Daily Activity

Protective Behaviours: Source of Support 04.02.21

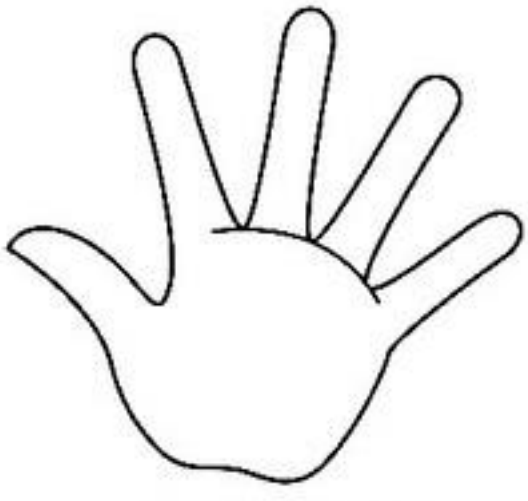
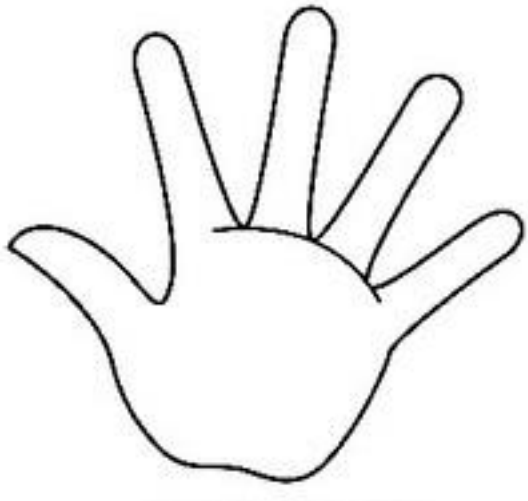
Children need to have the opportunity to talk about where to turn to for help or to be listened to. These need to be people they feel safe to talk to or to go to when they are upset or concerned. This activity gives them the opportunity to talk to you about safe adults who they could approach. Whilst they may not have access to all of these people at the moment during lockdown, you could find other ways of keeping connected. You could write a letter or draw a picture with your child, help them to email, phone, text, video call etc.

Take time to talk about important and safe people your child can go to when they need to. It may not always be if they need help or feel upset but also to share positive news.

Draw around your child's hand and help them to write a name or draw a picture of a person on each finger that they can turn to for support.

You will need:
Paper and a pen.

At Home



At Nursery