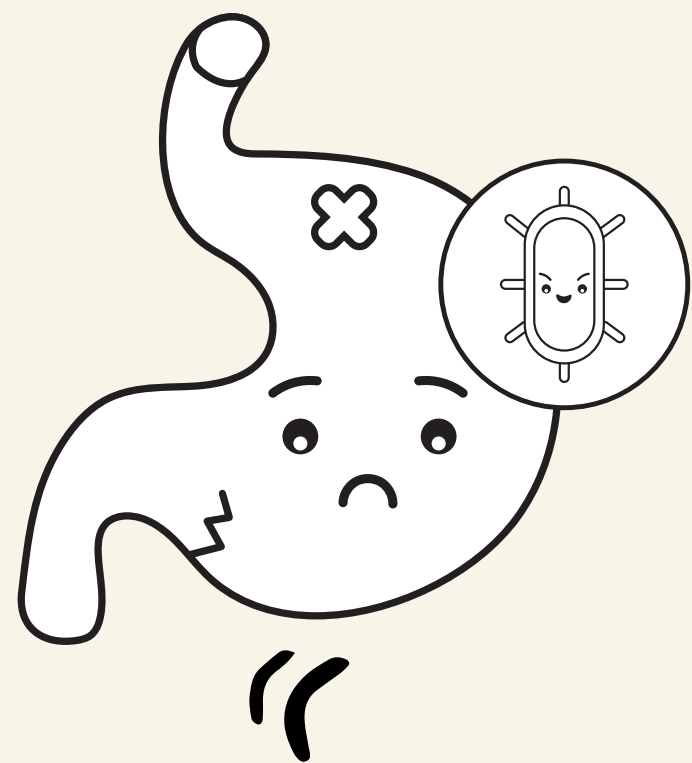




REASONS WHY MY TUMMY FEELS FUNNY



When our tummy feels funny it's easy to think "Omg I am going to throw up!"



**But did you know that that's not always  
the case?**



Our tummy can feel funny for many reasons and not all of them mean we are going to throw up

OH...



Lets look at some other reasons why our tummy might feel funny.



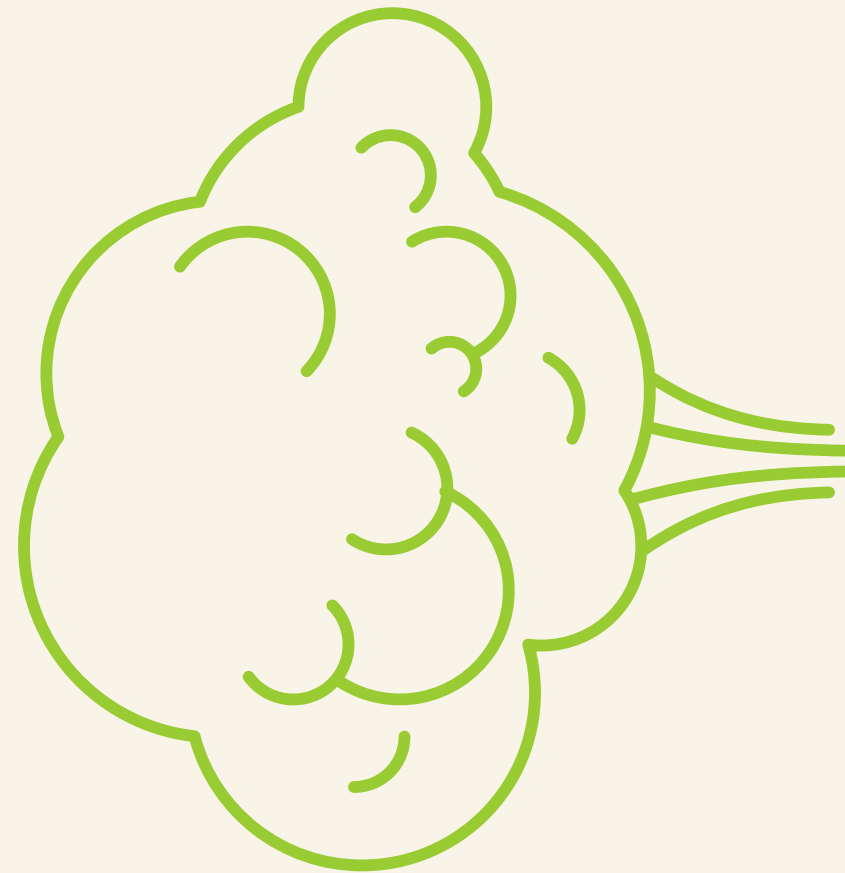
Our tummy might feel funny because...  
we did exercise straight after eating or  
drinking



Our tummy might feel funny because...  
we feel nervous/anxious so DALA shuts  
down our digestive system to prepare us  
to fight or fly (these feelings are similar  
to wanting to throw up)

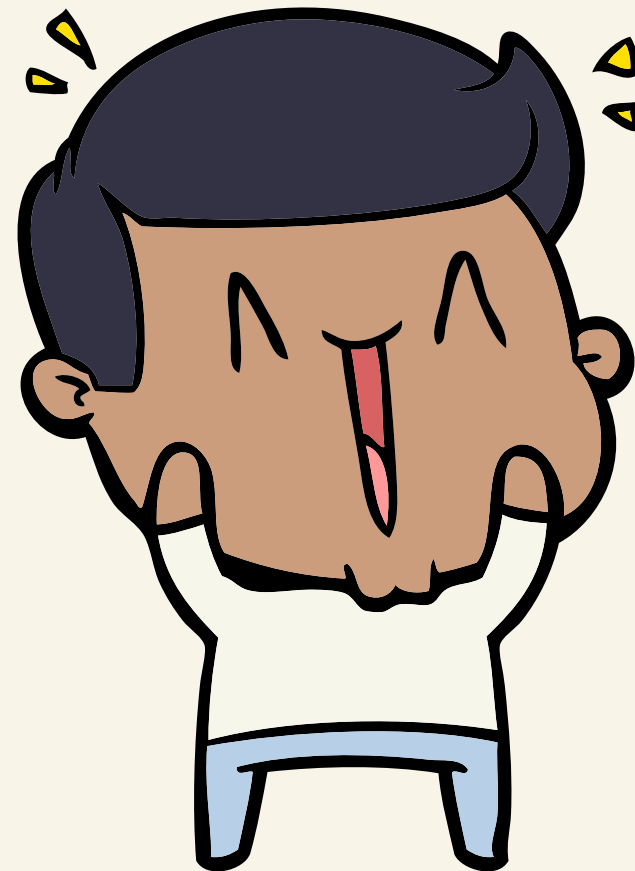


Our tummy might feel funny because...  
our food/feeling nervous can make us  
gassy and we need to... fart





Our tummy might feel funny because...  
We are SUPER excited for something (our  
body feels the same when we are  
nervous and excited and DALA doesn't  
know how to tell the difference)



Our tummy might feel funny because...  
we are wearing super tight pants and  
our tummy is squished into them



And finally... Our tummy might feel  
funny because....

We are about to do something new or  
different and DALA is trying to keep us  
safe (even though she's not helpful)



BUT... did you know that just because  
you think "omg I am going to throw up"  
doesn't mean you are?



Look... I can think that the sky is green.

I can say "the sky is green".....

But that doesn't mean the sky is green!



It's still blue!



So next time your tummy feels funny  
remember that it can mean so many  
different things... and not only that you're  
going to throw up!



There are also some things that you can do to distract yourself when your tummy is feeling funny so that it doesn't stop you from doing the things you want to do!



Let's take a look at what you might like  
to do!

