

Being Safe



Name



Feelings



Someone may feel
happy when...

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Someone may feel
excited when...

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Someone may feel
pleased when...

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Feelings



Someone may feel
sad when...

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Someone may feel
angry when...

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.....

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.....



Someone may feel
frightened when...

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.....

.....



Feeling safe



What does the word **safe** mean?



Think of a place where you feel safe, this can be a real or imaginary. Safe places usually feel warm, cosy and friendly, but we can feel safe if we are cold or sad

What does safe sound like?



What does safe look like?

What colour is safe?



What does safe smell like?

What does safe taste like?

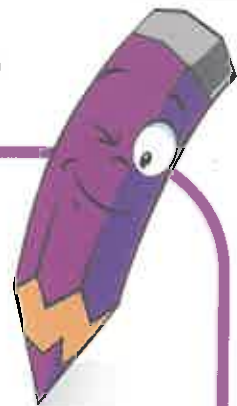




Your safe place



Draw what your **safe place** looks like here





Understanding our feelings



(professional) when I feel happy, my body does this...

.....

(child) when I feel happy, my body does this...

.....

(professional) What does your body do when you're excited?

.....

(child) What does your body do when you're excited?

.....

Inform the child that you want them to blow a balloon up and pop it (child can observe you doing so if required).

How did you feel when I was about to burst the balloon?

.....

Can you think of a time when you have felt like this before?

.....

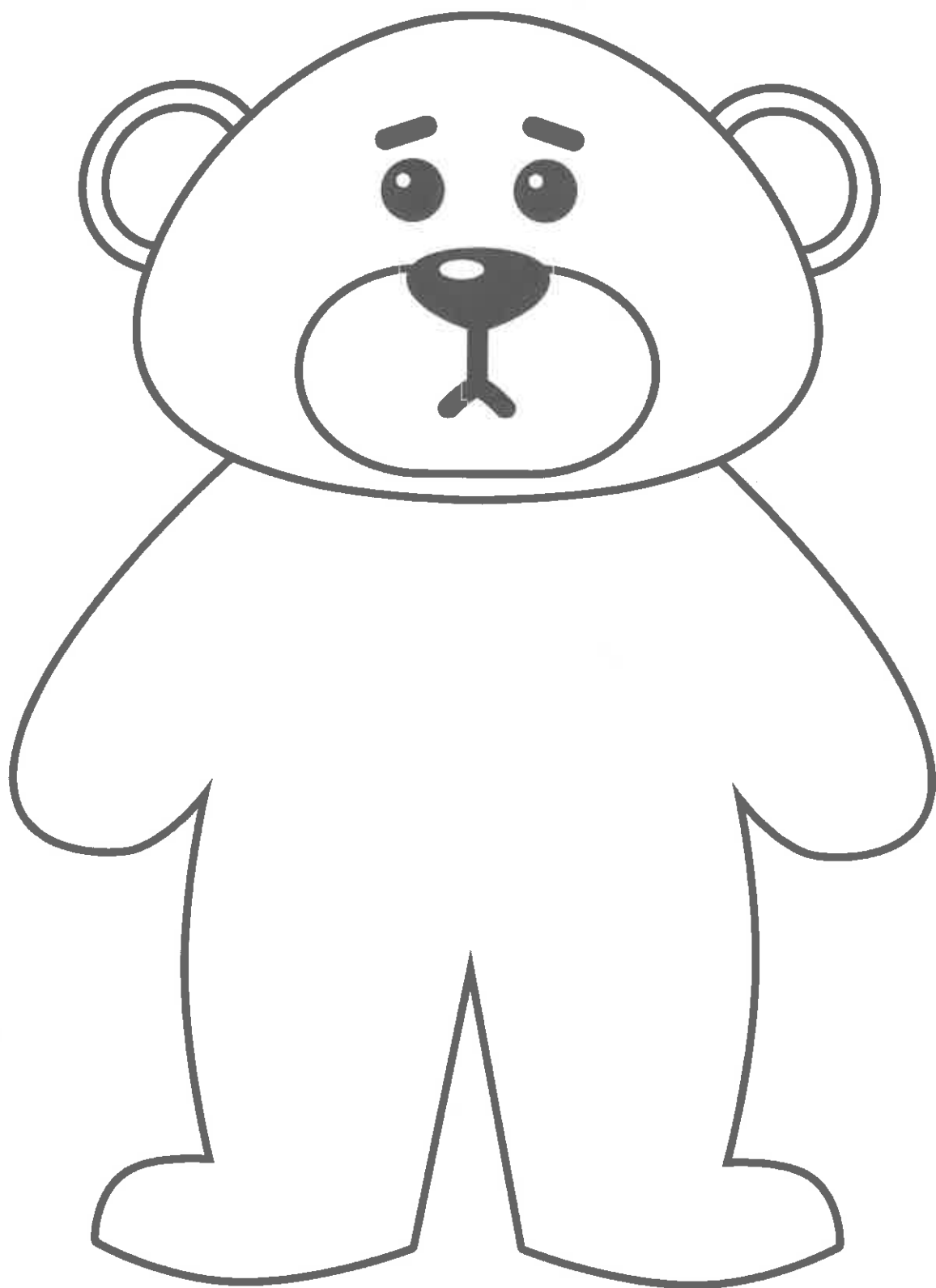
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It's ok to feel differently about things. There is never a right or wrong way to feel about something.

Your body

Draw or write on the body the places you get feelings when **you don't feel safe**.





Feeling unsafe



When we feel **unsafe**, we can feel lots of different feelings like:

Lonely

Nervous

Angry

Cross

Hurt

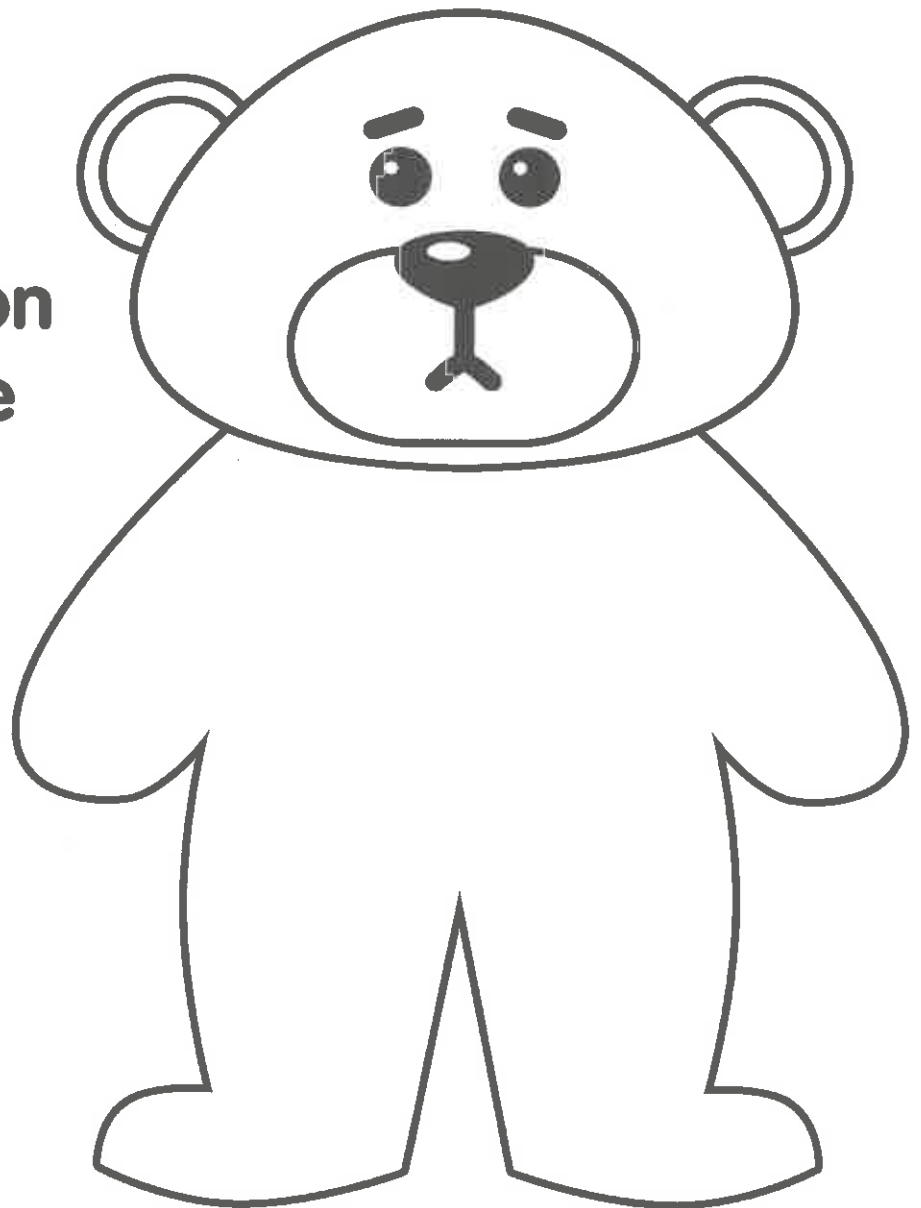
Tense

Scared

Sad

Guilty

Draw or write on the body where you have felt **unsafe** feelings like these:





Safety levels



Fun but scary is when we step outside of our safe place to do something that is exciting but makes us a bit nervous such as riding fast on a bike, jumping into a swimming pool, going on a roller coaster.

What have you done that is fun but scary?

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Scary on purpose Scary on purpose is when we do something that makes us feel nervous but we do it deliberately such as going to the dentist, starting a new school.



What have you done that is scary on purpose?

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Very unsafe is when we don't have a choice about something happening, we can't control it and we don't know how long it will last such as being bullied or getting lost.

When have you felt very unsafe?

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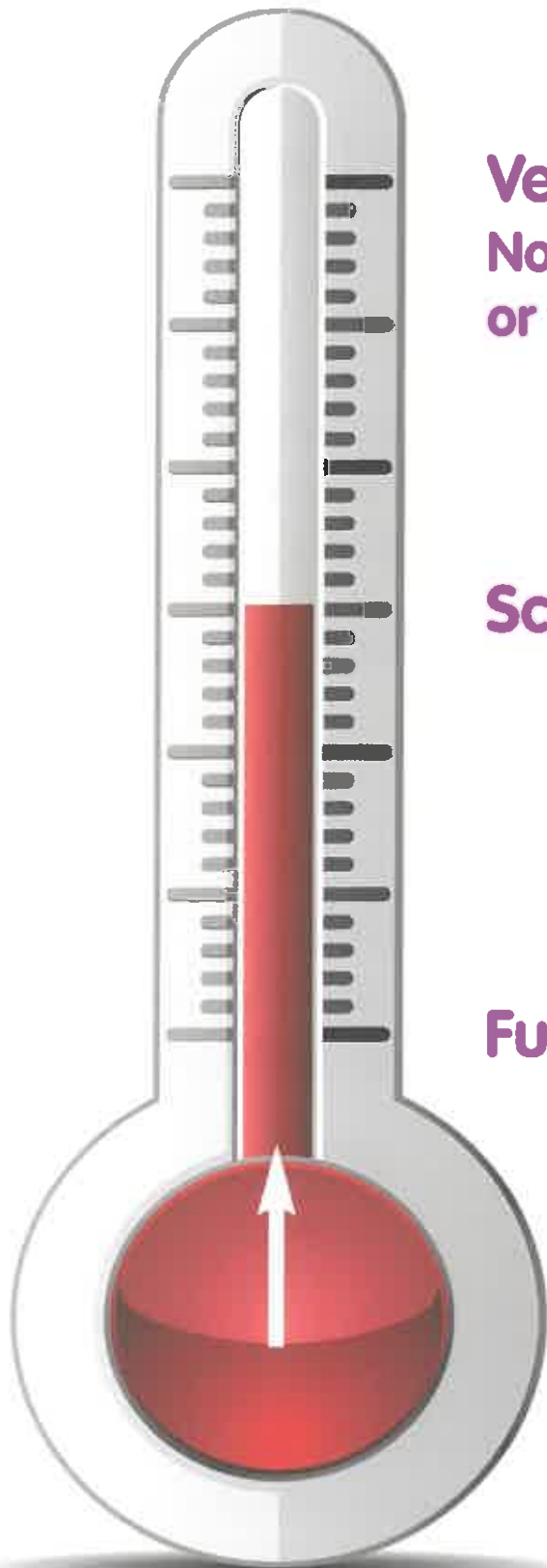
When we feel very unsafe we can always think of our **safe place** to help us to feel better.



Safety thermometer



This thermometer shows the intensity of the **unsafe** feeling



Very unsafe
No choice, control
or time limit

Scary on purpose

Fun but scary





Talking safely



Why is it good to talk to someone when you are feeling very unsafe or after you have felt very unsafe?

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What are the qualities a good person to talk to would have?
Such as kind, not too busy...



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Who would be a good person to talk to if you were feeling very unsafe, or if you have felt very unsafe?

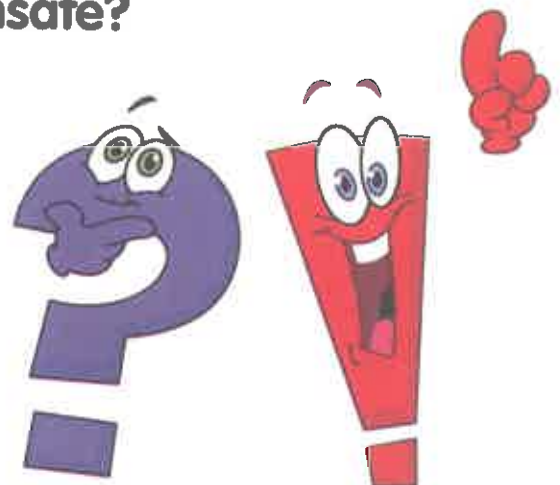
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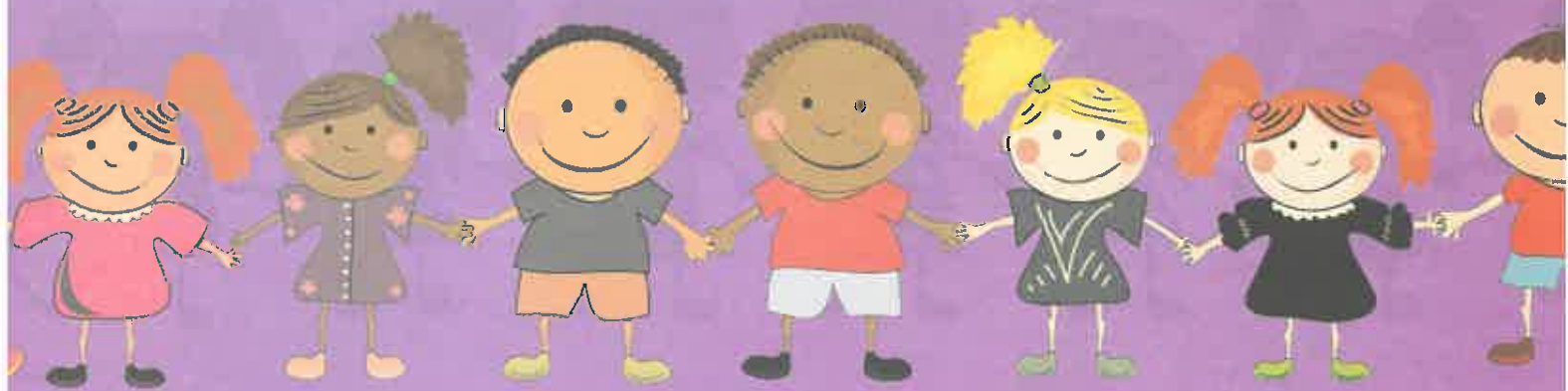
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