

# The Story Animals

# Daisy's Yarn

## Safe communication

Communication isn't just about what we say, but also what we do and how we act. We often have different people in our lives who we would talk to about different things. There are some people we hug and some people we wouldn't.

Sometimes it is helpful for us to think of it like having a "personal bubble". People can only enter your personal bubble if you give them **permission**. If you do not feel safe, and you have uncomfortable feelings then it's okay to say no.

On the next page there is a picture of Daisy with her personal bubble. Think about who you would allow in your personal bubble. These people are who you feel most safe with.

What about the "People I know" bubble? These are people you know and can spend time with, but you might not want to hug or tell everything to.

Who do you know at a distance? These might be people you wave to or say hello to, but you don't really know them that well.

Who would be out in the depth of the ocean? People you do not feel safe with?



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