



When I Feel Worried or Scared
Wakati nikijisikia nina wasi wasi au kuogopa

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Children's Services
Since 1895



Sometimes I feel
worried or scared.

Wakati mwengine
naskia woga na
kuogopa.



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.

Nikijiskia nina wasi wasi muda mwengine, nakua nafikiria sana, na nina shindwa kucheza au kulala sababu wasi wasi yangu inakua kubwa.



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

Wakati vitu vikiwa tafauti na nilivo zoweya, hunifanya nijisikie kua na wasi wasi.



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

Niki jiskia kua na wasi wasi au woga, naweza kumwambia mtu mkubwa na ana weza kunisaidia.



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.

Wakati watu wana ongelea vile vile vitu ambavyo vina nipa wasi wasi kwenye TV na Redio kila mara. Na watu wa kumbwa walio nizinguruka huongelea vitu hivyo hivyo pia.



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.

Wakati vikitokea najisikia kua na wasi wasi kubwa sana. Naweza kumwambia mtu mkubwa kama akisikia watu wana ongelea ninavo kua muoga na kijikuta wasi wasi na woga vina zidi.



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.

Watu wengi wakubwa wana saidia pale panapokua vitu vikubwa vinavyo wapa watu wasiwasi.

Dactari, wa nganga na ma polisi ni wasaidizi wanao saidia watu wote.



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.

Naweza kujaribu kufanya mazoezi ya viongo, ya pumzi pia na kucheza na vitu ni vipendavyo hunifanya nitulie.



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

Watu wakubwa ninao amini wata nilinda. Kuna wasaidizi wengi wanao walinda watu wote.