

# Common feeling 1 I WANT TO CRY



It's good to cry. Crying is the most natural thing to do when you feel really sad. Some people think it is girly or pathetic. It isn't. I cried heaps and heaps when my dad died. I cried at the funeral, I cried at school and I cried at bed time. I even cried in the shower – that's a good place to cry because you don't need a tissue!



## Tom's top tip –

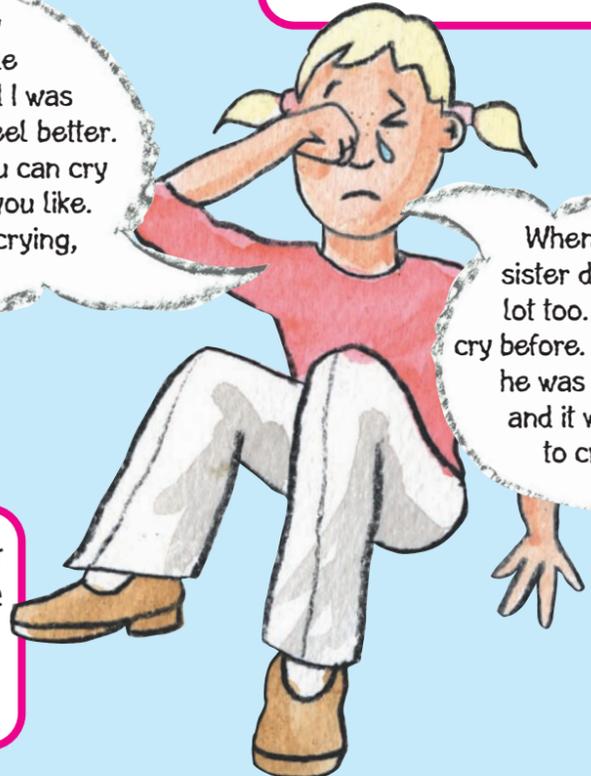
Cry on someone's shoulder when you have a hug! Sometimes getting some fresh air, doing some exercise or playing your favourite music can help as well.

Sometimes I would try not to cry. I would bottle up my feelings and pretend I was alright. But it never made me feel better. It was much better to blub! You can cry any time you like, wherever you like. Sometimes I didn't feel like crying, and that was OK too.



## Amy's top tip –

After you stop crying have a big glass of your favourite drink to replace the liquid you have lost and maybe a biscuit or chocolate to give you some energy. It will make you feel a bit better.



When my mum and my sister died, my dad cried a lot too. I'd never seen him cry before. But then I understood he was as upset as me and it was OK for him to cry too.

What do you like to do after you have been crying?

# Common feeling 2 I'M REALLY ANGRY



Sometimes I would feel really grumpy. I was really mad that my mum and sister had died. I was really cross that they weren't there any more. They couldn't play with me. They couldn't talk to me. Why hadn't somebody else died, instead of them?



One day when I felt really angry I beat up my favourite toy. Luckily it could be mended afterwards! After that, I used to hit a cushion instead. I called it cushion rage! The cushion got a bit squishy but it didn't matter and it made me feel better.



When I felt angry I would jump up and down and shout and scream. But that was OK. Everyone knew it was because I was very sad and I was letting out my feelings. I felt tired afterwards, but a bit better.



## Amy's top tip –

Cushion rage is more sensible than hitting another person or hitting something hard or even hitting yourself. If you ever think you want to do those things, take it out on a cushion or a pillow instead, and tell someone you trust how angry you feel. Exercise can help you feel better too.



What do you want to do when you feel angry?