



# Nuair a bhíonn imní orm

Noore a vee-in imm-nee or-im

When I'm anxious



Is maith liom dul ar scoil gach lá.

Bíonn mo chairde ann.

Iss my lum gull air skull gah la.

Bee-in muh har-ja ann

I like to go to school everyday.

My friends are there.



In amanna, bíonn inní orm. Bíonn mo bholg nimhneach.

Motháim tinn.

In am-ann-a, bee-inn imm-nee or-im bee-in maw wol-igg niv-nya.  
Maw-hee-im chin.

Some times I get anxious. My tummy gets sore.  
I feel sick.

Nuair a bhíonn imní orm thig liom cuidiú liom féin.

Stopaim agus glacaim anáil mhór isteach.

1,2,3,4,5.

Agus amach.

1,2,3,4,5.

Noore a vee-inn imm-nee or-imm hig lum cud-joo lum hane.

Stop-imm ugg-iss glac-imm an-ill wore iss-chah.

1,2,3,4,5.

Ugg-iss a-mah.

1,2,3,4,5.

When I'm feeling anxious I can help myself.

I stop and take a deep breath in.

1,2,3,4,5.

and out.

1,2,3,4,5.



Thig liom rud a thógáil ó mo bhosca rialaigh le cuidiú liom.

Higg lum rud a ho-gile o maw  
wos-ka real-ee le cug-jee lum.

I can lift something from my regulation  
box to help me.



Thig liom suí i m'áit speisialta.

Higg lum see ih maitch spesh-e-alta.

I can sit in my special place.



Thig liom leabhar a léamh.

Higg lum lore a lay-oo.

I can read a book.



Thig liom labhairt le mo mhúinteoir.

Higg lum lorrch leh maw woon-chore.

I can talk to my teacher.





Nuair a mhothaím níos fearr,  
thig liom súgradh le mo chairde arís.

Noore a who-he-imm neece far,  
higg lum soo-grew leh maw har-ja a-reesh

When I feel better,  
I can play with my friends again.



altram  
guth na luathbhlianta

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