



Created by Danielle Banks
and the children at Dunard After School Care
for Confab



Read the comic on the back and if there is something that you want to talk about but don't know how, give this to an adult that you trust.

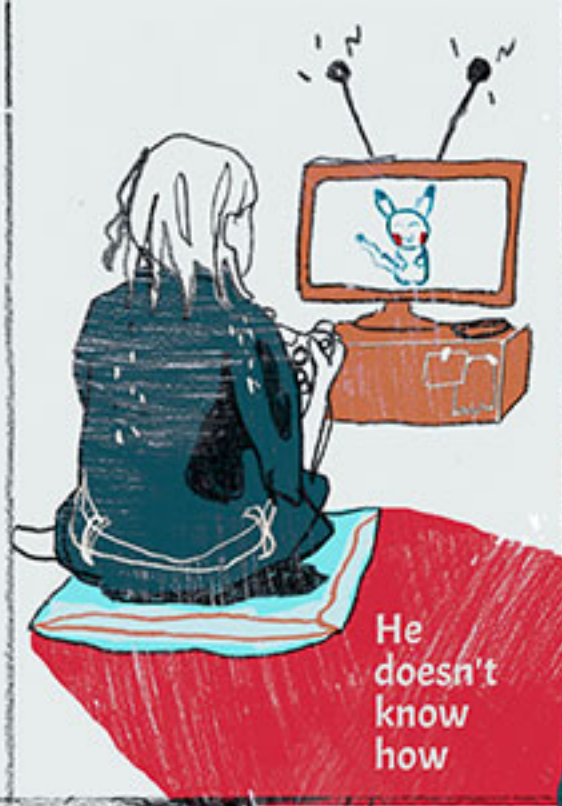


open me
↘

Help Me
Talk About
My Feelings



Smithy doesn't want to talk about his feelings



He doesn't know how



He felt different and ugly

He felt anxious all the time



He was bullied

He had done something bad



He wanted to be alone

but he wanted to talk



But he's too shy

Ninja cats don't usually talk



And he doesn't want to hurt other people's feelings

like his friend Steve the marshmallow



It's a bad and complicated situation



Help me talk about my feelings

