



Hi! my name is **Sammy**. I am five years old.



It was a day just like today, one whole year ago, that a lady called Sally came to visit me at my house. She was a very kind lady with a big smile and a fluffy red scarf around her neck.



While I ate my lunch, we had a great talk about families and about feelings, like being scared and sad, or happy and safe.



Sally told me that sometimes our mums and dads are not able to take care of us as well as they would like to. She said that when this happens, a boy or girl can feel sad or afraid, which was strange because sometimes that's just how I felt too.