



Topsy and Tim's Top Tips for a happy time at school

Tell a grown-up if you feel sad

We all have times when we come to school feeling frightened, scared or grumpy. Remember that there are grown-ups here to help you. Talk to them.



Think about ways you can all join in

Invite children to take part in your games. That's much nicer than saying 'You can't play' or 'Go away'.

Tell other children what you like about them

Share things that make you both laugh and feel happy. Being kind is much better than calling people names and making them feel sad.



Help someone

If you see another child looking lonely or sad ask them if they want to sit with you and read a book, eat lunch together, or join in a game.

Have fun together

It's fun to have lots of children that you can talk to and play with. You may have a best friend but it's not kind to say 'You're not my friend anymore' or 'You can't be our friend'. Think about how this would make you feel and how it's much more fun to play together.

