

My Circle of Help

It's important that children know who they can turn to if they have a problem.

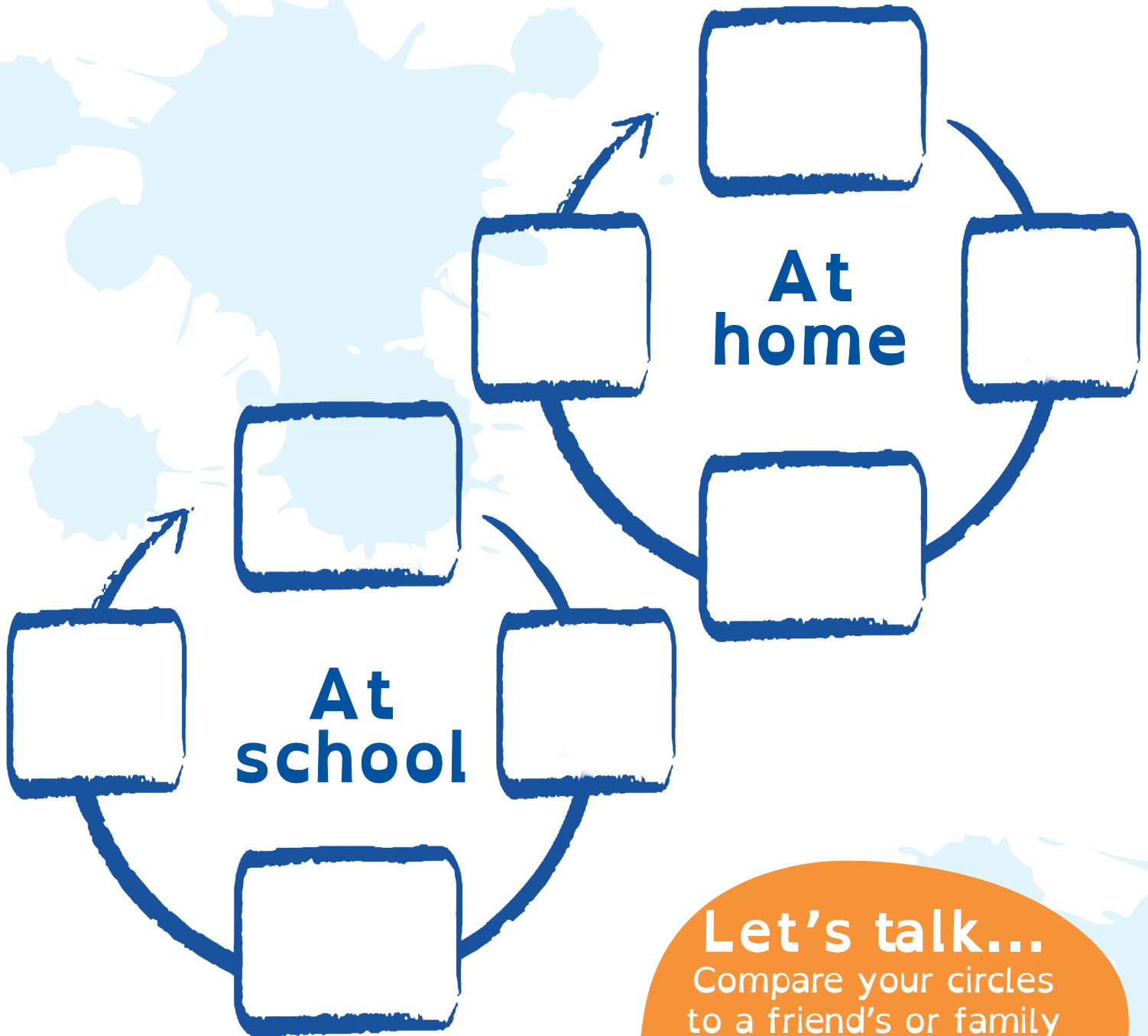
Ask your child to write, draw or stick pictures of people they could turn to for help if they were worried, scared or needed help. Talk about why they've chosen those people and in which situations they would turn to them.

When starting a new school, children might not know who to go to for support. Talk about who might be there to help them, e.g. their Head of Year or a school counsellor. After they have started school they can complete the activity with the names of the people there.

You can complete a worksheet yourself, showing people who help you at home or at work. Discuss it with your child and help them see that everyone needs help from time to time.

My Circle of Help

Draw or stick pictures of people you would turn to if you were worried, scared or needed help. Who are the friends, family members, teachers or other people you could go to for support?



Let's talk...

Compare your circles to a friend's or family member's. Who have you chosen and why? Which situations could they help in?