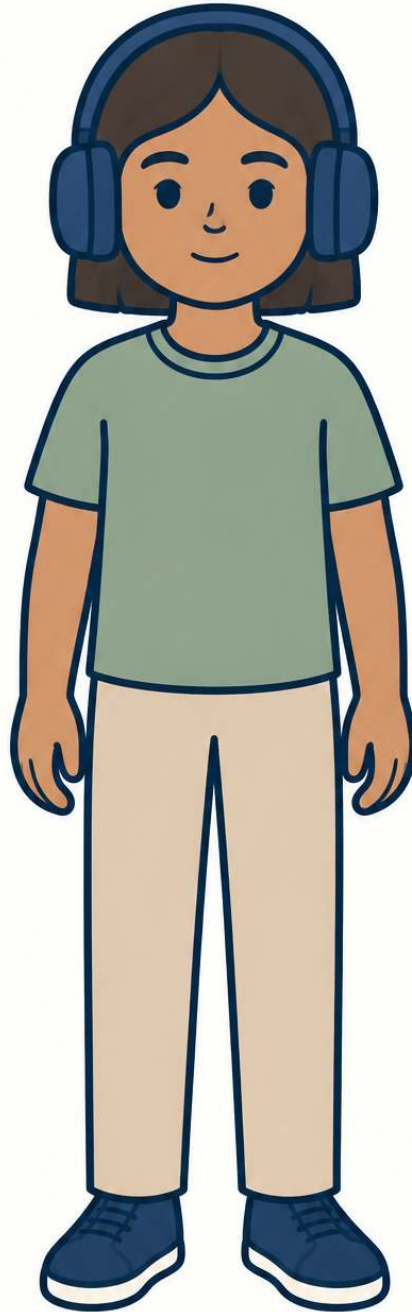
Remy's tummy might feel funny. Remy's thoughts might feel fast or stuck. That's the body showing a worried feeling.



Feeling worried doesn't mean something bad is about to happen. Worried feelings come and go.



Some kids like to squeeze something soft, like a squishy toy. Some like to take slow breaths. Some like to draw. There's no one right way.



At school, the quiet corner is somewhere Remy can go.



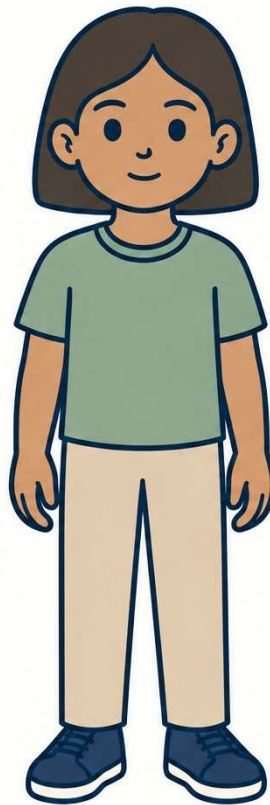
At home, a cushioned spot might help.



Ms Taylor at school, and a grown-up at home, can help with a worried feeling.



Sometimes Remy isn't ready to talk about it straight away. That's okay. Space can come first.



Worried feelings come, and then they settle.
That's how feelings work.



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