

Lesson 4:

We touched on this concept when playing the Early warning signs game, this takes it a step further. Sometimes our body gives us early warning signs when we are in danger so that we can get away from the situation and tell someone. Sometimes, though we get these feeling when we're nervous about something that isn't unsafe and is something we have decided is a good thing to do –“risking on purpose” (eg- maths test, going to the dentist) or feeling excited “ fun but scary” (eg- a rollercoaster, scary movie).

This is a sorting that helps children more easily distinguish between these to determine whether a situation or activity is unsafe. The activity uses scenario picture cards. Decide which column each picture belongs in. Not everyone will agree where the pictures belong- this opens up a discussion about how we are all different and some things feel more scary to some people than others.

Some questions to ask while going through this activity:

Does this picture give you early warning signs?

Does that look safe?

Is that something you would choose to do, even if it seemed a bit scary?

Is this something that makes you feel safe?

What could this person do so that they can feel safe again?

8. Safe/ Fun to feel Scared/ Risking on purpose and unsafe headings
9. Sample pictures