



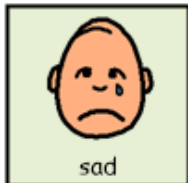
Sometimes adults let us down.



There can be lots of reasons that we can feel let down by adults.



We might have different emotions because of this.



sad



angry



guilty



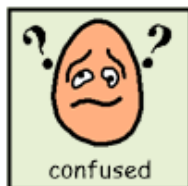
ashamed



humiliated



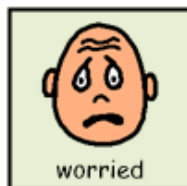
frustrated



confused



disappointed



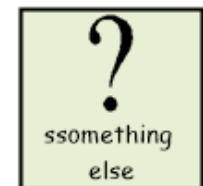
worried



hurt



lonely



something else



Although these emotions might not feel good, it is important we feel them as they help us.



Sometimes we can talk to the person who has let us down. This can help us understand why we feel let down.



Sometimes we cannot speak to them. This can mean we need to make up our own reasons and these reasons may not be right.



We need to try to remember that adults are people too and sometimes adults make mistakes.



What can we do to feel better?



tell someone what has happened.



Write a letter to show how you feel.



take part in hobbies



positive self talk



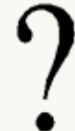
Remember this isn't your fault.



Think about how you feel.



Draw what has happened



something else

Communication Friendly @SchoolsNlc

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