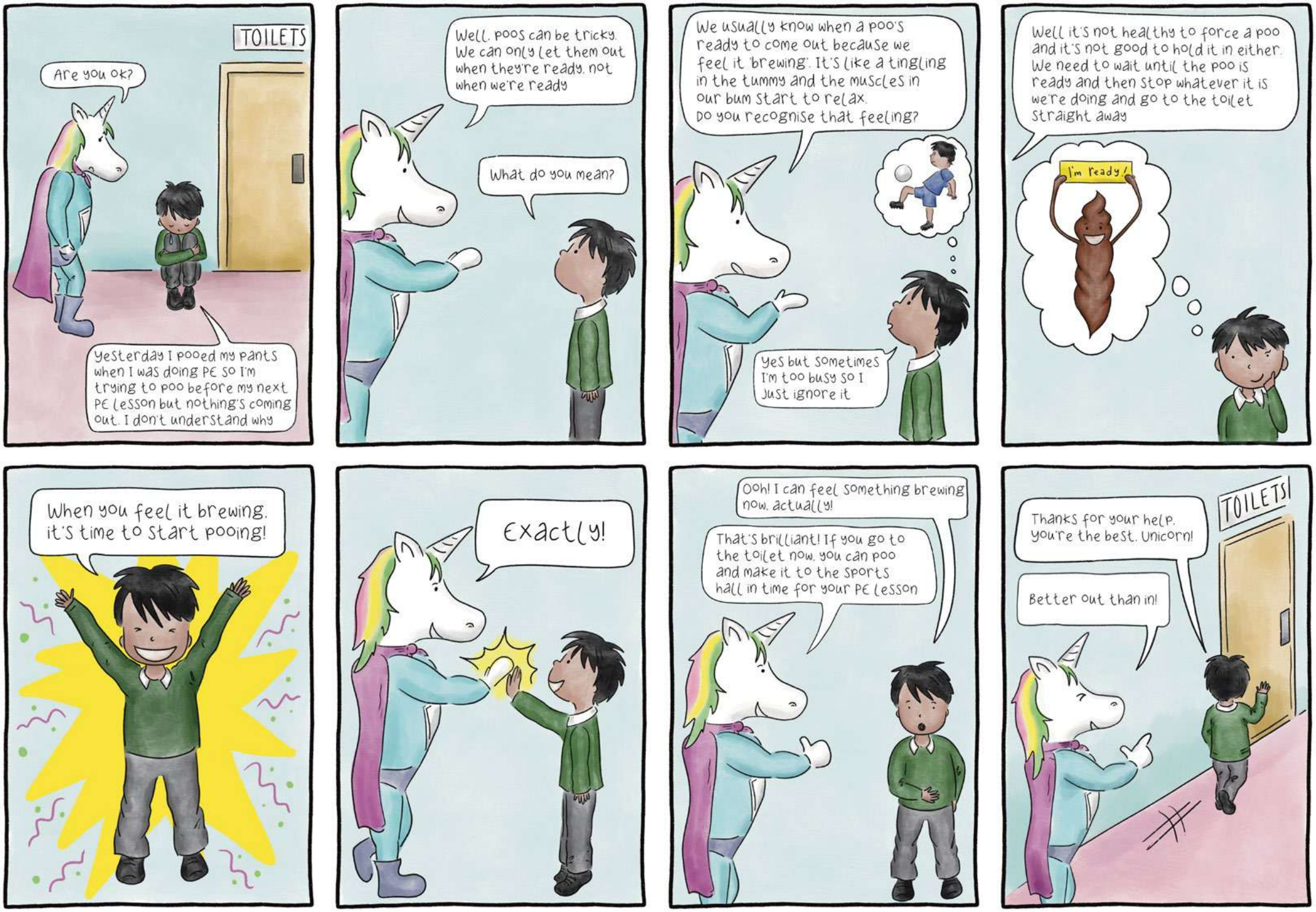
TOILETS
Are you ok?
Yesterday I pooed my pants when I was doing PE so I'm trying to poo before my next PE lesson but nothing's coming out. I don't understand why
Well, poos can be tricky. We can only let them out when they're ready, not when we're ready
What do you mean?
We usually know when a poo's ready to come out because we feel it 'brewing'. It's like a tingling in the tummy and the muscles in our bum start to relax. Do you recognise that feeling?
Yes but sometimes I'm too busy so I just ignore it
Well it's not healthy to force a poo and it's not good to hold it in either. We need to wait until the poo is ready and then stop whatever it is we're doing and go to the toilet straight away
I'm ready!
When you feel it brewing, it's time to start pooing!
Exactly!
Ooh! I can feel something brewing now, actually!
That's brilliant! If you go to the toilet now, you can poo and make it to the sports hall in time for your PE lesson
Thanks for your help, you're the best, Unicorn!
Better out than in!
TOILETS