What makes us feel worried, and what can help?

Here are some of the things that people with a learning disability said makes them feel sad and worried, and what can help.

The white circles are the things that can make us feel worried and the purple circles are the things that can help.

When

I feel like

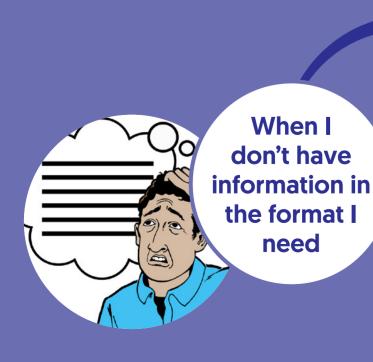
my feelings

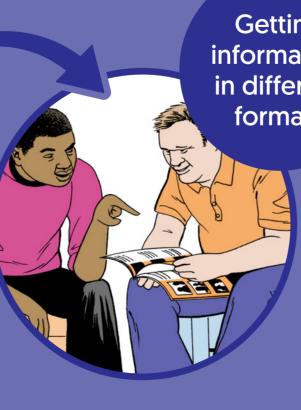
don't count

When I feel

scared









Making