

YOUR FEELINGS

We all have different feelings and moods everyday. We can be funny, silly, lonely and happy. It's normal to feel lots of different feelings everyday.

But sometimes our feelings can be too big and don't go away. These big feelings can change how we feel especially if they are making us feel sad or stressed for a long time. They can change how you feel about your friends and how you behave.

Those big feelings might make your tummy hurt or make it hard to go to sleep.

COMING TO SEE US

Looking after our feelings is important. Talking about them can be hard as we can't see them.

Changing Futures North East is a team of people who help lots of children and their families talk about those big feelings.

We can help you to feel better about the world and learn how to look after your feelings.

We can also help your family learn how to listen and help you when those feelings get big.

