

## STATEMENTS TO LIVE BY

*'Grow towards human wholeness in body, mind and spirit and learn to keep themselves and others safe'*

Please use the activity below to help support the statements we will use together over the next four weeks.

- **I know when to ask for help and who to ask for help**
  - **I can recognise comfortable and uncomfortable feelings**
  - **I know how to help others when they are in trouble**
  - **I understand what trust means**
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I trust and feel safe with...

I do not feel safe when ...

Please talk with your child about who you feel safe with and trust and who they feel safe with and trust. You may also want to talk to your child about who they do not feel safe with or trust.

*There is no need to return this to school.*