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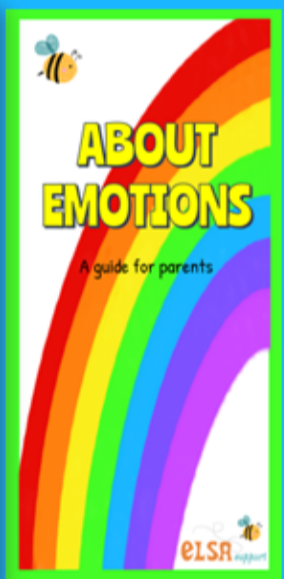
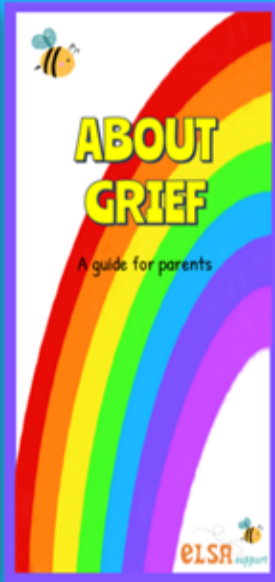
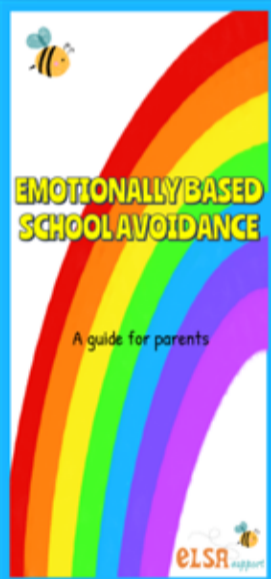
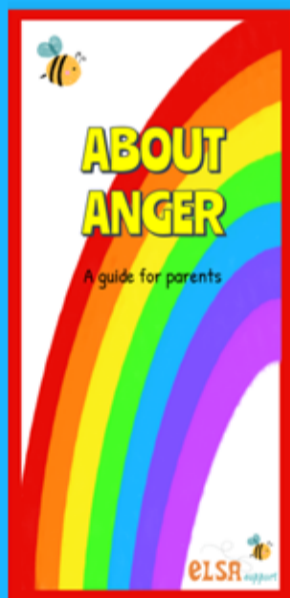
Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:

PARENT SUPPORT LEAFLET BUNDLE

A gentle collection of 6 parent leaflets designed to help you understand, support and connect with your child through common emotional and behavioural challenges. Practical, compassionate guidance you can use straight away.



Clear,
reassuring
guidance

Practical
strategies

Helps
understanding

Supports
emotional
regulation

Supports
connection and
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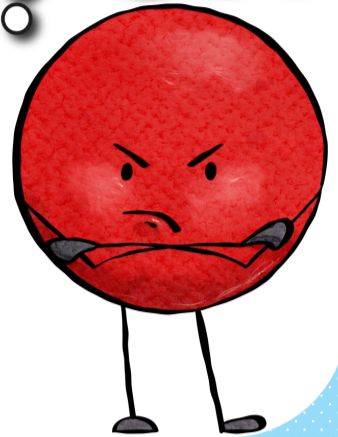
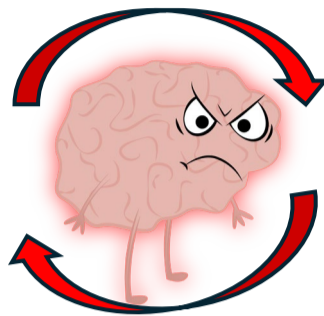
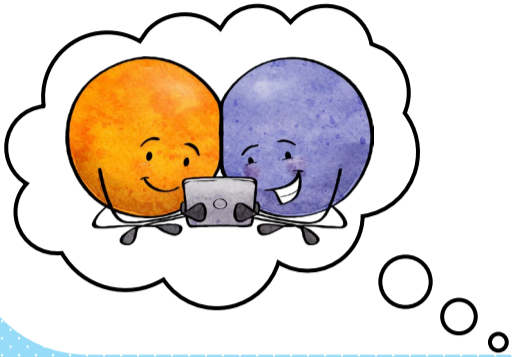


When Something Feels Unfair

Sometimes my brain keeps replaying something that felt unfair, hurtful or wrong.

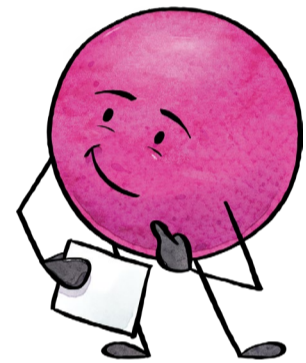
This can make the feeling stay big for a long time. That's called holding on to a grudge and lots of people do it.

They left me out!



Why it can happen in my brain

- ✓ I remember things very clearly
- ✓ Fairness matters a lot to me
- ✓ My feelings can stay strong for a long time
- ✓ My brain likes things to be resolved properly
- ✓ Letting go can feel like saying it was 'ok' when it wasn't



Signs my brain is stuck on it

I keep thinking about it



I replay what I 'should' have said

I feel tense and angry when I see the person



I don't want to join in

Ways to unstick the feeling

Get it out

- ✓ Draw it
- ✓ Write it
- ✓ Tell someone safe

Check the fairness

- ✓ Was it on purpose?
- ✓ Is it still happening?
- ✓ Do I need help fixing it?

Give my brain closure

- ✓ Say what I wish I had said
- ✓ Ask an adult to help sort it out
- ✓ Make a 'Finished' symbol

Let go in my own way

- ✓ Put it in a worry box
- ✓ Write it down and scrunch it up
- ✓ Imagine dropping a heavy bag

Letting go, doesn't mean it was ok.
It means I just don't want the feeling stuck in me.