

# The Story Animals

# Bailey's Yarn

## Early warning signs

Our body is amazing in so many ways, and it can tell us when something is not quite right. When we are feeling scared, unsafe or upset our body sends us signals; sometimes before we have even noticed that we are feeling that way! It is important that we learn what our signals are so that we can take action and stay safe.



Now think of Bailey in our story. Her body was sending her signs – can you remember what they were? What signs does your body send when you feel unsafe?

Sometimes it's okay to feel these signs, like when we ride a rollercoaster, or before we play a big championship game. How can we tell the difference between safe and unsafe signs our body sends us?

