

# The Story Animals

# Daisy's Yarn

## My safe mob

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

On the hand below, write down the names of five people who are in your safe mob. You can be as creative as you like! Maybe you want to paint it on a poster or canvas? You could even use spray art! You can include photos, drawings or even phone numbers. Sometimes it's a good idea to make a small version as well that you can keep on you in case you forget their numbers or address.

