

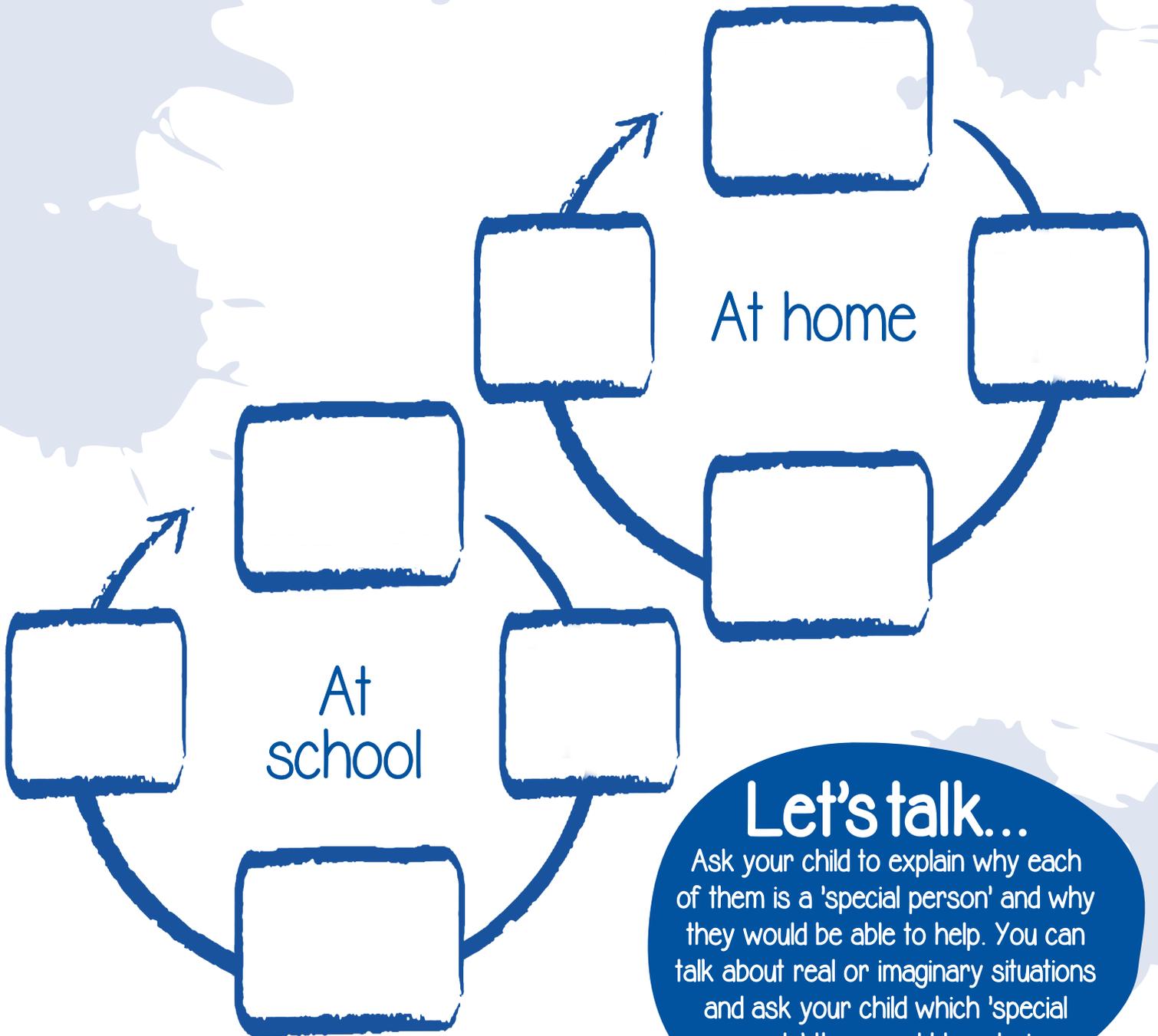
My circle of help

To help your child identify people who can help in difficult situations

You will need



Ask your child to draw or stick pictures of the people who they would turn to if they were worried, scared or needed help.



Let's talk...

Ask your child to explain why each of them is a 'special person' and why they would be able to help. You can talk about real or imaginary situations and ask your child which 'special people' they would turn to in each one.

Talking Games

To improve your child's communication skills and help to express feelings and emotions.

Chinese whispers

- A group of family or friends sits in a circle.
- The first person whispers a simple sentence to the next person.
- They whisper it to the next person - and so on.
- The last person says aloud what they have just heard - which is often very different to the original sentence!
- This simple game shows children how easily misunderstandings occur (even among grown-ups) and how important it is to listen carefully.

Family albums

- Children enjoy looking at photographs, particularly if they or their friends and family appear.
- Look through an album with your child and ask them to tell you how the people in the pictures are feeling.
- Encourage them to think of as many words as possible to describe the feelings.
- Ask your child why they think the person shown felt like that.

No yes and no!

- This simple game can be played anywhere, at any time.
- It produces a lot of laughter and children love it.
- Ask your child questions and they have to answer without saying 'Yes' or 'No'.
- Take it in turns and see who wins.
- The game improves children's communication
- You can also use it to explore issues or feelings in a fun way.

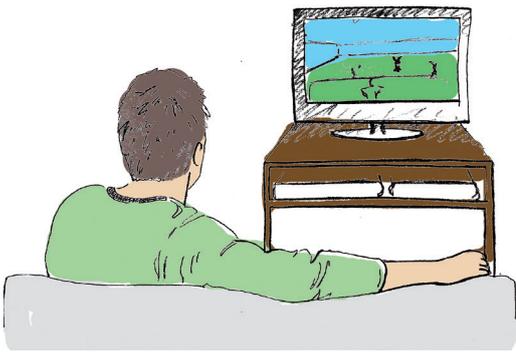
Right time to talk

To improve your child's abilities to identify people who can help

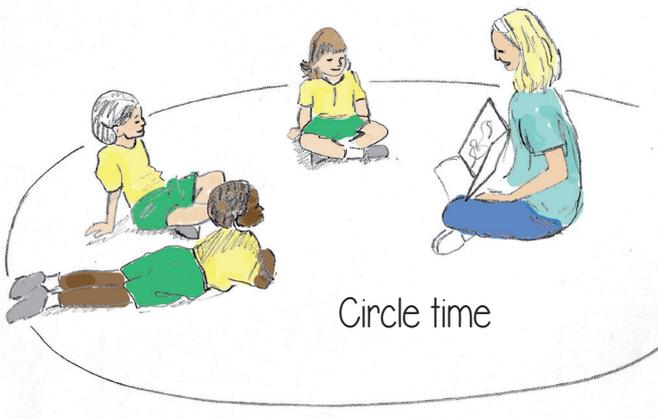
Look at the pictures and discuss if it's a good time to talk. You could expand this activity by role-playing some other situations.

Let's talk...

Ask your child to think of someone else they could speak to in each situation.



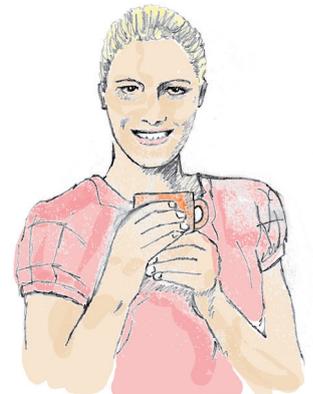
Dad watching the TV



Circle time



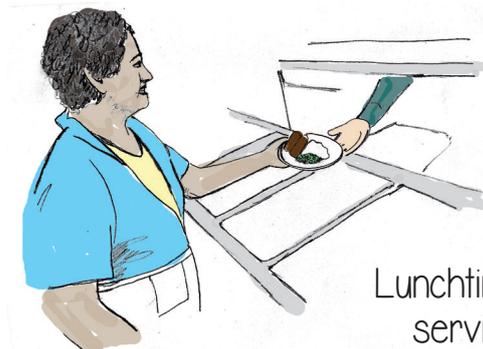
Mum on the phone



A teacher at break time



Bedtime



Lunchtime staff serving lunch