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Contents

Feeling shy	4
How it feels	5
Poppy feels shy.....	6
Mateo feels shy	12
Feeling better	18
Poppy's story	20
Mateo's story	21
Story words	22
Next steps	24



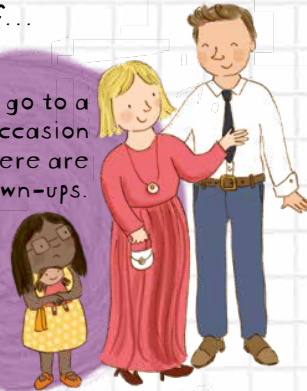
Feeling shy

Most people feel shy sometimes.
You might get the feeling if...

...you go
somewhere
without your
family...



...you go to a
big occasion
where there are
lots of grown-ups.



...you go to your
friend's birthday
party but it's very
noisy and busy.



SHY

...you go to a
playground where
there are children
you don't know.



...you go to
your friend's
house and meet
new people there.



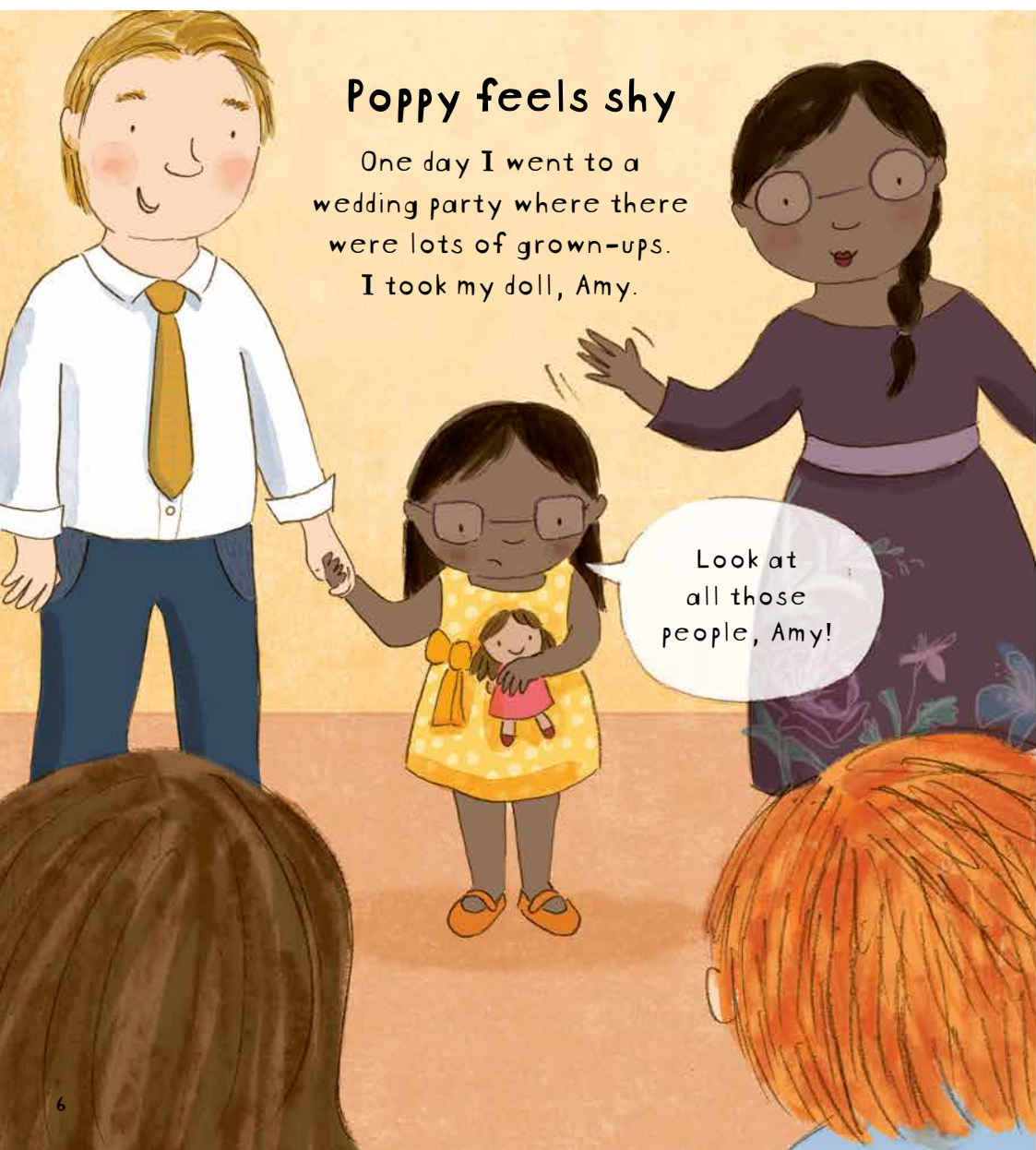
How it feels

You want to curl up
like a snail in a shell
shrinking small
so no one can see you.

Your words are whispers.
You're a little bit scared.
You are feeling...

shy.





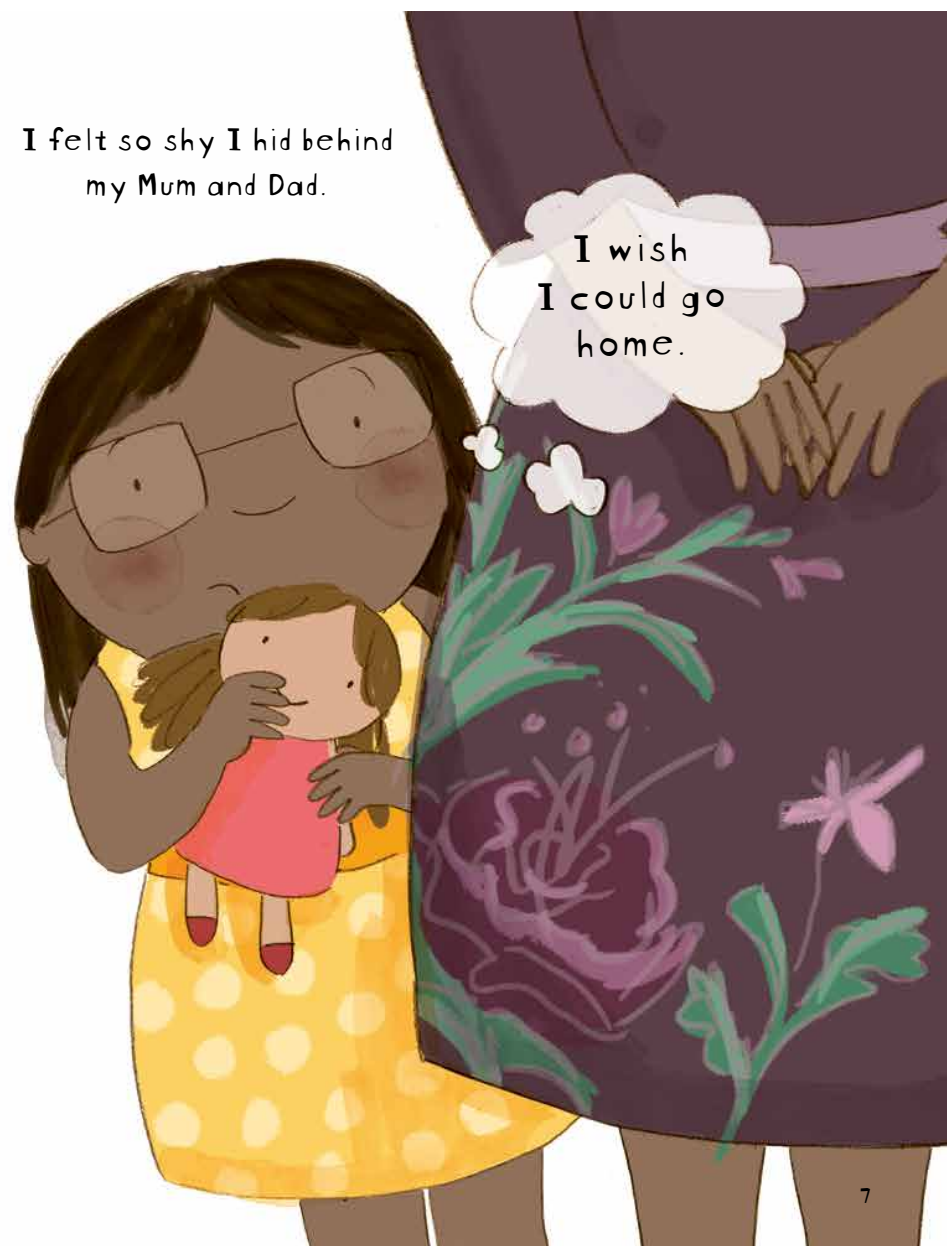
Poppy feels shy

One day I went to a wedding party where there were lots of grown-ups. I took my doll, Amy.

Look at all those people, Amy!

I felt so shy I hid behind my Mum and Dad.

I wish I could go home.

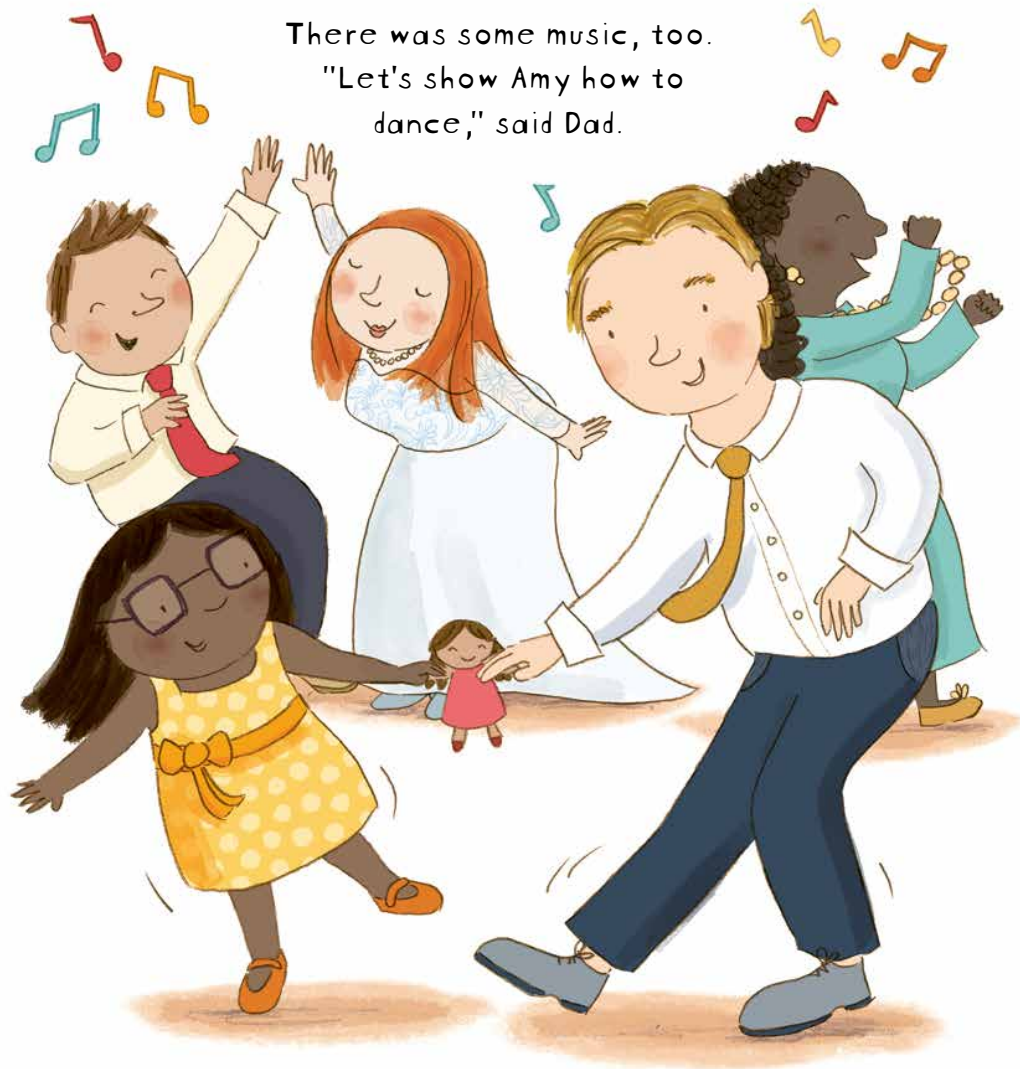


Later, a lady asked me my name.
I whispered it because I felt so shy.



Then it was time
for some food.
"Let's show Amy the
wedding cake," said Mum.





There was some music, too.
"Let's show Amy how to
dance," said Dad.

I think Amy liked dancing.



It was easier to do things with
Amy, instead of on my own.
It helped me feel less shy.

I had a good
time at the
wedding!