

'TALKING TO GROWN-UPS'

Close your eyes and find a comfortable place to sit or lie down. Take a deep breath in and exhale slowly. Let go of any tension in your body. Imagine yourself in a beautiful garden. The sun is shining, and the flowers are in full bloom. You feel safe and happy here.

Now, picture a friendly character in this garden. This character represents you. Imagine how this character feels on a bright, sunny day like today.

As you explore this garden, notice how your character's emotions change. Sometimes, they feel happy, like when they see a butterfly dancing in the air. Other times, they might feel sad, like when they see a flower that needs some care. It's normal to have different feelings, just like your character in this garden. Remember that it's okay to feel happy, sad, angry, or scared at times. Feelings are a natural part of being human.

Now, let's think about a time when you felt a strong emotion. It could be when you were excited about a special event, or maybe when you felt upset about something. Take a moment to bring that memory to mind.

Imagine that you're sitting on a bench in the garden, and your friendly character is right beside you. You can talk to your character about that feeling. Share what happened and how it made you feel.

Talking about your feelings is like a magic key that unlocks help and support from grown-ups. Just like your character is here to listen, grown-ups are there to listen and help you when you need it.

Now, let's practice. Imagine that a grown-up you trust is walking into the garden. It could be a parent, a carer, a teacher, or someone else who cares about you. Your friendly character is excited to talk to this grown-up about the feeling you shared.

Open your heart and say, "I felt [describe your feeling] when [explain what happened]." Feel the relief of sharing your feelings with the grown-up.

Remember, talking to grown-ups about your feelings is a superpower that helps you grow and learn. It's a sign of bravery and strength.

Take a deep breath and slowly start to return to the present moment. When you're ready, gently open your eyes. You've learned about the power of sharing your feelings with grown-ups who care about you.

