

PRINTABLE ACTIVITY 1

My feeling today

Choose, draw, write or pass. There is no wrong feeling.

Name: _____ Date: _____

☐ happy	☐ sad	☐ calm	☐ cross
☐ worried	☐ confused	☐ lonely	☐ safe

Today my feeling looks like...

Draw a face, colour or shape.

One thing I need is...

For example: quiet, a cuddle, movement, water, a friend or an adult.

Remember: You can have more than one feeling, and feelings can change.

PRINTABLE ACTIVITY 2

My heart can hold two feelings

Fuzz can miss Grandpa and still laugh with his friends.

Name: _____ Date: _____

Choose two feelings that can sit together. Draw, colour or write in each space.

One feeling	Another feeling
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Something that could help me carry both feelings

Draw or write a person, place, activity or comforting object.

I can say: 'My heart feels _____ and _____.'

PRINTABLE ACTIVITY 3

Pieces of magic

Choose a special person, pet, place, story or happy memory. You may work about Fuzz instead.

Name: _____ **Date:** _____

Fill one piece or several pieces. You do not have to share your work.

A story _____ _____ _____ _____	A sound or song _____ _____ _____ _____
A special place _____ _____ _____ _____	Something funny _____ _____ _____ _____
Something kind _____ _____ _____ _____	An object or picture _____ _____ _____ _____

Fuzz's reminder: Someone can be missing from your world and still be part of your story.

PRINTABLE ACTIVITY 4

My circle of care

Write or draw the trusted people who can help. An adult can scribe.

Name: _____ Date: _____

Safety: Choose people you know in real life. A trusted adult listens, helps you feel safer and gets more help when needed.

At home _____ _____ _____	At school _____ _____ _____	In my community _____ _____ _____
A person I can talk to _____ _____ _____	ME	A person who helps me feel calm _____ _____ _____
Someone who can get more help _____ _____ _____	Another trusted adult _____ _____ _____	A safe place _____ _____ _____

I can ask: 'Can you stay with me?' 'Can we talk somewhere quiet?' 'Can you help me?'

PRINTABLE ACTIVITY 5

My quiet-corner plan

Plan a safe pause. A quiet corner is not a punishment and an adult remains available.

Name: _____ **Date:** _____

I might notice...

What happens in my body, thoughts or feelings when things feel too big?

My safe place is...

Choose an agreed place at home or school.

Things that help my body

slow breath
movement
water
soft object
quiet drawing

My trusted adult

name or draw
what I can say
where I can find them

My help sentence

I feel _____. I need _____. Can you help me?

PRINTABLE ACTIVITY 6

My memory-box plan

This activity is optional. Use drawings or copies rather than valuable objects.

Name: _____ Date: _____

Design the outside of your box

Choose colours, shapes or symbols. Fuzz used a silver moon, golden stars and flowers.

A picture or drawing

A story or note

A sound, song or saying

A safe small object — or a drawing of it

Who can help?: I would like to make or look through this with _____.

PRINTABLE ACTIVITY 7

Helpful words for a friend

Cut out, point to or discuss the cards. Which words feel supportive?

Name: _____ Date: _____

I'm here with you.	You can talk, or we can be quiet.
Would you like me to get an adult?	You do not have to stop crying.
Cheer up.	Don't think about it.
You should feel better now.	I know exactly how you feel.

My own kind words

What could you say while remembering that a friend does not have to talk?

Remember: A friend can listen and stay nearby. A trusted adult helps when feelings are very big or there is a safety concern.