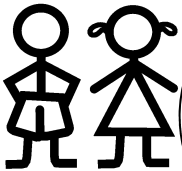


If something serious is making me feel unhappy then I have a right to be listened to.

children



If something **serious** is making me feel unhappy

I can

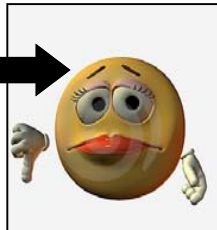
Go to any school adult and say:

These are the special words

"My feelings are hurting"

Or I can

Just give this card to any school adult



If I do that, then the adult promises:



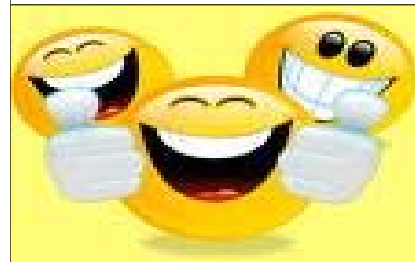
(1) *To find time that day to listen properly to me.*

I promise

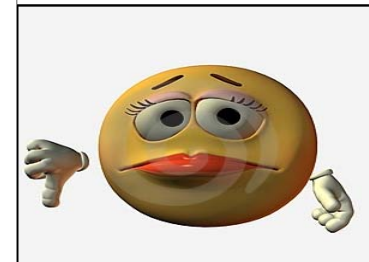
(2) *To work with me to sort it out*

(3) *And then, after a few days, ask me to show them:*

My feelings are better



My feelings are still hurting



My feelings are hurting



My feelings are hurting



My feelings are hurting



My feelings are hurting



My feelings are hurting



My feelings are hurting



Show me...

My feelings are better



My feelings are still hurting



Show me...

My feelings are better



My feelings are still hurting

