

The Story Animals

Peta's Yarn

My Safe Mob & Being Kind and Respectful Activities



Everybody needs safe people to talk to; especially when they are feeling worried, upset, scared, confused or unsafe. Who are the people that you can go to when you need help, support or advice? Sometimes when we try to talk to someone, they might not be free, so it's always good to have a small group of adults to choose from who are your safe mob. It is important that these are people you can talk to about anything, and you know that they will believe what you say no matter what.

Over the page, is a picture of Sam the Cockatoo. On Sam's wings, write down the names of people who are in your safe mob. Make sure you have someone you can talk to at home, at school and in other places. Have a think about the best way to contact each of the people you have named, then add their phone number or email address so you will have it handy if you need it.



If we think someone is having a hard time, there are a few different things we can do. Remember, it's not your job to fix things for other people (or to ask too many questions), but you can be kind. Don't forget to take care of yourself too!

Over the page, is a picture of Peta the Echidna grounding herself in the cool dirt of her burrow. On her spines, write down some things that you like to do to 'relax' or some things you might do for someone to show kindness.

SAFETY: If you are worried that you or someone else might get hurt then always tell a safe adult.



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