

How do I feel today?

Point to a face, or colour in the one that feels like you. It's OK to pick more than one.



Happy



Sad



Angry



Scared



Worried



Calm

When I feel worried or "uh oh", my body feels...

.....
.....

Tummy? Hands? Heart beating fast?

Draw how you feel

My safe grown-ups I can talk to

.....
.....

Nothing is so awful that we can't talk to someone about it. **Kids Helpline: 1800 55 1800**

For grown-ups. Sit with your child and let them choose. There are no wrong answers. If they pick a hard feeling, you might say what you notice, for example: *"I wonder if you're feeling sad today?"* Then listen. Help them write the names and phone numbers of their safe grown-ups. Kids Helpline is free and confidential for ages 5 to 25.

Where this comes from. Made by a mum with lived experience of family violence, not by a professional. "Nothing is so awful that we can't talk with someone about it" is quoted from the APS sheet (below), shortened to "talk to someone" for children. The activities follow published advice: help children name and talk about their feelings, notice their body's "uh oh" warning signs, and know which trusted adults they can go to (Australian Psychological Society, 2018, *Separating parents, family violence*). Children who find it hard to talk may prefer to draw (National Child Traumatic Stress Network, 2014, *Children and Domestic Violence* fact sheet 6). Full links at whereismydaddybook.com.au/resources/.

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