

"Me, Myself and My Body"

Come
Learn With
Me!!



Activity
pack full
of FUN!

Let's get creative!





Always remember to speak about your feelings whether they are happy or sad, and share any worries with a trusted grown up.

Speak Up!

&

Speak

Out!

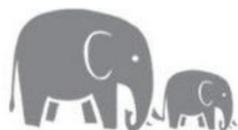
USE A BIG VOICE

PUT ON A BRAVE FACE

AND SAY NO!

If someone is touching you and you don't feel comfortable speak up!
It is your body.

Your voice matters



10

RULES FOR KIDS AND GROWN UPS.

I am the boss of my body.

You should not keep SECRET'S from your parent's. No one should ever tell you to keep a secret, from your parent's especially if the secret is about private part's.



I never go anywhere or take anything from a stranger. No matter what they say, if I don't know them I say NO!

Safe grown ups will not ask children for help they will seek another trusted grown up. Be safe an aware.



If I ever get lost or seperated from my grown up, I could freeze and scream! Or find another parents with children and ask for help.

I always listen to my inner voice.



I always get permission from a trusted grown up before i go anywhere. If i am not allowed to ask for permission then the answer is NO!

Everyone's private parts are PRIVATE. We do not play games with private parts.



I know my name, address and my parents name. This is to ONLY be shared with a TRUSTED grown up.

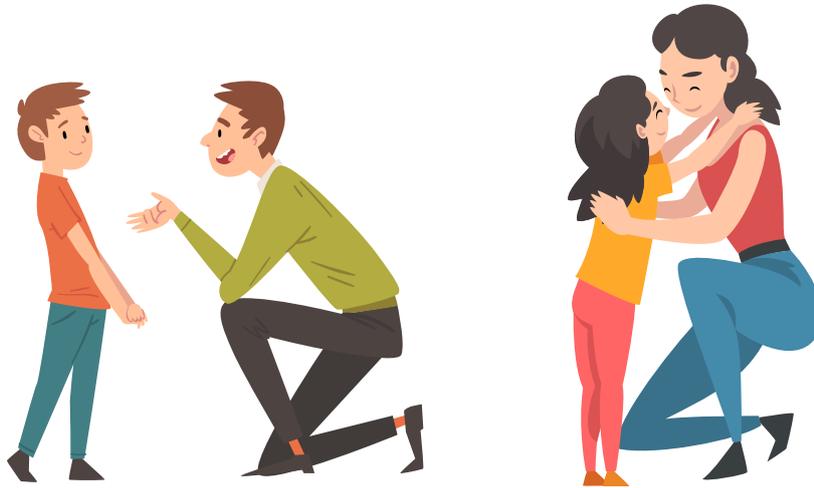


I do NOT have to do anything that is making me feel unsafe. It is ok to say NO to a grown up or even bigger kid.



my safety net

Your safety net is a group of people in your life who you feel comfortable talking to, and feel safe around if you feel you need to speak about something that you are worried about. This can be anyone in your life like a good friend not just family.



Write down all the people in your life that you feel safe around and can speak to if you feel worried about something.



GOOD VIBES BAD VIBES

Sometimes you might not be able to hold back your smile.

Sometimes you might get goosebumps with bad vibes.

Always tell a trusted grown up if you are getting any bad vibes.

TALK

do what makes you happy

Can you think of anyone that gives you good vibes?

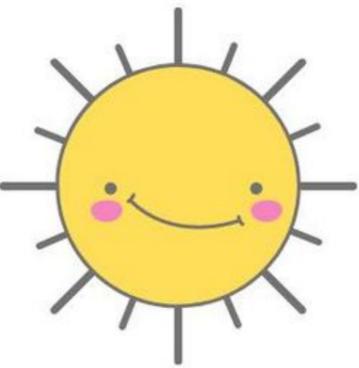
Can you think of a place that gives you good vibes?

Do you think you have ever had bad vibes?

What should you do if you ever get bad vibes either from someone or a place?

NAME :

Feeling cold, sick, worried and scared are usually signs of bad vibes. You can just feel something is not right also.



Feeling excited and happy are usually signs of good vibes, if you feel safe its definetly a good vibe.



do it for you



My Bad Vibes



My Body Let's Me Know

Bad vibes can come if you feel unsafe about something or someone. Here is some ways how your body may tell you are getting these bad vibes.

Sweaty body or face.

May start to cry.

Goosebumps.

Your heart beats faster.

Sweaty palms.

Feel sick in your tummy.

Wobbly legs.

Hairs feels like it's standing on end.

Need to go to the toilet.

Shakey all over.



REMEMBER

If you are feeling unsafe you need to talk and tell your trusted grown up from your safety bubble as soon as possible. Remember you are never in trouble for speaking about how you are feeling.



WILLOW & WESLEY...

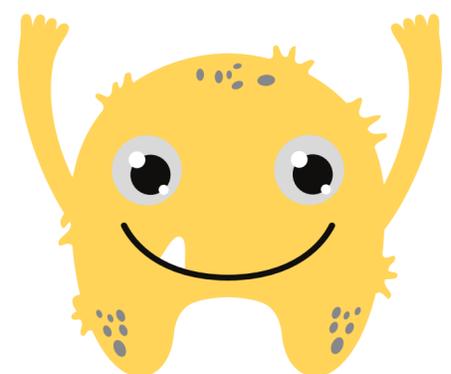


Playing tickle monster.

“ If someone doesn't like how their body is being treated even if it was fun at first, that is ok an the other person needs to listen and stop. ”

Willow and Wesley are playing "The Tickle Monster" with each other. However after a little while, Willow doesn't want to play anymore.

Does Wesley have to stop tickeling Willow?



What should Willow do so Wesley know's she doesn't want to be tickled anymore?

“ Remember if anyone says No Stop you must listen an respect their body. ”

“ NO STOP are very important words to use if someone is doing something to your body you do not like. ”



WILLOW & WESLEY ...

Visit Auntie Pam and Uncle Jim



“ It's better to always ask someone for a kiss or a hug. Remember if someone wants to give you a hug or a kiss you can say NO. ”

Willow and Wesley are visiting auntie Pam and uncle Jim today. Willow is super excited and can't wait to give them both a big hug and kiss. Wesley is feeling a little bit shy and doesn't want to give auntie Pam and uncle Jim a hug or a kiss.

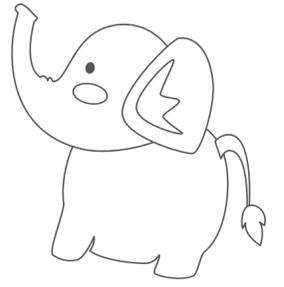
Does Wesley have to give his auntie Pam and uncle Jim a hug and a kiss?

What could Wesley do to greet his auntie and uncle instead of a hug and a kiss?

“ Hugging, kissing and sitting with or on someone's lap is always your choice even if they are family. You can still say NO. ”

“ Even grown up's need to listen and respect each other. ”



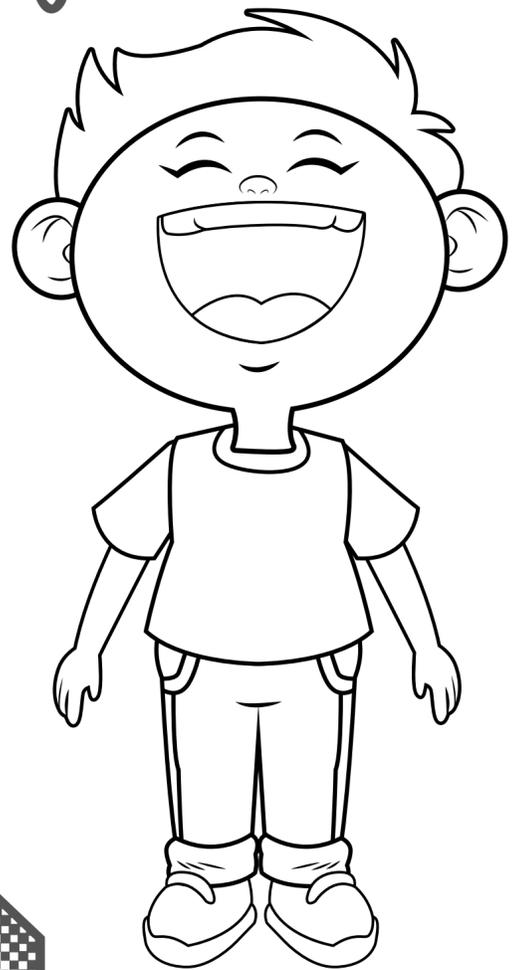


WHAT TO DO IF SOMEONE IS BREAKING BODY SAFETY RULES

say **NO** in a BIG voice

GO

to a safe place
with a trusted
grown up



&

TELL

your trusted grown up!

colour me in!!



My Safe Grown Up!

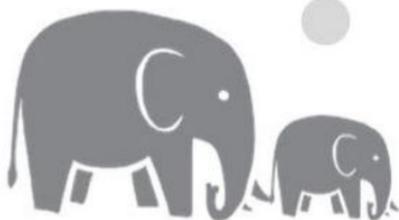
Draw a picture of your trusted grown up...

Remember this can be more than one person

NAME :

Remember a trusted grown up can be anyone you feel safe with.

You need to feel safe with your trusted grown up an comfortable to be able to talk about anything.



Body Safety

Can you draw a line from each body part to the correct place on the body?

Space bubble

Feet

Chest

Stomach

Leg

Bottom

Mouth

Nose

Head

Private parts

Arm

Eyes



“ We all have our own space bubble, this is like another body around us. When someone gets to close this could make you feel uncomfortable. Your space bubble size may change due to who you are with, what you are doing or where you are. we need to respect each others space bubble, if you feel uncomfortable SPEAK UP. ”

“ It's very important that we know the correct name for our body parts and where they are on our bodies, this can make talking and explaining a lot easier. Always remember you are the BOSS of YOUR body and to SPEAK UP! ”



Private Body Parts

My body has private parts, everyone's body has private parts, these are private to them just like yours are private to you.



Private body parts are parts of your body that other people shouldn't see, we should NOT play games with our private parts either. Private parts are your chest, bottom, lips and inbetween your legs.

BOTTOM



CHEST



Private parts are covered by clothing, underwear or swimming suits. If you are taking a bath, using the bathroom or getting changed your private parts may not be covered, these things should be done in private. We wear underwear to cover these parts of our body. NO one should or need to see your private parts.



If a grown up asks to see your private parts or to play a game involving private parts and to keep it a secret you must TELL a trusted grown up. You will NOT be in trouble.



Sometimes a grown up may need to see your private parts this may be a doctor, nurse or a parent if you are not well. This will always be done with a parent there and their permission.

TONGUE





THE LOST VOICE FOUNDATION

SECRETS.

BAD SECRETS.

GOOD SECRETS.

- If someone is asking you to keep a secret forever, it's probably a bad secret and should tell a trusted grown up.
- If you don't feel happy or good about the secret you've been asked to keep, this is a sign to talk to your trusted grown up.

- You may be asked to keep a present or a surprise party a secret, this is a good secret.
- More than likely you will not be asked to keep a good secret forever.
- If you feel excited and good about the secret this is more than likely a good secret.

NAME :

Can you give me an example of a GOOD secret?

Can you give me an example of a BAD secret?

Why could someone be asking you to keep a GOOD secret?

Why could someone be asking you to keep a BAD secret?

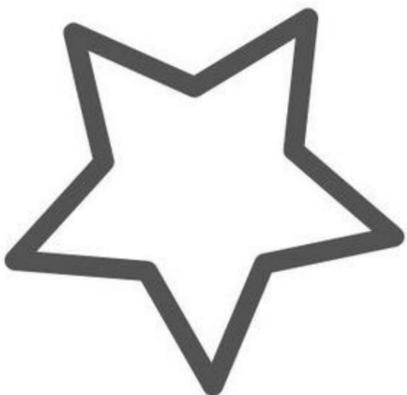
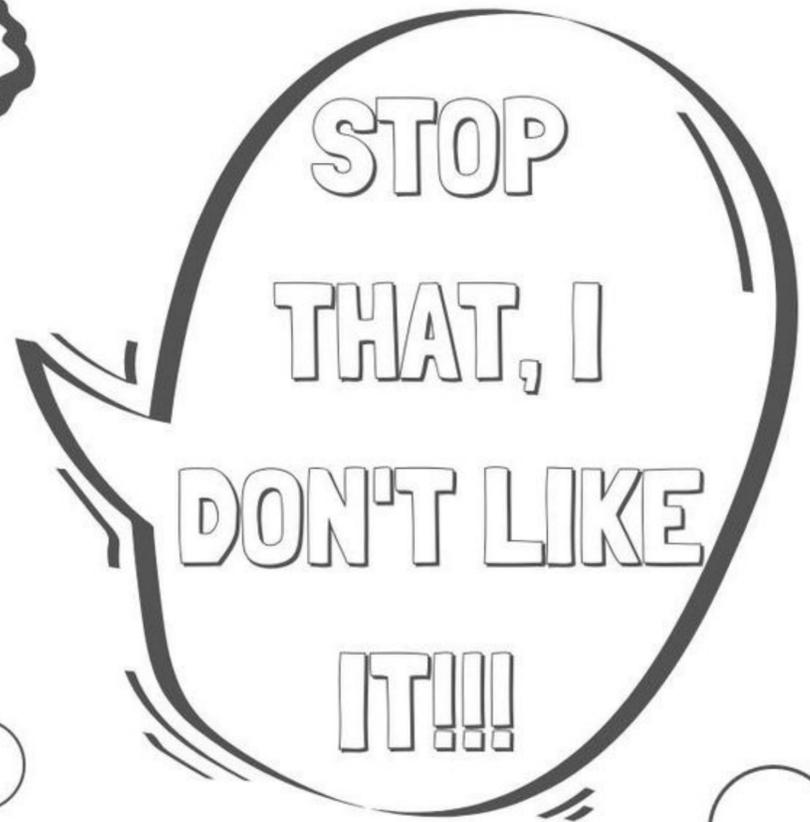
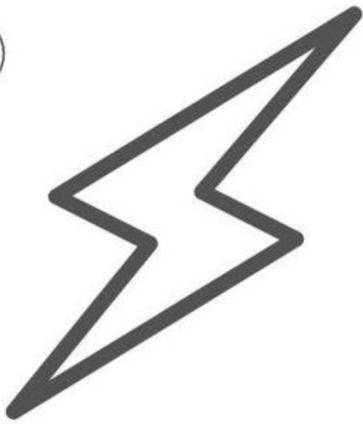
Have you got a trusted grown up to talk about a bad secret to?



STOP

If someone of touching you and you feel uncomfortable, put on your brave face and big voice and say "NO stop that, leave me alone" or "I don't like that" or "Don't touch me like that."

Colour me in



Have you got a brave face and big voice?



NAME :

My Safe Place.

What is a SAFE PLACE?

A safe place is somewhere you can go to when you are feeling upset, worried about something to feel better. It's somewhere you can be YOU. A safe place could be a building, a room or a place, it's somewhere for YOU to feel SAFE, HAPPY an CONTENT.

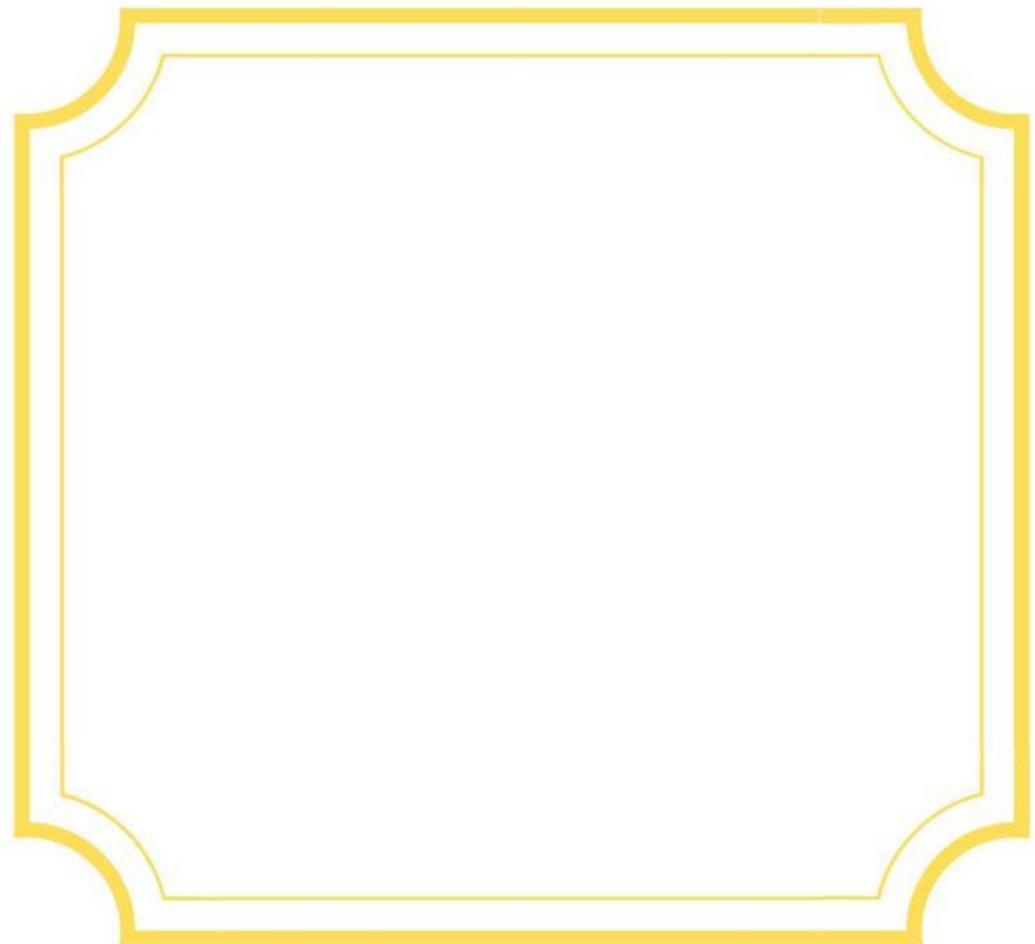
Don't forget to use your SAFE PLACE if you are struggling with your emotion's. This is YOUR space to be YOU.

You may feel more comfortable talking to a trusted grown up in your "Safe Place."

Where do you feel safe?

Draw your SAFE place.

What things could you do in your safe place to make yourself feel better?



What is your favourite thing about your safe place?



Are you worried?

It's OK to worry, but it's NOT ok to worry alone. Always speak to your trusted grown up if you are worried. You may feel sick, upset, confused or scared if you are worried. Make sure you talk about all your feelings.

You could feel worried if you've been told to keep a bad secret, remember always talk to your trusted grown up. You are not in trouble for worrying.

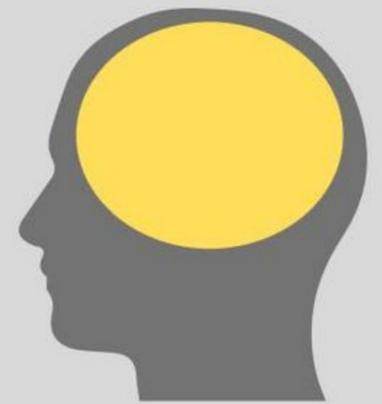
You could make a worry box with your trusted grown up, between you both write down what is worrying you. Remember to talk about these worry and then put the WORRY into the box.

Feel your worry disappear...

...Don't forget to decorate your box.

What do you worry about?

Do you talk about your worries?



NAME :



THE LOST VOICE FOUNDATION

NAME :

5 Anxiety Senses.



Write down something you can SEE...



Write down something you can HEAR...



Write down something you can TOUCH...



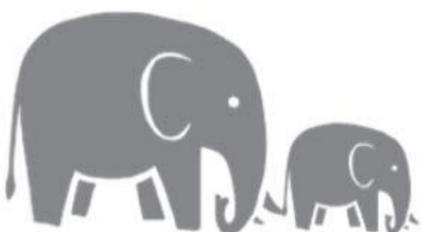
Write down something you can SMELL...



Write down something you can TASTE...



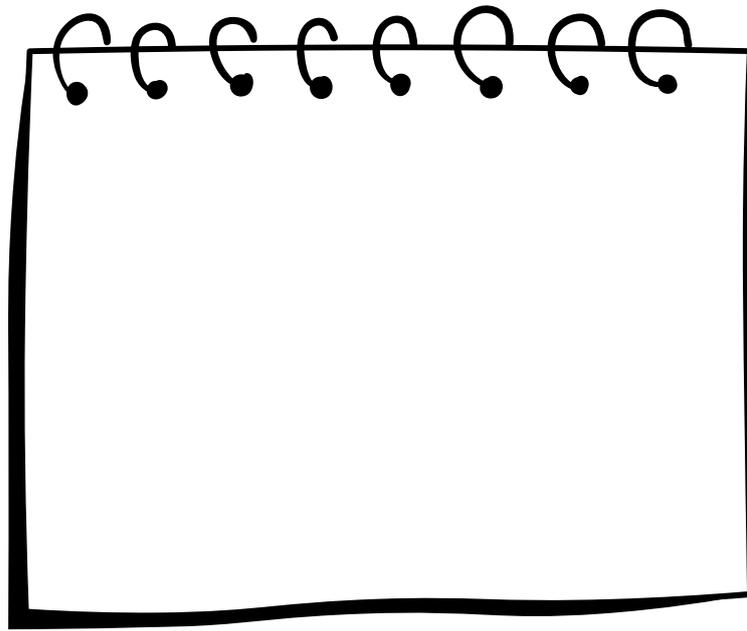
If you feel anxious, worried, scared or even panicked, a good trick is to remember your 5 senses. Think of something for each sense to help clear your mind.



SAFE WORD

It is important to have a safe word to use with your trusted grown up, incase of an emergency where you need help, but may not be able to speak about it.

Can you and your grown up decide and write your safe word in the box below.



Wordsearch



INTUITION
HONESTY
RED FLAGS
BOUNDARIES
MY BODY
TRUST
CONFIDENCE
DISCLOSURE
SELF CARE
CONSENT

Play this puzzle online at : <https://thewordsearch.com/puzzle/1797214/>

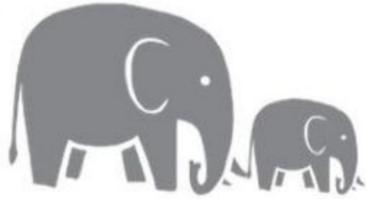
CAN YOU HELP
FIND THE WORDS?



THE LOST VOICE FOUNDATION

Lollypop Stick Dream Catcher

Instructions



THE LOST VOICE FOUNDATION

YOU WILL NEED ADULT HELP



1

Paint your lolly sticks nows the time to get creative. Why not paint some spotty? Or even stripey? You can leave them unpainted if you wish.

2

Once the paint on the lolly sticks have dried (this is where you need an adult) glue gun the lolly sticks together creating a hexagon. You can create other shapes if you wish.

3

Now for the fun part! Creating your dream catchers web, cut string into 40 inch strands which is super long, add beads to the string to add colour an texture. Tie the end of the string/wool around the lolly stick then start wrapping the string an beads back an forth around the centre of the hexagon with a knot. You can do this as many times as you like to create your dream catcher, also use different colour strings.

4

Once you have finished creating your web with the string an beads, its time to add your feathers an tassels to the bottom. Simply tie 3 pieces of string to the bottom of the hexagon, tie feathers and tassels to the end of each piece of string. You could also thread beads onto the string before tieing tassels and feathers on.

5

Finally tie a piece of string to the top of the dream catcher and hang it above your bed to admire your work but also to catch any unwanted dreams.

