




Going to see Nicky....

1. Sometimes we have different feelings and this is ok..

I'm feeling...

 Calm	 Happy	 Silly	 Relaxed
 Nervous	 Annoyed	 Sad	 Shy
 Surprised	 Hungry	 Angry	 Confused
 Sleepy	 Sick	 Hurt	 Hot

2. Sometimes our feelings can be difficult to manage and it can help to talk to someone about our feelings

Feelings Chart			
Describe		How I feel	What I can do
	5	 I need some help!	
	4	 I'm really upset.	
	3	 I've got a problem.	
	2	 Things are pretty good.	
	1	 Feeling great!	

3. This is Nicky Stewart – she works with children and young people. You can call Nicky by her first name as she is not a teacher, she is a counsellor, they are trained to help people understand different feelings and how to manage them.



4. Nicky would like to invite you and your parent/carer to come her office. This room has comfortable chairs to sit on when we meet:



5. When you arrive outside of Nicky's office you will see this first. This building is called Basepoint:



6. If you travel by car there is a car park right outside Basepoint where your parents/carers can park:



7. You will enter Basepoint here and this is what you will see, this is called the lobby:



8. Nicky will meet you at the lobby and then you can choose to either use the stairs or the lift to go up to the 2nd floor where Nicky's office is:



9. Nicky is looking forward to meeting you. When you meet with Nicky you can talk to her about anything you like.



10. Sometimes when we meet someone new we can feel a bit nervous and that is ok.



11. It is your choice whether you wish to work with Nicky after she has shown you the room, play equipment and programme.

