

MY VILLAGE OF SAFETY

Add your own safe places around the village!





If I need help, I can call...



Kids Helpline: 1800 55 1800



Police/Fire/Ambulance: 000

Some things I can do if I feel scared or sad:

- ✧ **Talk to a safe person**
 - ✧ **Take some deep breathes (like you're blowing bubbles)**
 - ✧ **Play with my favourite toy**
 - ✧ **Draw or paint how I feel**
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