



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Don't Keep It Locked Up

*An extension of "Remembering Princess Diana"*

Read "Remembering Princess Diana" (page 11, *What's Up* May 2017). Princess Diana's second son, Prince Harry, suffered deep emotional pain and almost had a breakdown when his mother died. He was only 12 years old. You may know someone who has had a similar experience.

Losing a loved one can be very painful. There are also other times when you may feel deep emotional pain. For example, doing badly in exams, being bullied, or having a serious quarrel with a dear friend can hurt a lot.

When such things happen, it is not good to keep your feelings locked up inside you. Tell a trustworthy, caring adult how you feel: your parent/guardian, teacher or school counselor. Another option is Tinkle Friend - call 1-800-2744-788, email [tinklefriend@childrensociety.org.sg](mailto:tinklefriend@childrensociety.org.sg), or chat online with Tinkle Friend at <http://www.tinklefriend.com/talk-to-us>.

Sometimes, students hesitate to share their feelings with, for example, a counselor. You may know kids like that at your school. Why not use postcards to encourage them to seek help?

### Instructions

1. Divide your class into groups of around four or five students. Discuss and agree on the artwork and a brief slogan for your postcard,
2. Use thick A5-sized paper for the postcard. Design the artwork for one side. Use any art medium to draw and colour the design. Your slogan - or postcard message - could be something like "Don't worry, be happy!", "Don't keep your problems locked up!", "See the School Counsellor if you are sad!". The idea is to cheer up students who feel down, encourage them to share their feelings, and suggest they get the counselor's help if they need it.
5. Your group may create as many of these postcards as you wish to. After getting permission, put them up on notice boards in common areas where all students would see them easily.