



My name is .....

I am ..... years old

My birthday is .....

# Helping Hands



# I am special!



My name is .....

I am ..... years old

My birthday is .....



My eyes are .....

My hair is .....



Today I am wearing

.....

.....



Here is a picture of me



I am Special - I like me!



Some things I  
like about myself are ...



Draw or write in this space!

A large rectangular area defined by a blue dotted line, intended for drawing or writing.

I am Special - I like me!



When I am  
with my friends  
we like to ...



Draw or write in this space!

I am Special - I like me!  
I like my friends too!!

# I am good at ....

Draw or write in this space!



I am Special - I like me!

I was proud of myself when ...



Draw or write in this space!



I am Special - I like me!

# Things I can do for myself .....

I take care of myself because I like me. Some things I can do to take care of myself are ...



A large rectangular area defined by a red dotted line, intended for writing. The line starts at the top left, goes right, then down, then left, and finally up to the top right. There are small red dots at each corner where the lines meet.



**I Am Good At Taking  
Care Of Myself!**



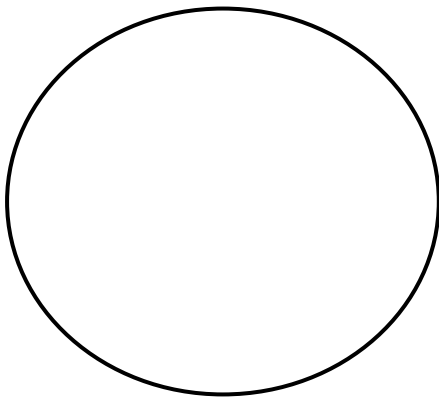


# Feelings

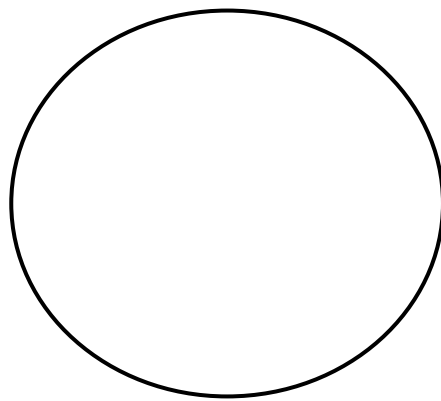


- We all have feelings
- We can have any feelings
- We can show how we are feeling by our face

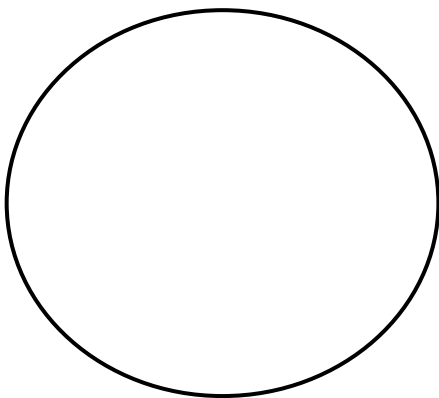
On the circles below draw how different feelings would look e.g. happy, sad, excited, worried etc and write the feeling on the line below



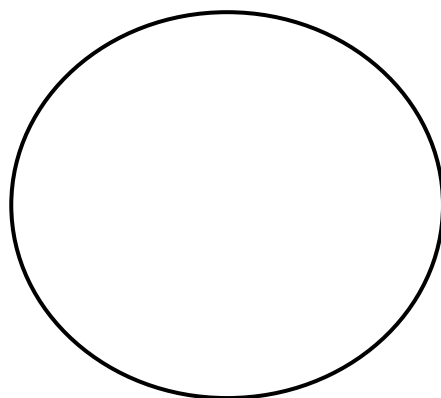
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# How Do You Feel Today?



In the space below draw or write how you are feeling today ...





# How Do We Show Our Feelings?



Draw or write in the spaces below .....

When I feel sad I .....

When I feel happy I .....

When I feel excited I .....

When I feel angry I .....

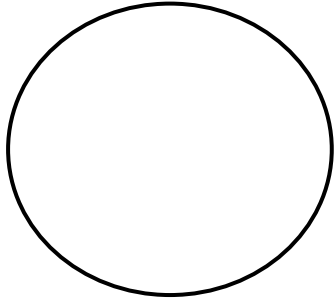
I have all kinds of feelings!



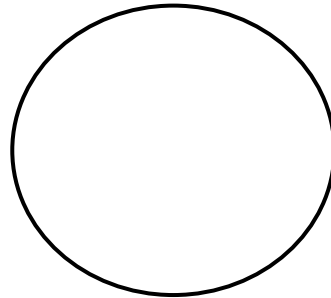
# We have different feelings at different times .....



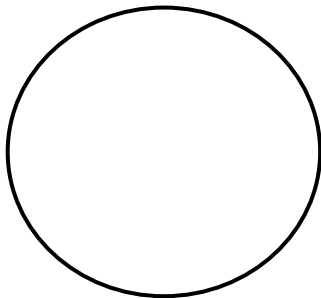
On the circles draw how someone might feel when ....



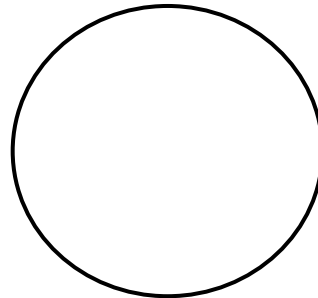
they first come to a class for reading .....



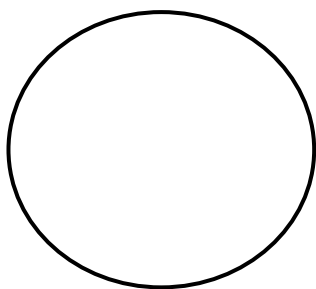
they are playing with their friends .....



it is the night before Christmas .....



a grown-up shouts at them .....



they have lost their favourite toy .....



**Our feelings change all the time  
there is no right or wrong way to feel!**

# How do animals show us how they are feeling?



When a dog is feeling excited, what does it do?

.....  
.....  
.....

When a dog is feeling angry, what does it do?

.....  
.....  
.....



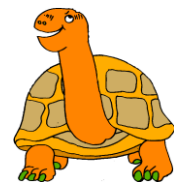
When a cat is feeling excited, what does it do?

.....  
.....  
.....

When a cat is feeling angry, what does it do?

.....  
.....  
.....

When a tortoise is feeling scared, what does it do?

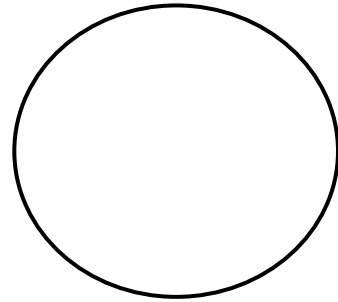
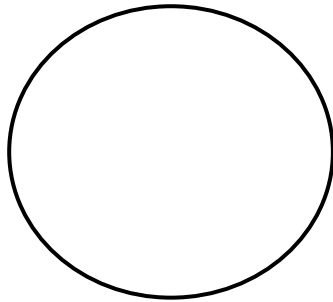
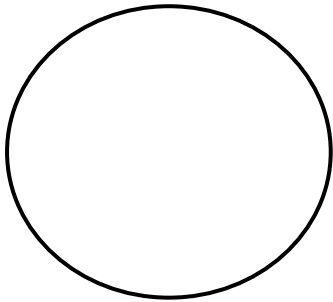


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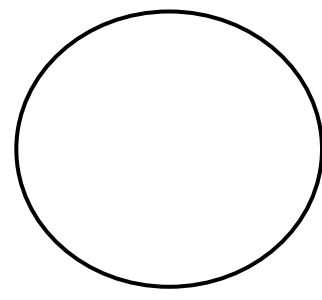
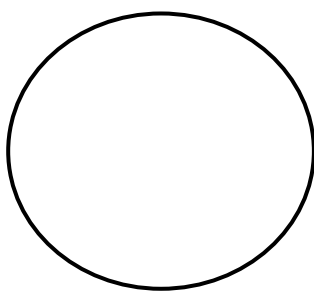
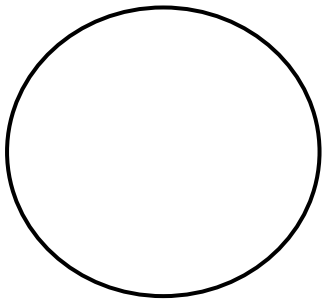


# Hiding Feelings

Sometimes people find it hard to show how they are feeling. They may try to hide their feelings with other feelings. Name and draw some of the feelings that we might sometimes hide from others



Draw the 'face' that someone might make to hide these feelings with ...



What would someone do instead of hiding a feeling?

.....  
.....  
.....  
.....



# Feeling Safe

When we feel safe, we get lots of nice feelings in our body.  
Draw or write what sorts of feelings you get when you feel safe

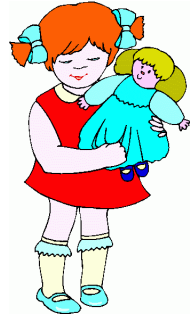


There may be places where we  
feel safe. Where is yours?





We all have  
the right to  
feel safe all  
the time

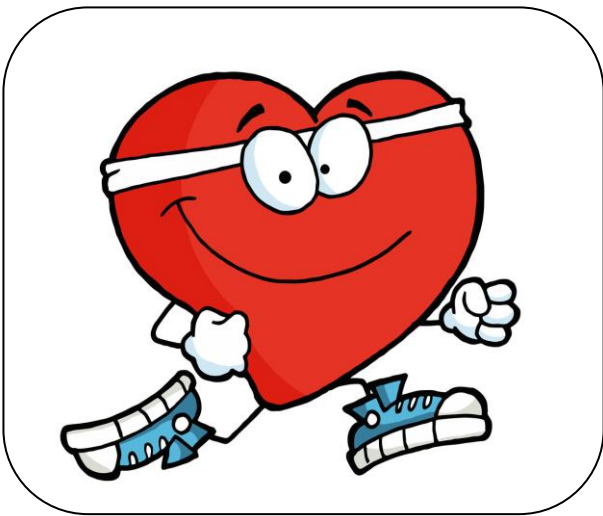




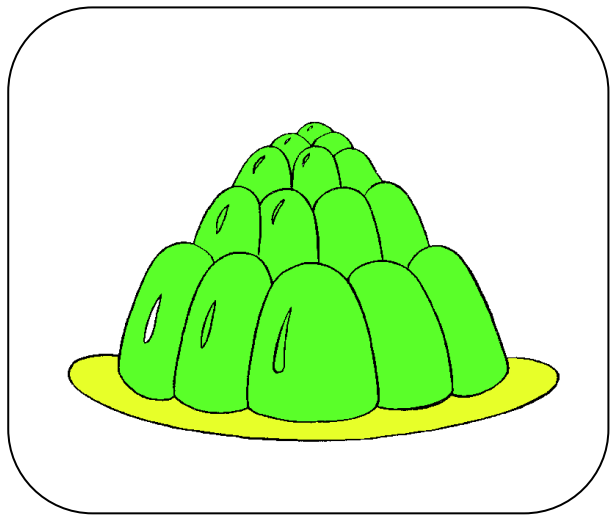
# Oh Oh! Signs

When we do not feel safe, our body tells us by giving us signs. These are sometimes called the OH OH! signs. Everyone has different OH OH! Signs, here are a few

Our heart beats faster, as though we have been running a lot.



Parts of our body might feel wobbly, jelly like.



Parts of our body might shiver, as if we are cold.



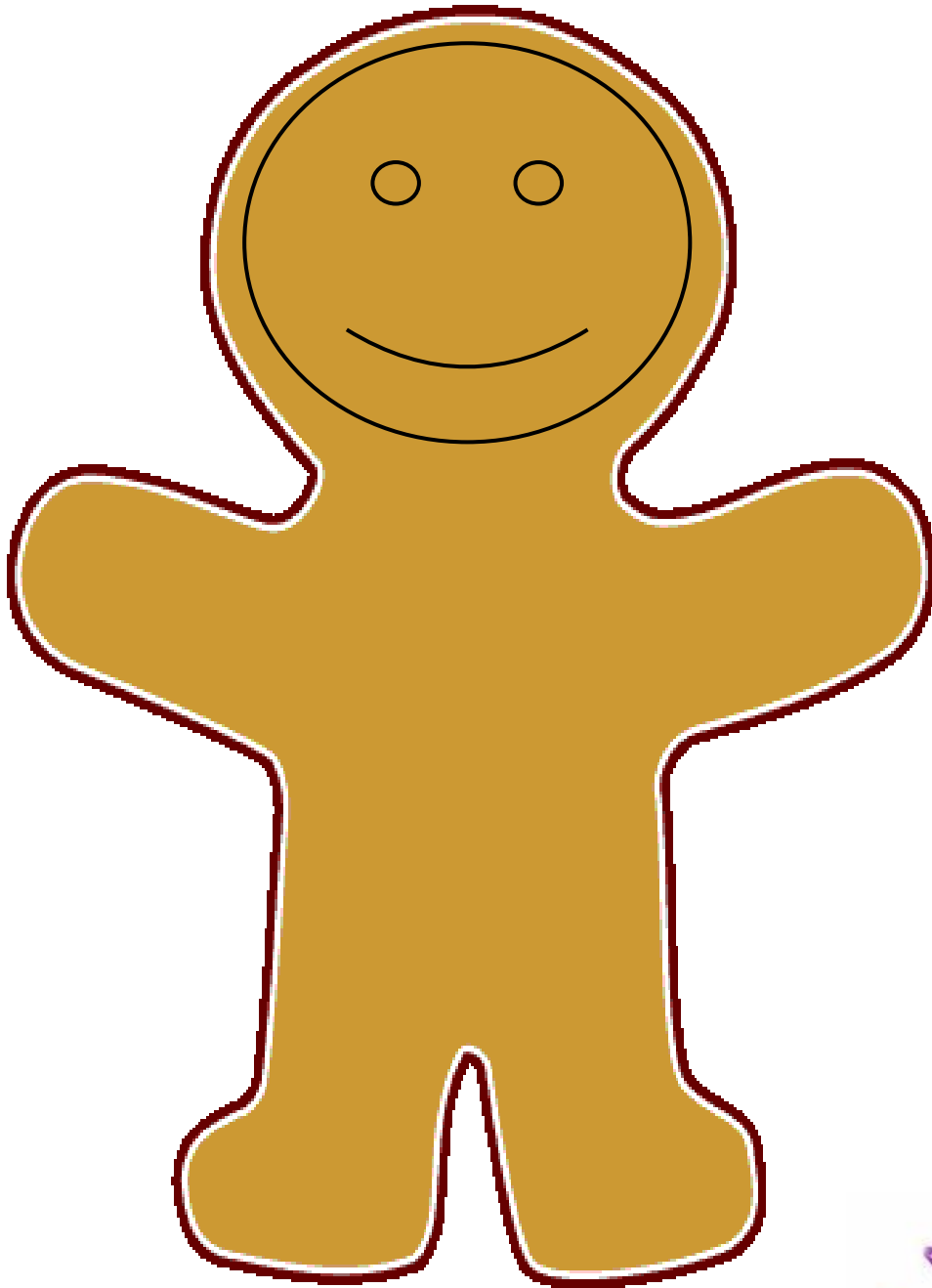
In this box, draw what else might happen.



# My Oh Oh! Signs

On the gingerbread person below, draw or write where you get your  
OH OH! Signs.

Are they in your head, legs, tummy or somewhere else?





# My Imaginary Safe Place



It is fun to think of a safe place, it could be a real or imaginary. Imagine a safe place. Draw or write in these boxes

What would it look like?

What would it smell like?

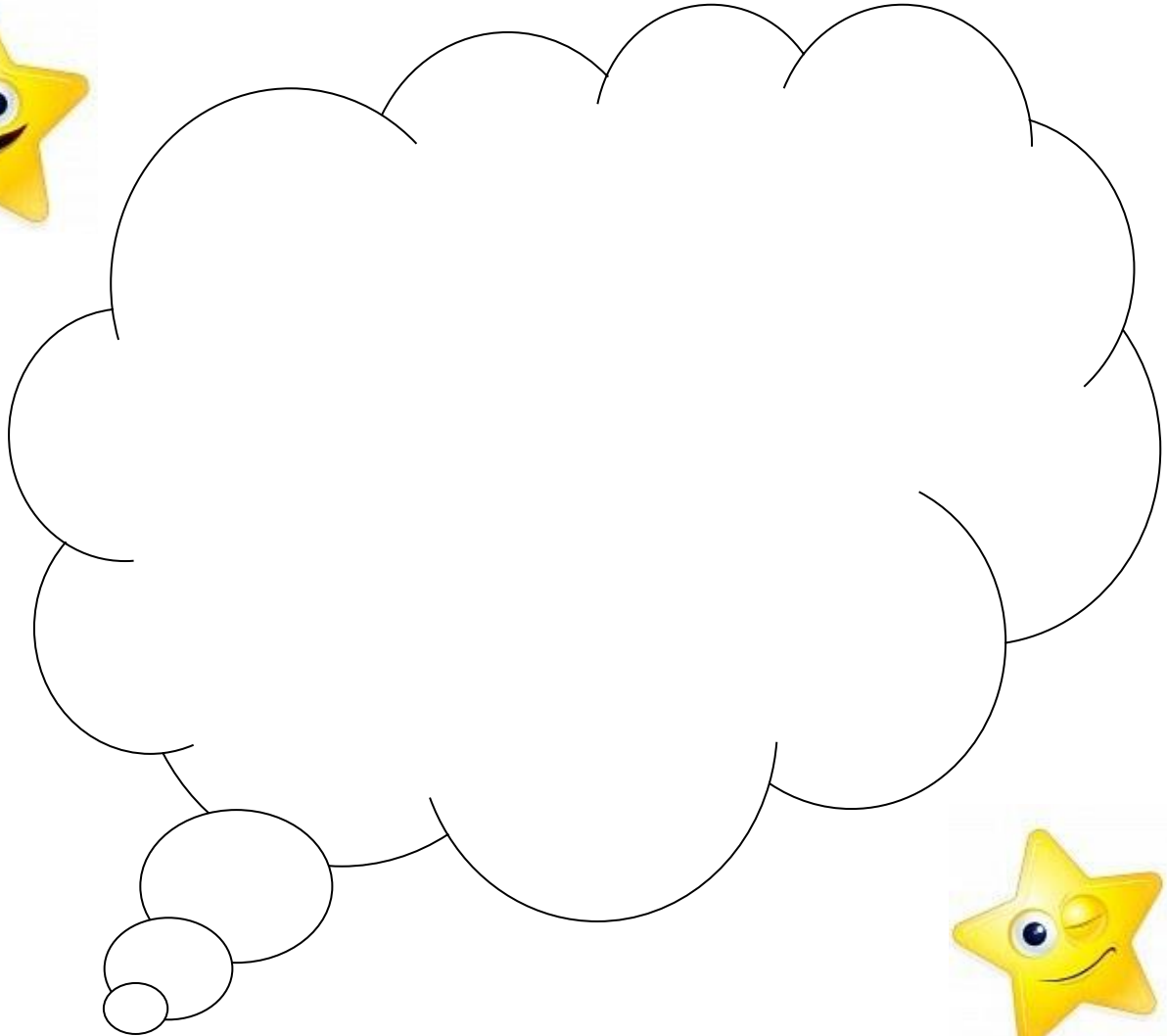
What would it sound like?

How do you feel in our imaginary safe place?



# My Imaginary Safe Place

Perhaps you could draw a picture of your imaginary safe place in this thought bubble below:





# Fun to feel scared

Sometimes it can be fun to feel scared. Can you think of times when it is fun to feel scared?

Why not write or draw them in the box below?

A large rectangular box outlined with blue dots, intended for writing or drawing.



Sometimes we may get the OH OH! Signs when it is not fun to feel scared. What could we do when this happens?

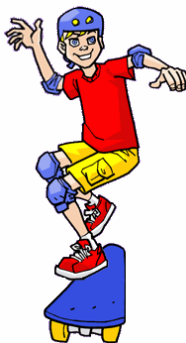
Four horizontal dotted lines for writing an answer.



If something is bothering us  
or we do not feel safe, it is important that we tell someone!



There is nothing so  
awful or so small  
that we can't talk  
about it with  
someone



# It is good to tell others how we are feeling



I am feeling good today,  
how are you feeling?

I am feeling cold today



I am feeling confused  
today, how are you feeling?

How do you think this girl is  
feeling today?

.....  
.....  
.....





## Making a Helping Hand Instructions



We can all have a helping hand full of people to talk with when we do not feel safe. You can make your own helping hand. Here are some directions

- On a page draw around your hand.
- On each finger put an adult's name who you can trust.
- In the middle finger, or palm of your hand, you can put the name of someone else or something that you like to talk to e.g. a diary, a teddy bear.
- Up your sleeve you can put the names of people or organisations that could help you contact in an emergency e.g. fire brigade, police, ChildLine.
- You can keep this so that you have your helping hand with you at all times.



**REMEMBER!**



**Your helping hand is there for when you need it.**

**There is nothing so awful or so small that we can't talk about it with someone.**







# Who can we tell?



In the space below, fill in as many names as possible of people whom you could share your feeling with.

People in my family whom I could share my feelings with.



People outside my family whom I could share my feelings with



Friends





# Who might you choose to be on your helping hand?

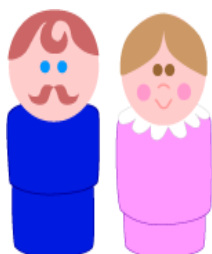
Here are a few examples of people someone could choose to be on a helping hand



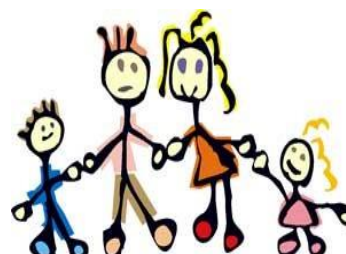
Police Officer



Teacher



Grandparents



Cousins



Aunts / Uncles



Dinner Lady

Can you think of any more examples?

.....

.....

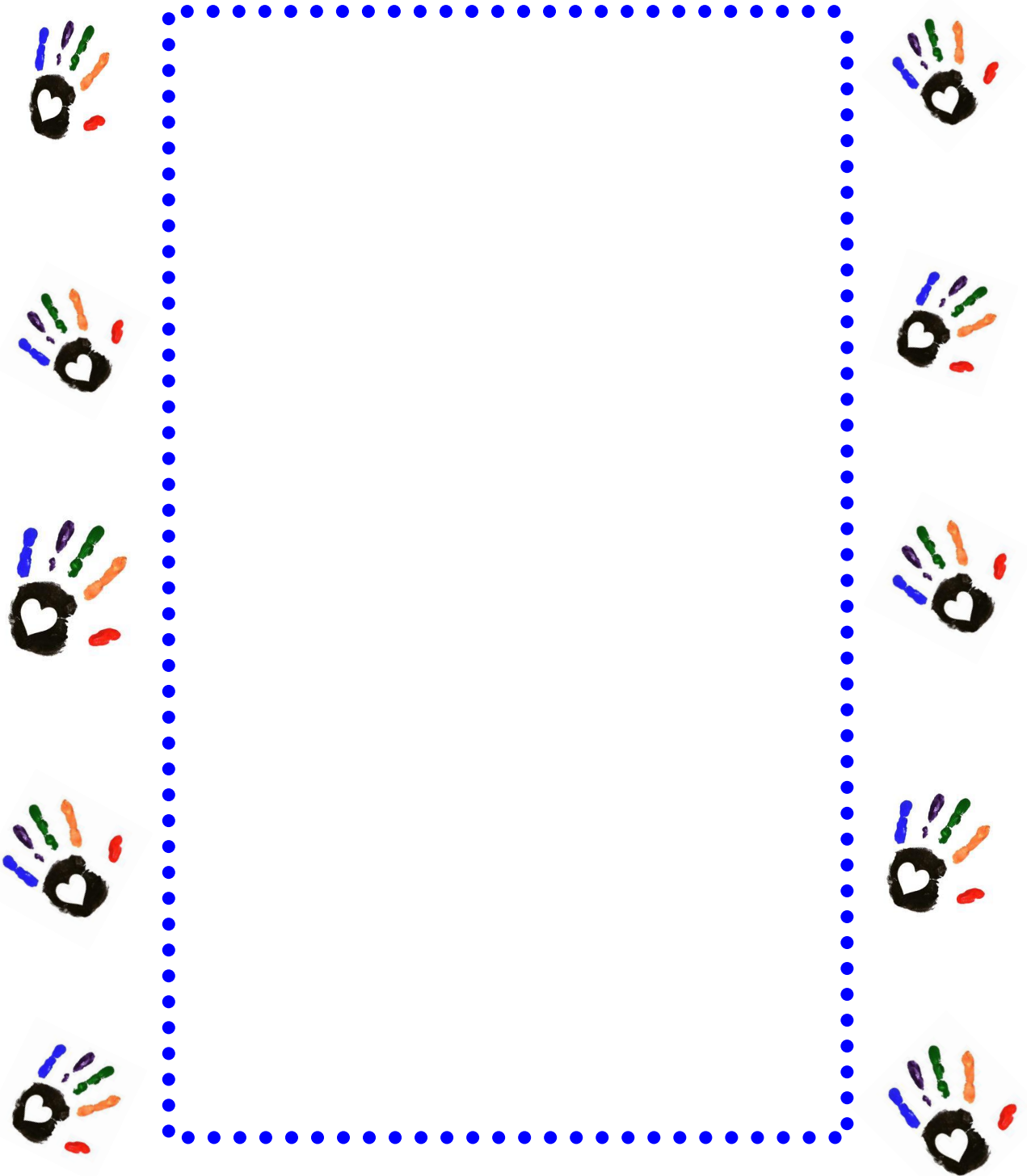
.....



**It is important that we feel safe with this person**

# My Helping Hand

Use the box to make your helping hand





# Important Phone Numbers



Adults on my helping hand  
Write in their names and phone numbers below ...

Name	Telephone Number
Emergency Contacts	Telephone Number

You can talk to any of these people when you get on  
OH OH! Sign



# A helping hand in practice



When I do not feel safe, I can talk to someone on my helping hand.



That's right, because there is nothing so awful or so small that we can't talk about it with someone.



That's great and what if you can't contact them or they do not have time to talk to you?



Mmm ... I know I could talk to someone else on my helping hand and keep trying until I find someone who will listen to me. In an emergency, I can use one of my emergency numbers.



**REMEMBER ... its ok to ask for help!**