

Feelings and Feeling Safe Lesson 1 Home Tasks

Year 1 Lesson 1 Home Task



Animals feeling safe and unsafe



This cat is feeling

I know that because.....



This cat is feeling

I know that because.....



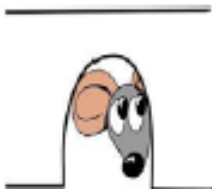
This dog is feeling

I know that because.....



This dog is feeling

I know that because.....



This mouse is feeling

I know that because.....

Feelings and Feeling Safe Lesson 1 Home Tasks

Year 2 Lesson 1 Home Task

Name.....

Safe Places for me

safe places for me in my community

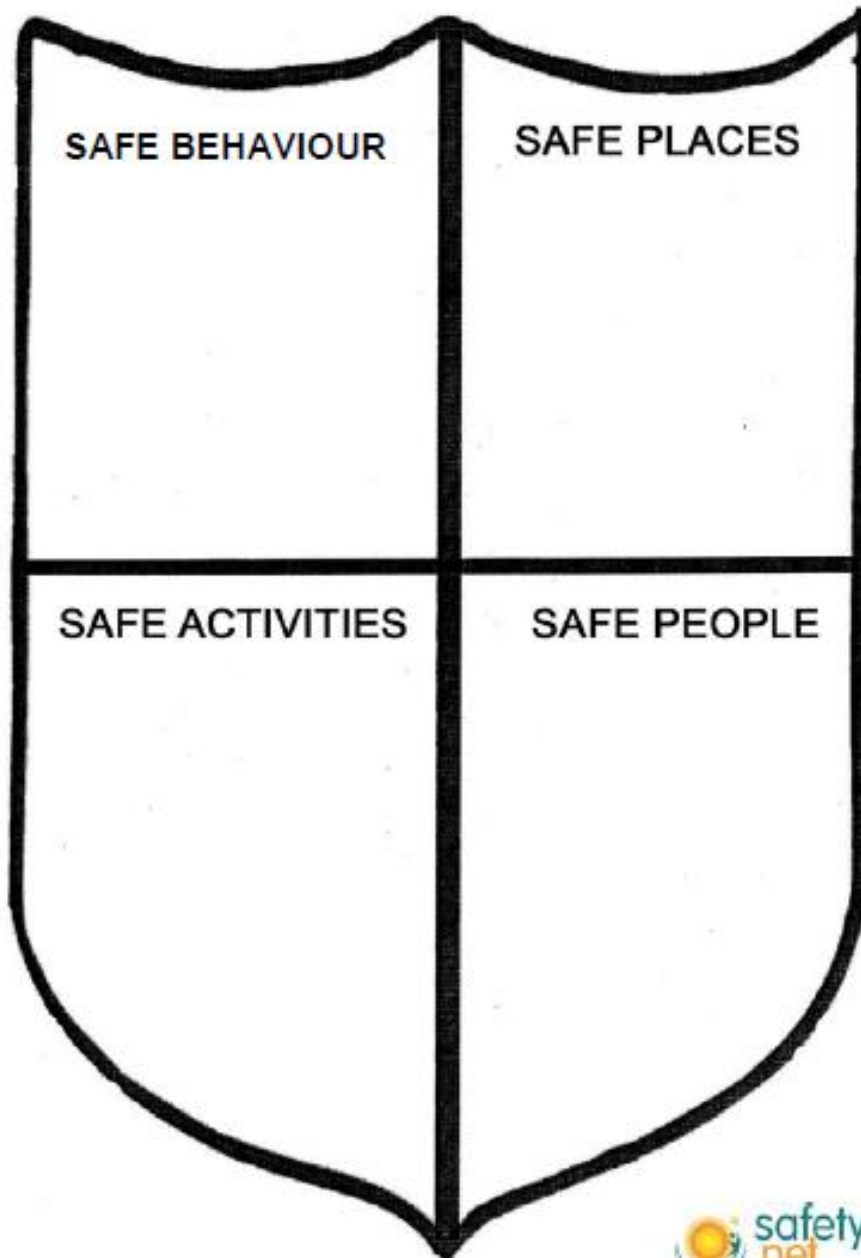


A safe place for me at home is.....
because.....

A safe place for me at school is
because.....

Safe places on the way to and from school for me are
.....
because.....

My Safety Shield



You are a Star

However you feel about yourself, this activity is about focussing on the good bits!

You have most likely got all the qualities you need to be safe, happy and in control of your life. You might just need to recognise them!

Write down the names of two people you know (a friend, a famous person, a relative who you respect and admire. Write next to their names what it is about them that you admire so much.

1

2

Now think about what other people might say about you. What qualities have you got that people (your friends, teachers, family) might admire or like about you



These are the things that make you a unique and special person.