

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.

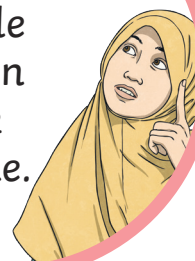
Stand close to someone I trust when I meet new people.



Tell myself that it is OK to be a quiet person.



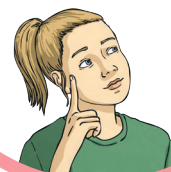
Think of a simple question to ask someone.



Do a big smile and say 'hello' in a cheery voice.



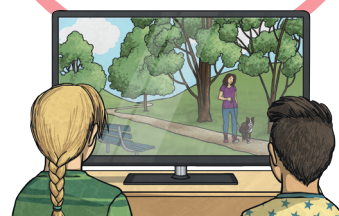
Imagine that everyone is feeling the same as me.



Give someone a compliment such as, 'I like your jumper' or 'you did that really well'.



Talk about something that I love like my favourite activity or TV programme.



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