Visiting a hospital can make you feel all kinds of things...

Sometimes it can be... or seem...

REALLY BORING!

SCARY!

Whatever you feel is okay. It is normal to wonder what will happen while you're there.

I'm worried...

Doctors and nurses and your mum or dad are there to listen... and help you feel better.
Sometimes mums & dads can be worried too.

So they might be... EXTRA NICE!

Or... EXTRA GRUMPY!

If there's something you want to know, just ask.

What will happen?

Who will be with me?

Will they tell me off?

Where?

When will it start?

What does the room look like?

What does 'cardiovascular' mean?

Waiting rooms aren't the most exciting places in the world, so...

you might...

...want to bring...

...something to do.

Like who comes with you.

And what you do while things happen.

Remember, you can make choices and decisions about the things that happen to you.

The more you feel in control, the better you will probably feel.
Try imagining you're playing statues.
or taking a selfie,
or just ask for a big hug.

Remembering something really special...
or thinking about what you're doing afterwards...

...can make it all go a lot quicker.

ALL DONE!

Everyone's different, so just do whatever works for you.

A big thankyou to all the young people who helped develop this comic strip. Designed by mistermunro.co.uk