



Kindly supported by



CHY5102

How do you show  
***kindness*** to others?

How do others show  
***kindness*** to you?



**Childline**  
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Do you ever feel overwhelmed  
with feelings like ***sadness,***  
***anger, fear*** or ***loneliness?***

If so, what can I/we do to help  
you feel less overwhelmed by it?

What is your favourite  
thing about *yourself*?



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If you had a ***big worry***,  
what can we, as adults,  
do to help it feel like a  
***small worry***?

How do you think childhood is ***different*** now, compared to what you think it was like for your parents?

When you hear of '***self-esteem***',  
what does that mean to you  
and what do you think good  
***self-esteem*** looks like?



If you could choose a  
perfect **'yes day'**,  
what would that look like?



What do you wish adults  
***knew*** and ***understood***  
about children?



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Have you ever seen  
something online that  
has made you feel  
***uncomfortable*** or ***confused***?

If so, what was it?

What does it mean for you  
to ***feel safe*** /

What does ***safety*** mean  
to you?

What could we do to make  
you feel ***safer***?