



Have you ever felt that you don't know what to say? Someone asks you your name and suddenly words get stuck inside and they just don't seem to want to come out. And when they finally do, the words are spoken so softly that they are hardly heard. You feel so ashamed!







If you are a little shy, the best you can do is answer right away. There is no need to explain everything you did all day long! Sometimes, just by saying your name, you feel less shy and less ashamed.







There are boys and girls who are very, very shy. They are so shy that when they go to the park, they don't dare make new friends. They would love to jump and run and swing and...and play all kinds of other games with the rest of the kids! But they dare not ask if they would like to be friends. How would you go about making a new friend?

