

What Can I Do When I'm Feeling Shy?

Feeling shy is when we feel a little bit scared or awkward around other people. This is most likely to happen when we are meeting new people or in large groups (maybe talking in front of your people)

Below are some ideas to help you when you are feeling shy:

- Stand close to someone you trust when you meet new people.
- Tell yourself that it is OK to be a quiet person.
- Think of a simple question to ask someone.
- Imagine that everyone is feeling the same as me.
- Talk about something that you love to do, like your favourite activity or TV programme.
- Do a big smile and say 'hello' in a cheery voice.
- Give someone a compliment such as 'I like your jumper' or 'You did really well in that'.