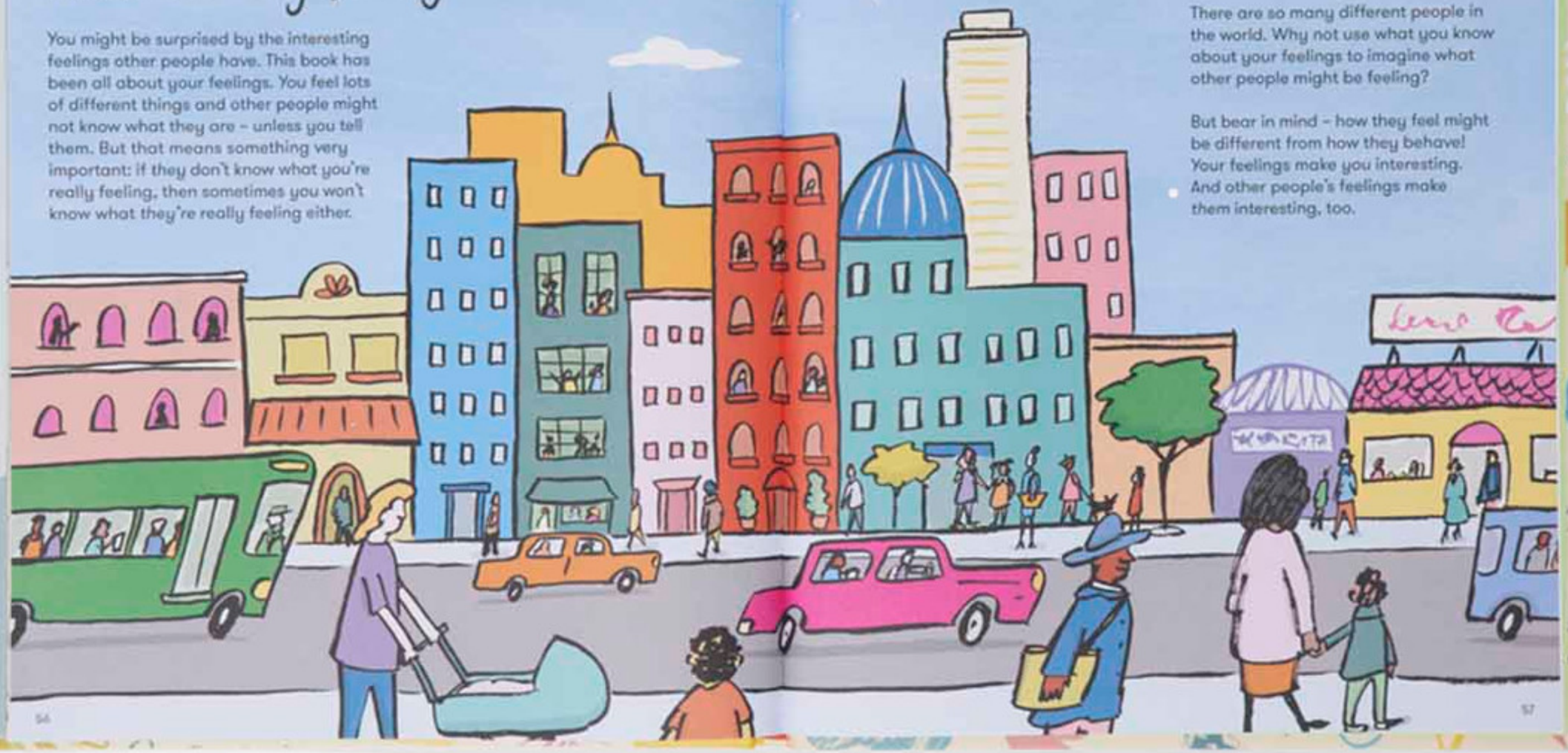
And one last thing ...

What are they feeling?

You might be surprised by the interesting feelings other people have. This book has been all about your feelings. You feel lots of different things and other people might not know what they are – unless you tell them. But that means something very important: if they don't know what you're really feeling, then sometimes you won't know what they're really feeling either.

There are so many different people in the world. Why not use what you know about your feelings to imagine what other people might be feeling?

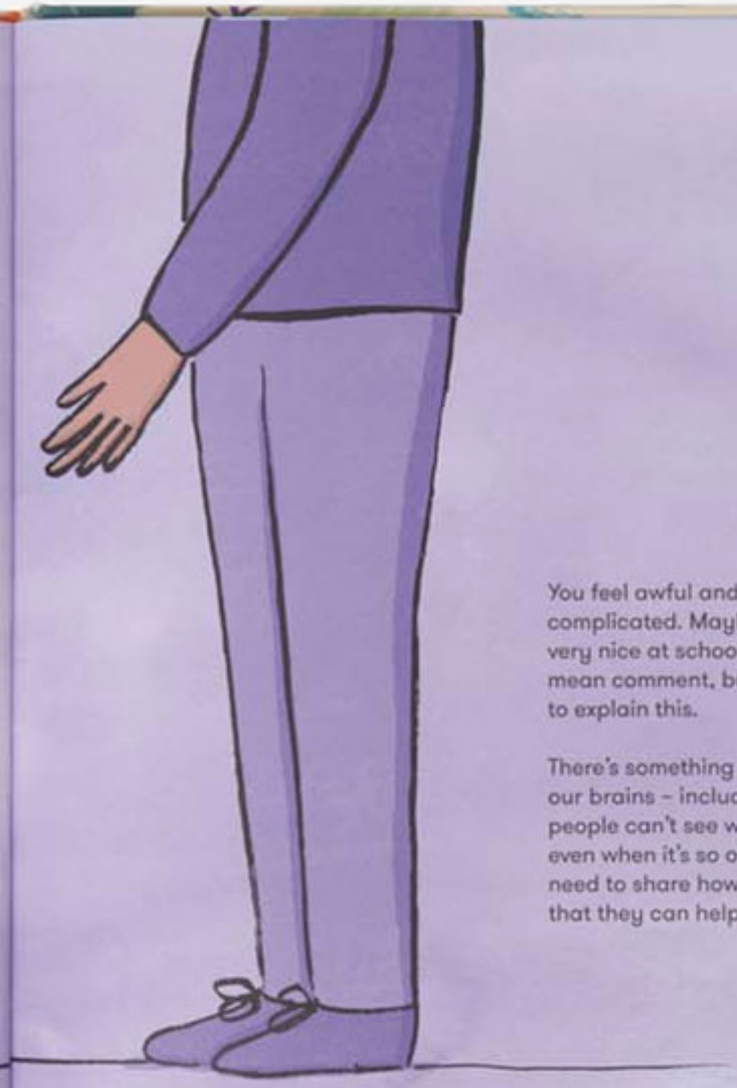
But bear in mind – how they feel might be different from how they behave! Your feelings make you interesting. And other people's feelings make them interesting, too.



Upset

Sometimes everything just feels like too much and you feel like you can't cope. When something's really upsetting you, it can be tricky to tell other people what's wrong. You want them to understand, but maybe you don't want to have to tell them about it or ask them to help you.





You feel awful and everything seems complicated. Maybe someone wasn't very nice at school and they made a mean comment, but you don't want to explain this.

There's something special about all our brains – including yours. Other people can't see what we're thinking, even when it's so obvious to us, so we need to share how we're feeling so that they can help us.