

WHEN WAS THE LAST TIME YOU TRIED SOMETHING NEW?

MEET TEDDY

Teddy is nine. He lives with his mum, his dad and his pet dog, Moto. He loves having fun with his friends, playing video games and cooking. Rocky road is his favourite, especially when he gets to lick the bowl!

Teddy uses a wheelchair because his muscles don't work very well. He also needs glasses and a big font size to read. Sometimes his best pal, Moto, helps stop him bumping into things when he's moving around the house.

When Teddy was younger, he didn't know any other children who were visually impaired. But last year, Teddy started attending a group called North East Sight Matters who run music and drama activities. He made new friends, tried new things and got more confident.



THINK

Teddy says:

"I started going to North East Sight Matters, which is helped by Comic Relief. I've tried lots of new things and I've got lots more confidence."

Can you think of a time when you tried something new and it made you more confident?



FEEL

Teddy says:

"When I was little, I didn't have friends that wore special glasses or used a wheelchair."

How do you think Teddy felt when he didn't know anybody else like him?



DO

Teddy says:

"Do it! Get involved with your school this Red Nose Day! You have the power to change lives!"

Comic Relief helps groups like North East Sight Matters help people like Teddy. What could you and your friends do to raise money and help Comic Relief?

"Now I can do anything! If at first I can't do it, I just try, try, try again."