

Emotional Support



Sit With Someone

Sit close to someone you trust. You can be quiet if you want.



Hold Your Favourite Thing

Hold a favourite stuffed animal, blanket, or something else you like.



Say Something Kind to Yourself

Say something nice, like, "I'm ok right now," or "I can take my time."



Ask for Help

Tell someone what you need. You can ask for water, a quiet spot, or help with something.