

ROCKY FEELINGS

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The ground beneath us is made of rock – keeping you steady.
But when a parent is sick, the ground can feel mighty shaky.

Go and find three rocks

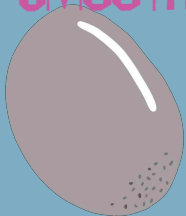
1 A smooth one like a pebble

2 One with rough edges

3 A beautiful one with great colours or shape

Keep them in a special place, or pop them in your pocket or school bag, so you can hold and touch them as you feel different emotions.

SMOOTH



This one represents worry, sadness or loneliness.

ROUGH



This one represents difficult feelings, like anger, guilt, frustration.

BEAUTIFUL



This one represents the wonderful things you have in your life even when life feels difficult and different.