



The Shadow of Talleystick Valley

Practitioner Activity sheet Guidance

P2.3

GIVE SPACE SEEK HELP

Required Material:

- ▶ The Give Space Seek Help Activity Sheet
- ▶ Pens / Pencils

Outcome:

- ▶ To recognise when I am feeling unsafe around someone I usually trust.
- ▶ To feel confident in giving that person space and asking someone for help.

STARTING ACTIVITY (5mins)

INITIAL DISCUSSION – Together talk about a key person in the child/children's life that can sometimes seem different, depending on when they talk to them. Ask them to share the telltale signs and how it makes them feel.

MAIN TOPIC (10mins)

Leading on from the Initial Discussion tell the child/children that whilst those we care for care for us also, we sometimes may need to give them space if they are not feeling themselves or are acting strangely. Ask the child to suggest reasons why they may not be feeling themselves.

Now ask the child/children to describe what they think it might be like to feel unsafe, the emotions they might feel, what they may be thinking. Tell them to keep this in mind when they are with someone who is acting strangely, and if they feel unsafe in the situation they must always feel confident in asking for help from another person.

MAIN TASK (15mins)

Have the child/children decorate the Give Space Seek Help poster to stick up in their room, or somewhere where they will see it often to remind themselves that if they do not feel safe around someone then they should give that person some space, and call for help.

Whilst they are decorating the poster talk to them about the different people they think they could call on for help if they do feel unsafe.

PLENARY (2mins)

CLOSING DISCUSSION – Once they have finished decorating the poster you could suggest that the child/children write a list of the people they could call for help on the back to look back on should they need to.

Note: This activity can link into any safety planning you have already done with the child/children.

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Children's Activity Sheet

P2.3

GIVE SPACE SEEK HELP

Decorate the Give Space Seek Help poster to stick up in your room or somewhere you will often see it to remind yourself that if you do not feel safe around

someone then you should give that person some space, and call for help.

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