IT'S OKAY TO...

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It's okay to ask for help.

It's okay to cry.

It's okay to make mistakes.

It's okay to have big feelings.

It's okay to take a break.

It's okay to say no.

It's okay to talk about your feelings.

It's okay to need comfort.

It's okay to try again.

It's okay to be different.

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Its OK to... Poster for Kids

A printable “It’s Okay To...” poster for kids, focused on feelings, emotional wellbeing and everyday coping messages. It uses short, reassuring statements to remind children that it is okay to ask for help, cry, make mistakes, have big feelings, take a break, say no, talk about emotions, need comfort, try again and be different.

Well suited to parents, foster carers, teachers, teaching assistants, school counsellors, social workers and children’s therapists, it can be printed for a calm corner, classroom display, therapy room, family support session or home noticeboard. The simple wording and visual layout make it easy to use with younger children as a prompt for conversations about emotions, confidence, boundaries and resilience.