



When I Feel Worried or Scared

當我感到擔心或害怕時。

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Children's Services
Since 1895



Sometimes I feel
worried or scared.

有時我感到擔心或害怕。



When I feel worried about something, I might think about it a lot. It might be harder to play or sleep because my worry might feel very big.

當我擔心某事的時候,我可能會考慮的很多,它會讓我在玩或睡覺的時候更困難,因為我的擔心可能會感覺更大。



When things are different to what I am used to, it might make me feel worried.

事情與我習慣的有所不同時，它可能會讓我感到擔憂。



When I feel worried or scared, I can tell a grown-up and they will help me.

当我感到担心或害怕时，我可以告诉一个成年人，他们会帮助我。



Sometimes people talk about the same thing that is worrying me on the TV and radio all the time. The grown-ups around me might talk about this a lot too.

有时人们总是在电视和收音机里谈论让我担心的同样的事情。我周围的成年人也可能经常谈论很多。



When this happens, it might make my worry feel bigger. I can tell a grown-up if hearing others talk about my worry is making me feel more worried or scared.

当这种情况发生时，可能会让我的担心变得更大。我可以告诉一个成年人如果听到别人谈论我的担心，这会让我感到更担心或害怕。



Lots of grown-ups help when there are big things that make people worry. Doctors, nurses and police officers are some helpers who look after people.

当有大事让人们担心时，很多成年人会帮忙。医生、护士和警察是提供照顾的帮手



I can try some stretches, some deep breaths or playing with my favourite toys or doing my favourite things to help me feel more calm.

我可以尝试一些伸展运动，一些深呼吸或玩我最喜欢的玩具或者做我最喜欢的事情，来帮助我感觉更平静



The grown-ups I trust will keep me safe. There are lots of helpers keeping everyone else safe too.

我相信成年人会保护我的安全。有很多帮助者也会确保其他人的安全。