It's okay to feel shy!

If you often feel shy, it might take time for you to feel comfortable in new situations and with new people.

Maybe you like to watch for a while before you feel ready to join in.

And sometimes you might just like being on your own and playing alone.

That's okay!

But there could be times when you do want to join in but you don't know how to get past your shyness. You're not sure what to say or do. And this might mean you feel left out.

Come and sit with us!

Don't hide because you're shy! There are things you can do. You can learn to be more confident and comfortable around other people.

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