




Breakfast is better together!

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John W Cambridge



Our Childline Breakfast 2025 wellbeing prompt cards are an engaging resource that helps teachers, parents & carers to guide children in exploring their emotions.

Each card features a friendly character representing different feelings (like Curious Conor or Anxious Andrew), paired with reassuring text normalising that emotion and an open-ended question inviting personal reflection.

The set covers ten diverse emotional states including curiosity, anger, anxiety, depression, embarrassment, fear, happiness, loneliness, positivity, and sadness. Through their approachable design and non-judgmental language, these cards create a safe conversational space where children learn that all emotions are natural and worthy of discussion, ultimately fostering emotional literacy and healthy expression.





Curious Conor

This is Conor! He loves asking questions and finding out new things. It's natural to feel curious, and it's OK to ask lots of questions to learn more!

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**Can you tell me about a time you
felt curious?**



Angry Aiden

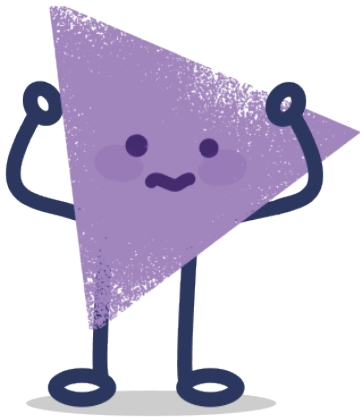
This is Aiden!
Sometimes he feels
angry when things
don't go his way. It's
okay to feel angry, and
talking about it can
really help!

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**Can you remember a moment
when you felt angry?**

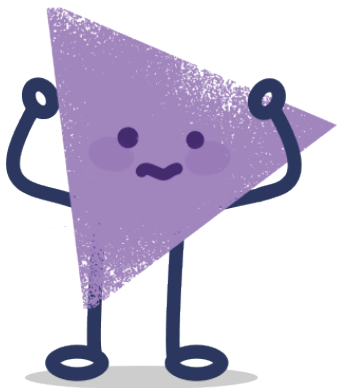


Anxious Andrew

This is Andrew! He sometimes worries or feels anxious about things. It's completely normal to feel anxious, and it always helps to share your feelings with someone.

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**Can you share a time when you
felt anxious?**



Depressed Daisy

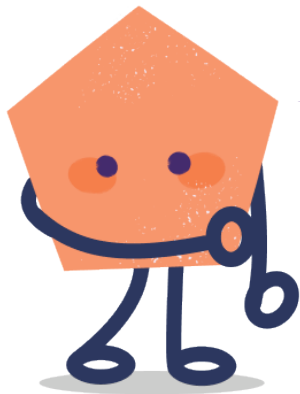
This is Daisy!
Sometimes she
feels deflated and
down, even if she
doesn't know why.
Everyone feels this way
sometimes, and talking
about it can really help.

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**Can you talk about a time when
you felt depressed?**



Embarrassed Eddie

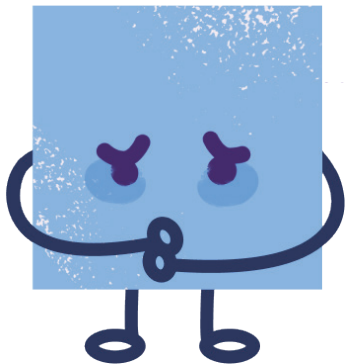
This is Eddie! He sometimes feels embarrassed and wants to shy away. We all get embarrassed now and then, it's only natural!

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**Can you share a time you felt
embarrassed?**

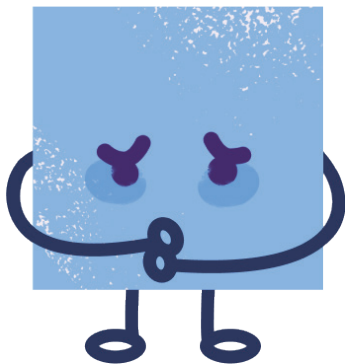


Fearful Finn

This is Finn! He sometimes feels afraid or scared about things. Feeling scared is completely normal, and it helps to share these feelings.

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**Can you remember a time you
felt scared?**



Happy Hazel

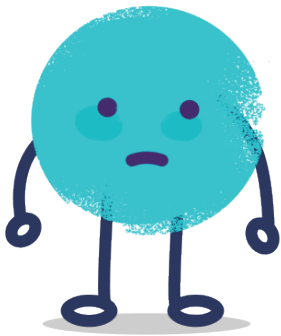
This is Hazel! She feels happy and loves to smile, laugh, and celebrate. It's great to feel happy, and it's fun to share when you are feeling good!

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**What makes you feel really
happy?**

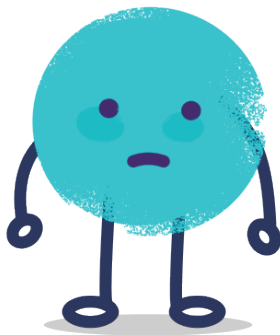


Lonely Leo

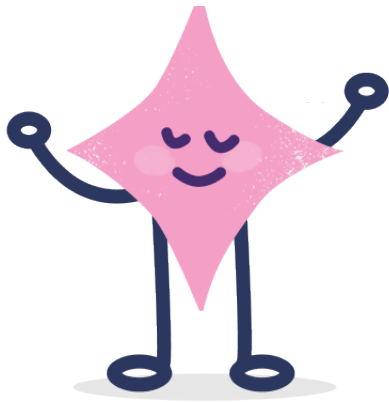
This is Leo! He sometimes feels lonely or left out. Everyone can feel lonely sometimes, and it's always best to try to reach out to someone and tell them.

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**Can you talk about a time when
you felt lonely?**

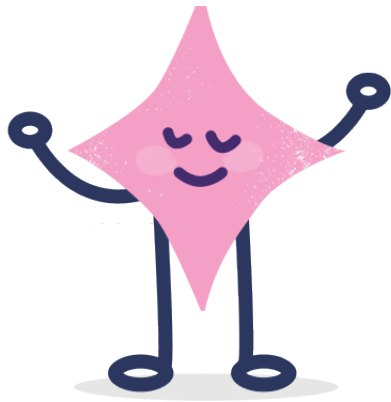


Positive Peggy

This is Peggy! She loves feeling positive, looking on the bright side, and helping others feel good too. Feeling positive is fantastic, so feel free to show it!

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Can you share a time when you helped someone else feel good?



Sad Simon

This is Simon! He feels sad sometimes, and that's perfectly okay. Everyone feels sad now and then, and talking about it can really help.

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**Do you want to share a time
when you felt sad?**