

# Introducing Mossy and Friends

An introduction to [PlayCoach.co.uk](http://PlayCoach.co.uk)



Getting to  
know me

25 Cards

# I Am

All these  
things are  
me.



# My family is...

Every family  
is different.



I am happy when...



Those were  
good times.



# I am sad when...

It's okay to  
cry about  
sad things.



Sometimes I  
worry about...

This  
bothers me




I feel listened to  
when...

They heard  
what I had  
to say.




I wish adults  
would ask me  
about...



I've got  
so much to  
tell them



When I don't have  
words, I show my  
feelings by...



The feelings  
are too big!

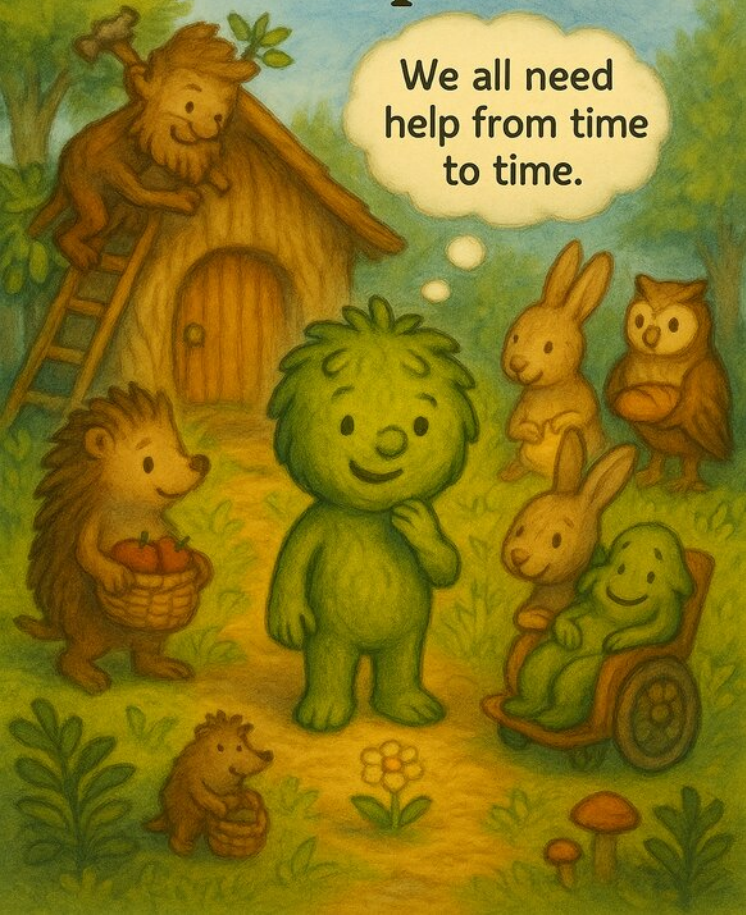
# I need help with...

We all need  
help from  
time to time.



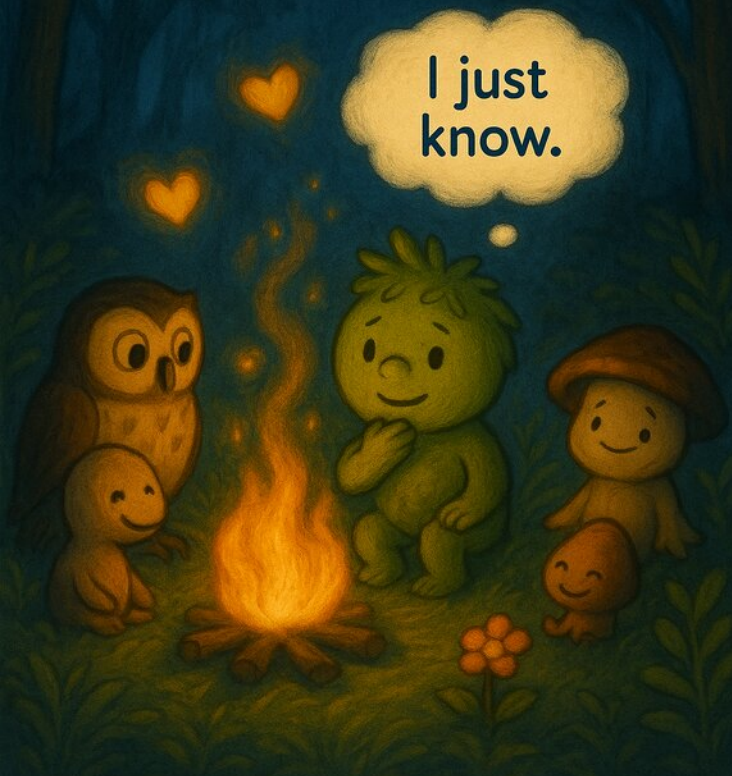
# My family needs help with...

We all need  
help from time  
to time.



I know someone  
cares about me  
when...

I just  
know.



When I need help,  
I usually...

What  
should I  
do?



It's tricky to trust  
someone when...

I'm not  
sure yet...



Someone I can  
talk to is...



That feels  
better.

# I care about...

I care about  
the little things



Something that  
makes me  
strong is...



Phew!  
I made it.

**I was surprised  
when...**

**I wasn't  
expecting  
that**



When I feel upset,  
something that helps  
me is...

Just taking  
a moment  
for me



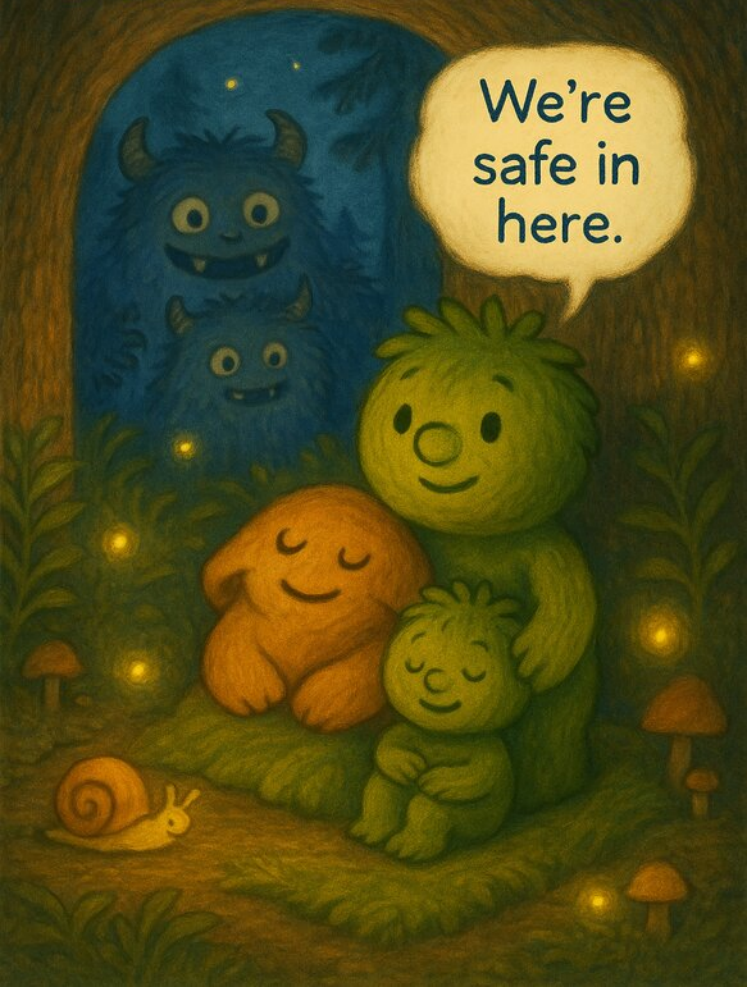
When things go  
wrong I usually...

How to  
problem  
solve this?



I am safe when...

We're  
safe in  
here.



Something I think  
about a lot is...



This is  
really on  
my mind



One day I would  
like to...



A wish for my  
family is...



That's what  
they need



A wish for  
myself is...



That would  
be perfect



Something else  
I'd like to talk  
about is...

