

I FEEL SHY



★ UNSURE ★ INDEPENDENT



It's natural to feel shy

It means you like spending time by yourself. Feeling shy is also natural when you are meeting new people. The feeling of being shy usually goes away when you are playing with one or two friends. Shyness can also go away when you do something you like or are good at. For example, if you are good at riding a bike, you may not feel shy while riding. You may not feel shy while singing if you are a good singer.

Introverted kids have many qualities that make them good friends. Introverted kids tend to listen when others are talking. They pick up a lot just by watching others. They take time to think about questions before answering. Listening and thinking before talking are very good qualities and can help you feel more sure of yourself.

Being shy means you might feel **unsure** around other people. Shyness can happen when you meet someone new. It can happen if you are the new kid. If an aunt or uncle who you haven't seen in a long time wants to hug you, you might feel **unsure**. Or you might feel shy or unsure around people making loud noises.

Shy kids often like to play with one or two friends rather than in a big group. Or they may like to play by themselves, which means they are **independent**. Sometimes **independent** or shy kids choose to sit on the sidelines of a game. But they are still having fun! If they want to play, they may feel **unsure** about how to join in. Once they get started, they have a good time.

FEELINGS FACT!

If your shyness stops you from doing what you want, it can help you talk about your feelings with someone you care about.

Do you know someone who is shy?

Be kind.

Name-calling or teasing will make him/her/them feel even more unsure.

Try to help! The more you talk to and play with them, the less shy he/she/they will feel around you. Tell them about a time when you felt shy.

Everyone feels shy sometimes.

GET CREATIVE

Safe Place Drawing. Draw a picture of yourself in a place where you feel safe and cozy. It could be in your bed. It could be with a parent or friend. It could be in your classroom. It's all about what feels safe to you! You can choose something real or make-believe.

Make-believe ideas: Draw yourself as an owl in a tall tree, a turtle on a sunny beach, or a monarch in a faraway castle. If you can't think of a safe place, do you have special clothes, stuffed animals, or other special items that comfort you? Draw it.



Where is your Safe Place? _____

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