Quarto is the authority on a wide range of topics.

Quarto educates, entertains and enriches the lives of our readers—enthusiasts and lovers of hands-on living.

www.quartoknows.com

Author: Moira Harvey
Illustrator: Holly Sterling
Designer: Mike Henson
Editor: Carly Madden
Consultant: Cecilia Essau

© 2020 Quarto Publishing plc
This edition first published in 2020
by QED Publishing,
an imprint of The Quarto Group.
The Old Brewery, 6 Blundell Street,
London N7 9BH, United Kingdom.
T (0)20 7700 6700 F (0)20 7700 8066
www.Quarto-Knows.com

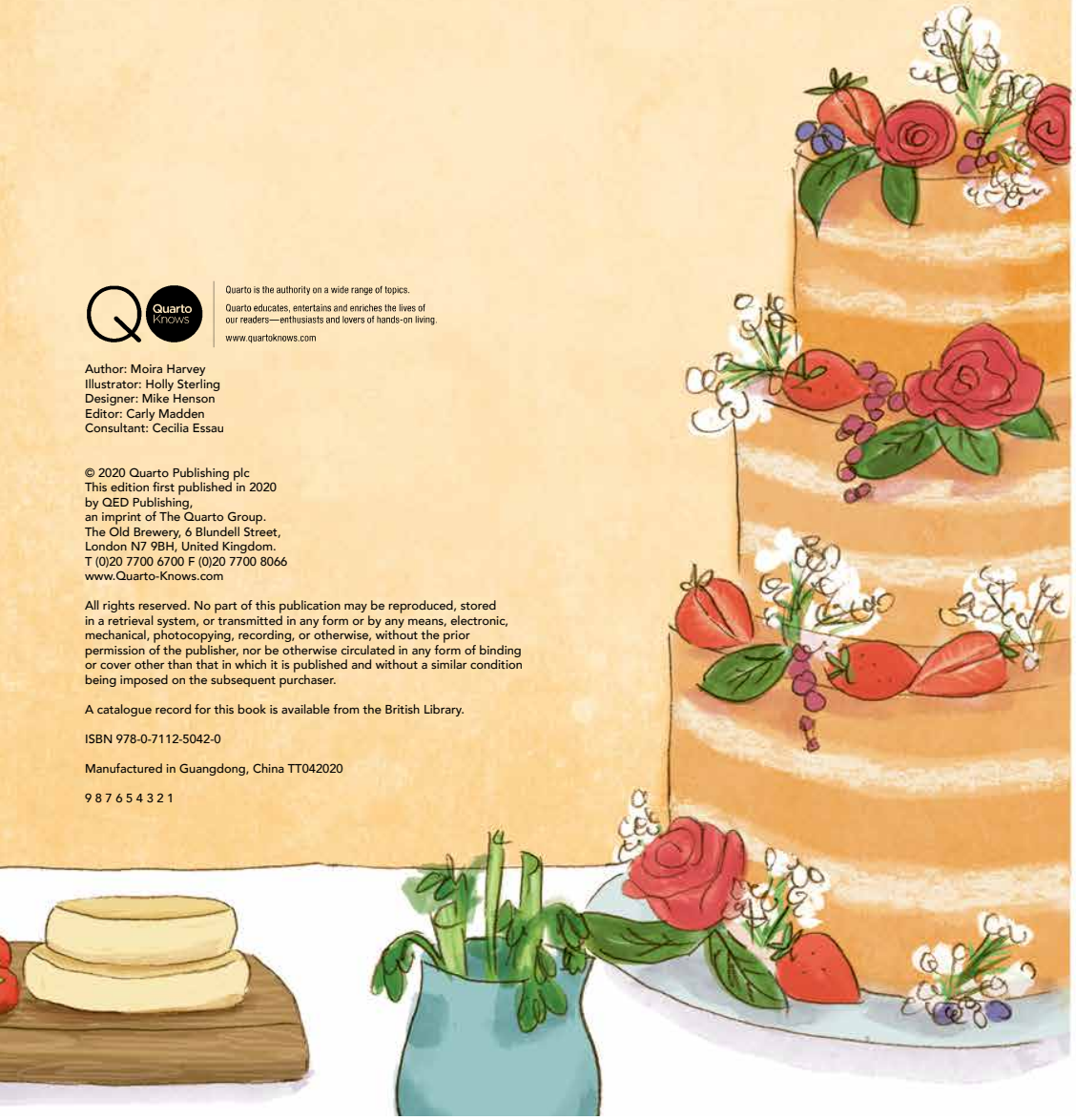
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior permission of the publisher, nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition being imposed on the subsequent purchaser.

A catalogue record for this book is available from the British Library.

ISBN 978-0-7112-5042-0

Manufactured in Guangdong, China TT042020

9 8 7 6 5 4 3 2 1



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.

SHY

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

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

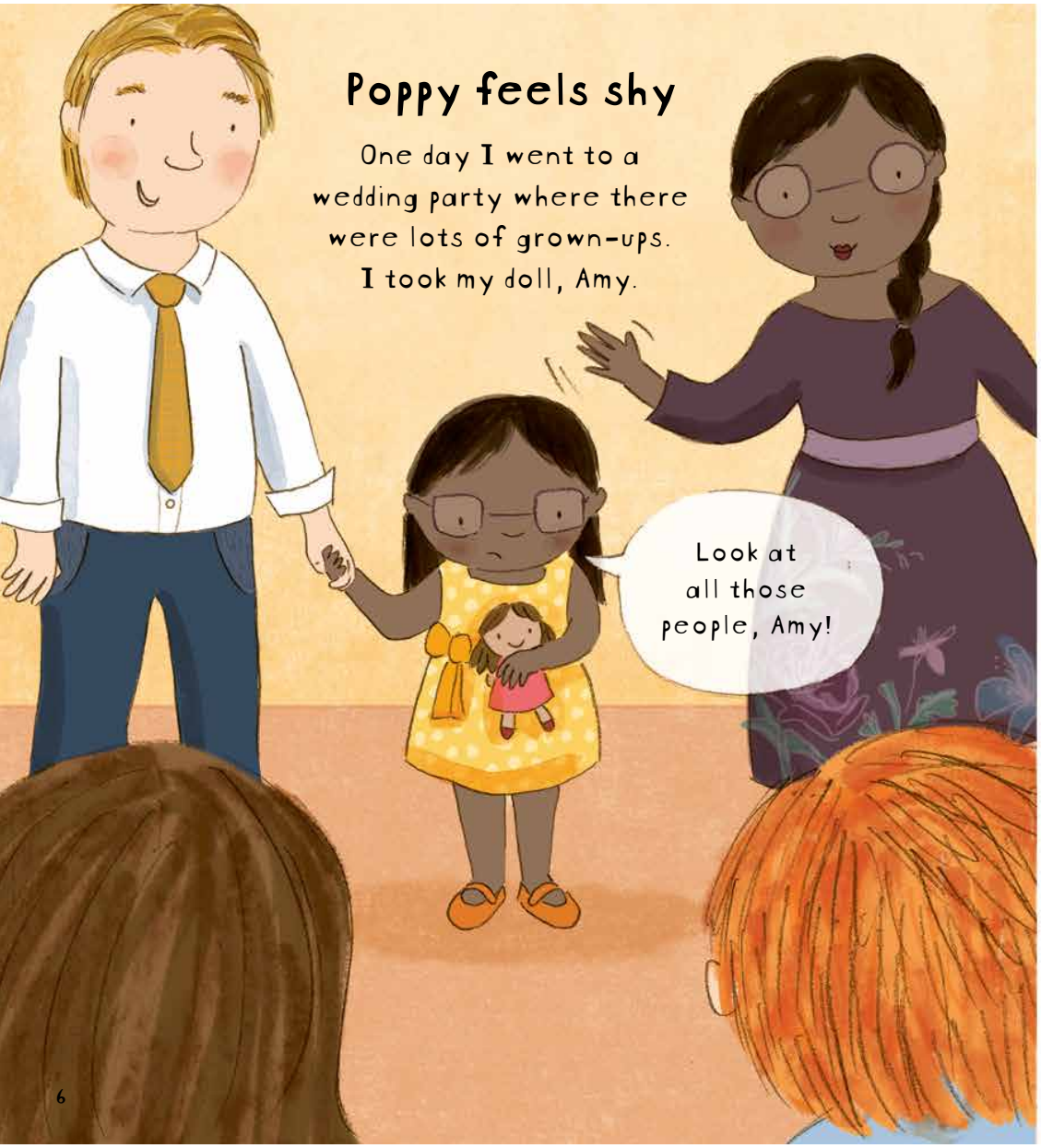
...you go to your friend's house and meet new people there.

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.

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



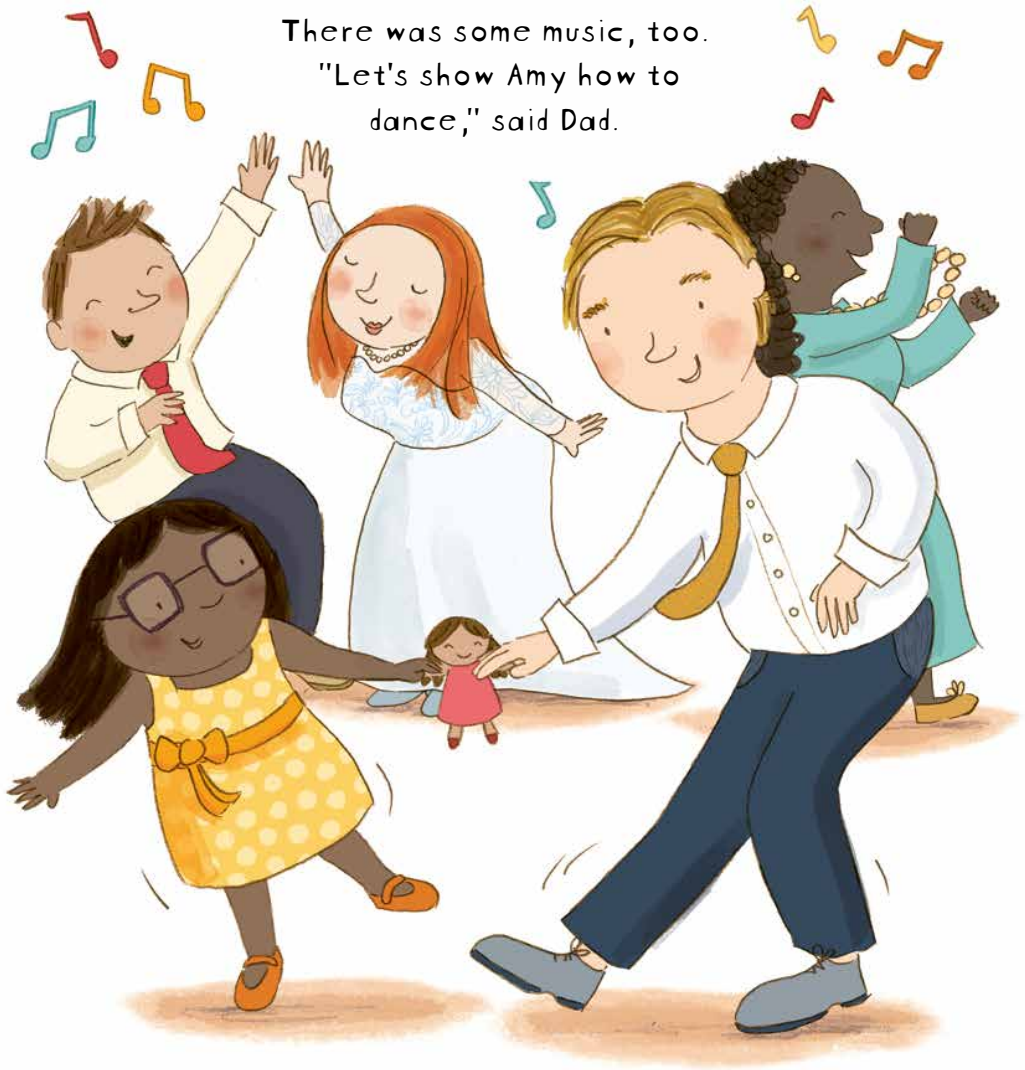
Later, a lady asked me my name.
I whispered it because I felt so shy.



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!