

FEELING SAFE

ACTIVITY BOOK



**SAFEGUARDING
CHILDREN**
CATHOLIC ARCHDIOCESE OF SYDNEY





The Safeguarding Office has designed this booklet for Children to help them know what emotions and feelings are. If you are a Child in the Archdiocese of Sydney this book is for you.

As a Child, it is good for you to stay happy and healthy. However, sometimes you may feel unhappy or sad. When you are unhappy or sad, it is important for you to tell your parents, a teacher or a trusted adult so that they can help.

We hope that this book will help you to understand your feelings and emotions and seek help when you need it.

***“I can do all things through Him who strengthens me”
- Phil 4:13***

THE CATHOLIC ARCHDIOCESE OF SYDNEY ACKNOWLEDGES THE AUSTRALIAN ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLES AS THE FIRST INHABITANTS OF THE NATION AND THE TRADITIONAL CUSTODIANS OF THE LANDS WHERE WE LIVE, LEARN AND WORK.

**HI, I AM SAINT NICHOLAS.
I AM THE PATRON SAINT OF CHILDREN!**

**I WAS BORN
IN TURKEY.**

**I WAS A YOUNG MAN
WHEN I BECAME THE
BISHOP OF MYRA.**

**I CAME FROM A
WEALTHY FAMILY.
I CHOSE TO GIVE MY
MONEY TO THE POOR
AND NEEDY.**

**I DEDICATED MY LIFE
TO THE PROTECTION
OF CHILDREN.**



**Count how many times you can see
St Nicholas throughout the book.**



EMOTIONS AND FEELINGS



“Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence”

– St Francis de Sales



What are Feelings?

Feelings are what we all feel when good or bad things happen to us. Everyone experiences different feelings every day and our bodies help show others how we feel.

What are Emotions?

Emotions are the names that we give our feelings such as happy, sad or surprised. Our Emotions can change many times a day.

What emotions are you feeling today?

.....

.....

.....

.....

.....

.....

.....



Emotions Word Search

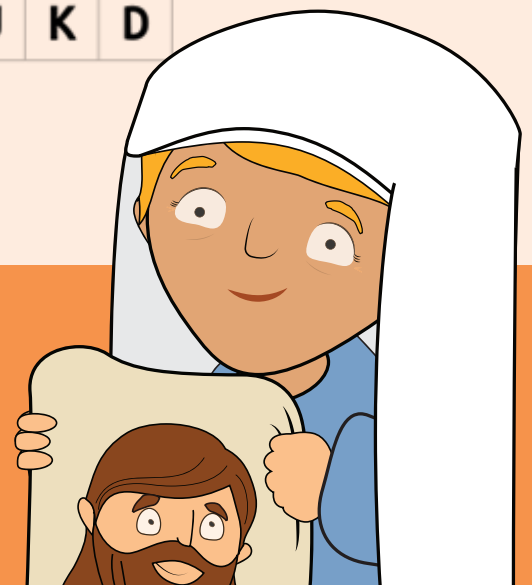
Different Emotions

P	S	H	G	E	V	A	R	B	R	Y	H	S	Y
N	A	A	U	S	S	R	S	V	N	R	L	H	L
E	E	O	D	R	R	A	H	E	E	P	E	U	I
T	R	R	B	S	T	U	R	E	I	L	S	Y	A
N	A	I	V	C	P	M	W	R	I	E	V	L	A
D	P	E	N	O	D	A	H	K	I	N	D	L	S
E	E	R	Y	E	U	D	K	P	R	B	R	I	U
I	O	P	R	T	R	S	H	S	H	Y	A	S	R
R	H	O	R	R	V	D	Y	Y	R	G	N	A	P
R	B	S	D	Y	L	Y	P	P	A	H	U	S	R
O	D	N	P	Y	E	X	C	I	T	E	D	Y	I
W	A	D	I	D	I	D	L	G	D	S	D	T	S
V	G	L	I	R	Y	P	E	E	L	S	E	B	E
B	S	Y	D	N	T	B	L	L	E	R	U	K	D

HURT
 HAPPY
 KIND
 BORED
 SURPRISED
 MAD
 NERVOUS
 BRAVE
 SLEEPY
 WORRIED
 SILLY
 ANGRY
 SAD
 EXCITED
 SHY

“May the Lord make his
face shine upon you”

– St Veronica



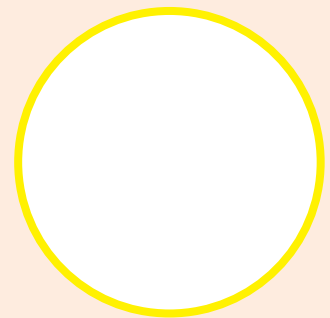
How do you feel?

Guess the feeling by...

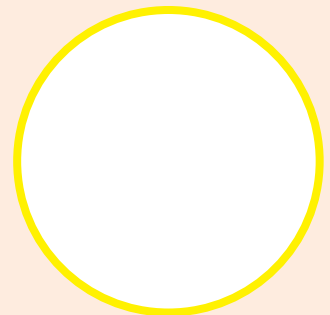
- Matching the emotion words to the faces
- Drawing your own version of the emotion in the yellow circle

Happy Sad Surprised
Scared Angry Silly Worried

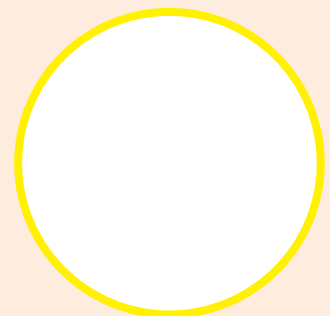
1.



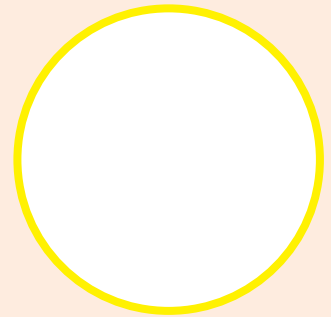
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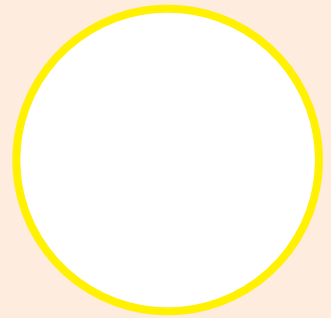
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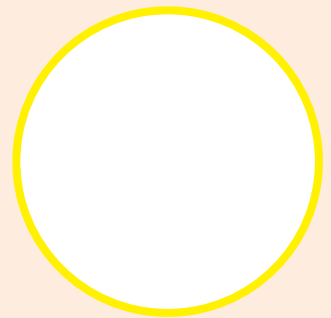
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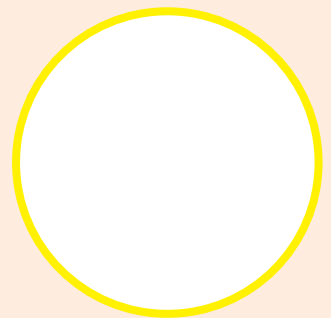
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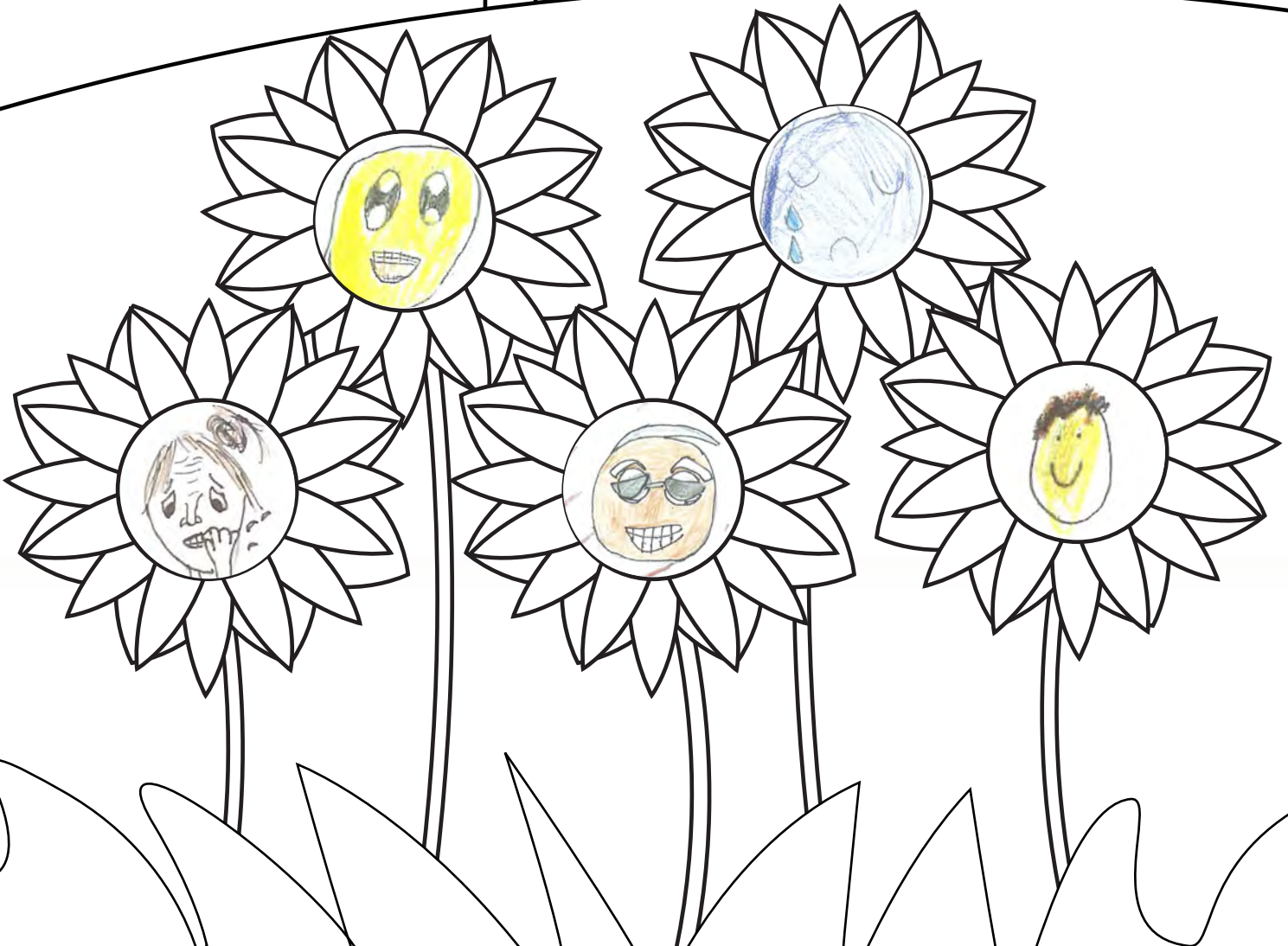
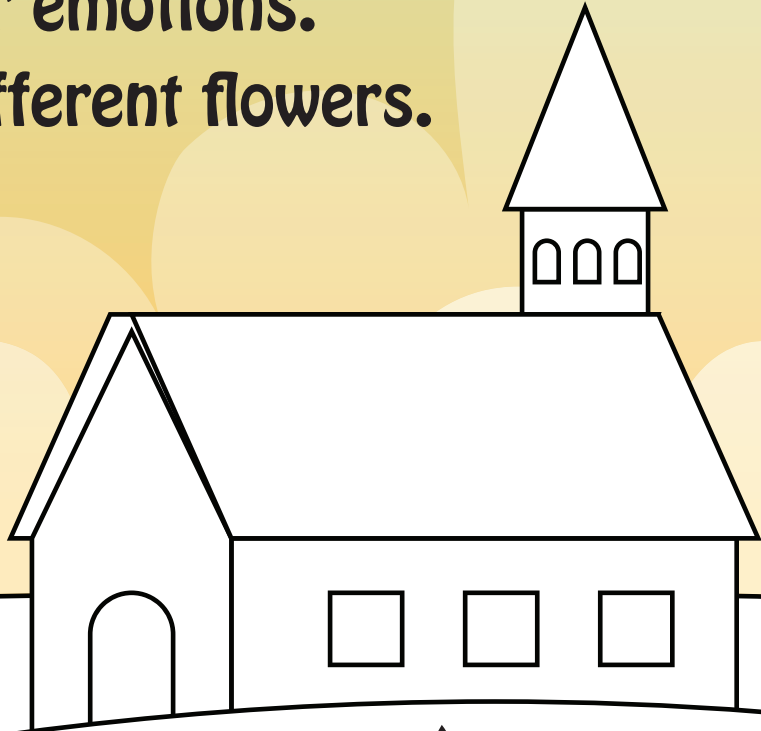
7.



Emotions Garden

This is the Emotion Garden. Just as we water flowers to look after them, we need to look after our emotions.

Colour in the different flowers.



What makes me ...

What makes me happy?

Draw or write what makes you happy

What makes me feel loved?

Draw or write what makes you feel loved

What makes me feel proud?

Draw or write what makes you feel proud

What makes me angry?

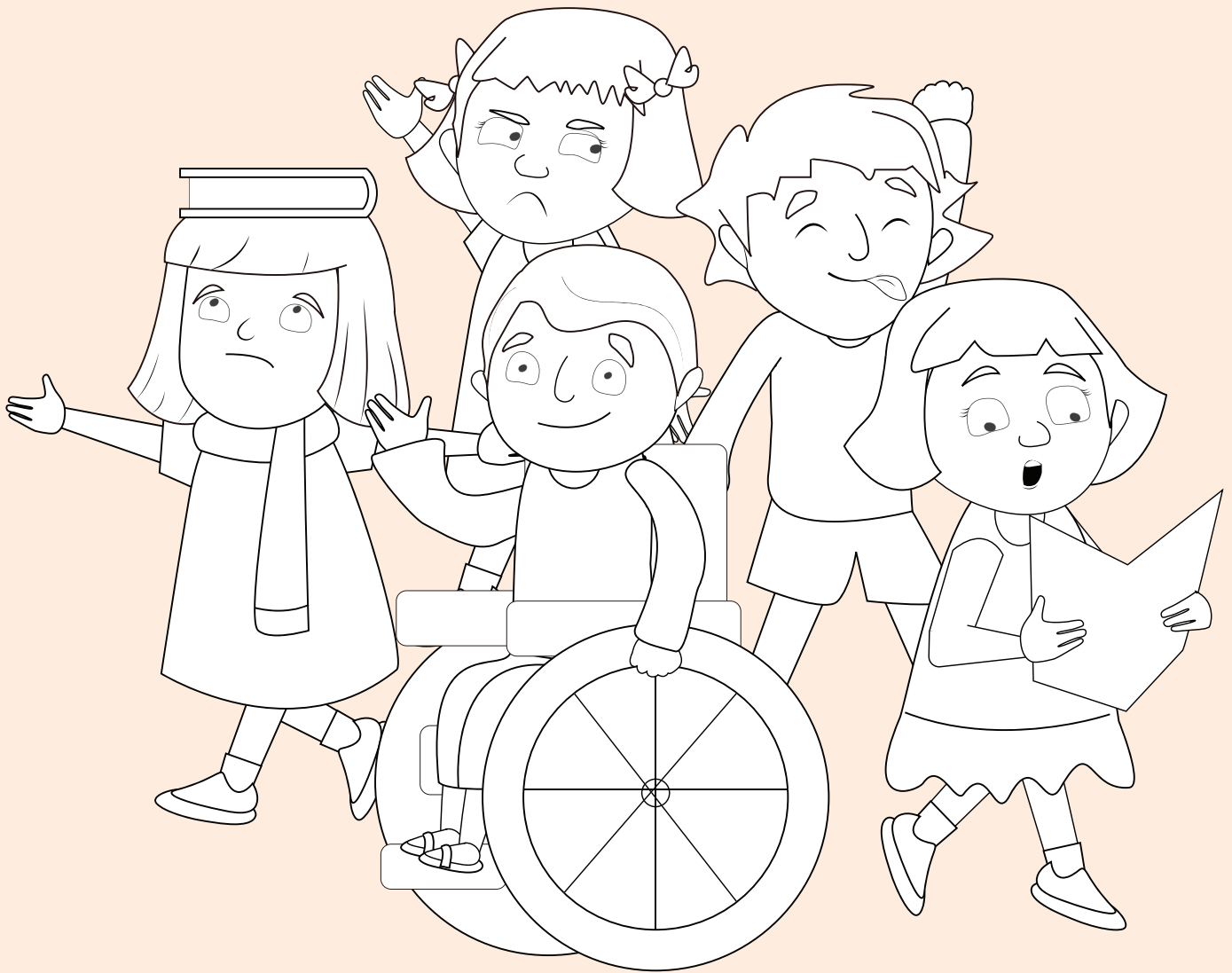
Draw or write what makes you angry

**“Be who God has made you to be
and you will set the world on fire”**

– St Catherine of Sienna



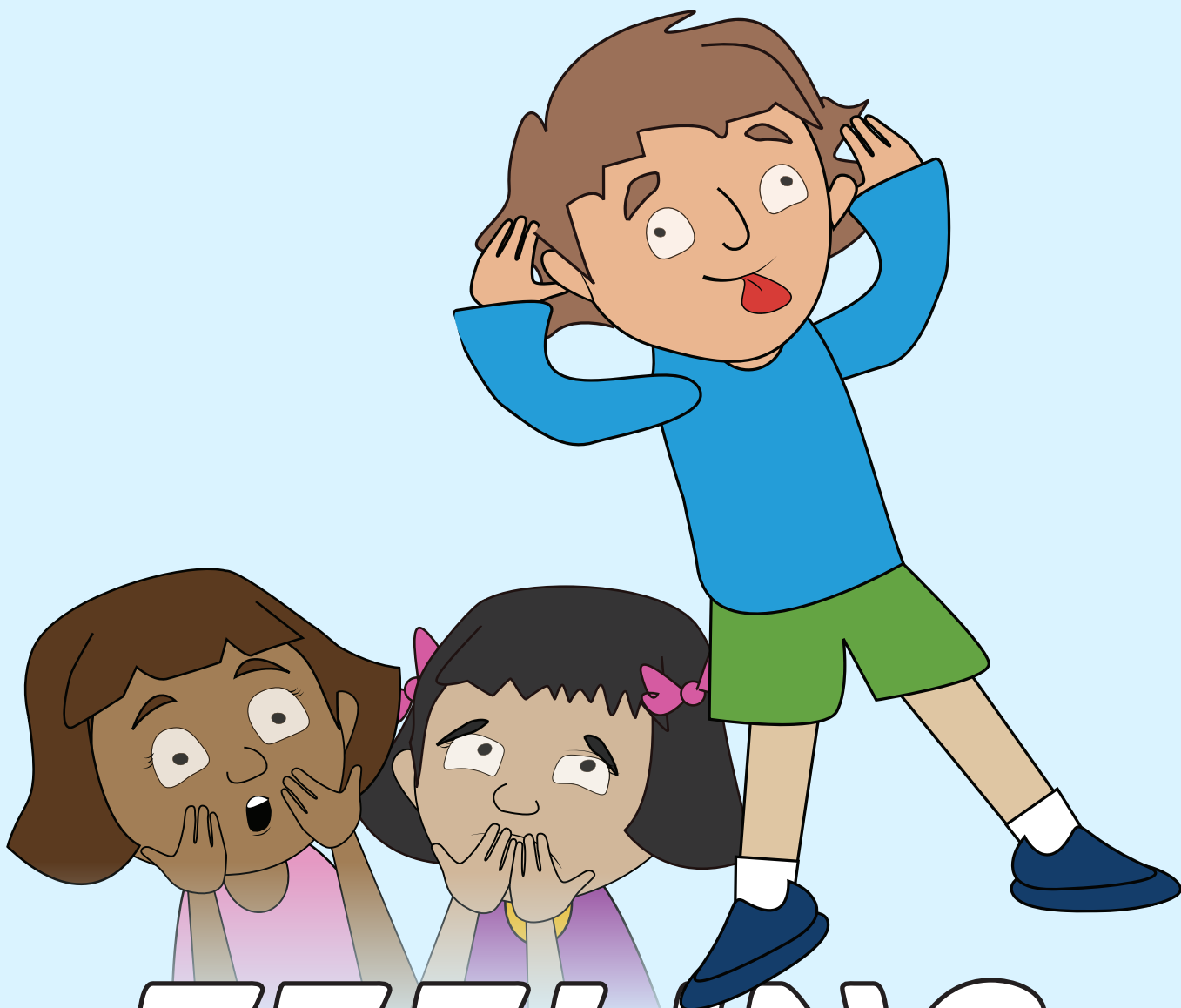
Colouring in Activity



“Each Child has a place in God’s Heart for all Eternity.”

– Pope Francis





FEELING SAFE

Feeling Safe

**You have the right to feel safe at all times.
You also have the right to tell a trusted adult
when you don't feel safe.**

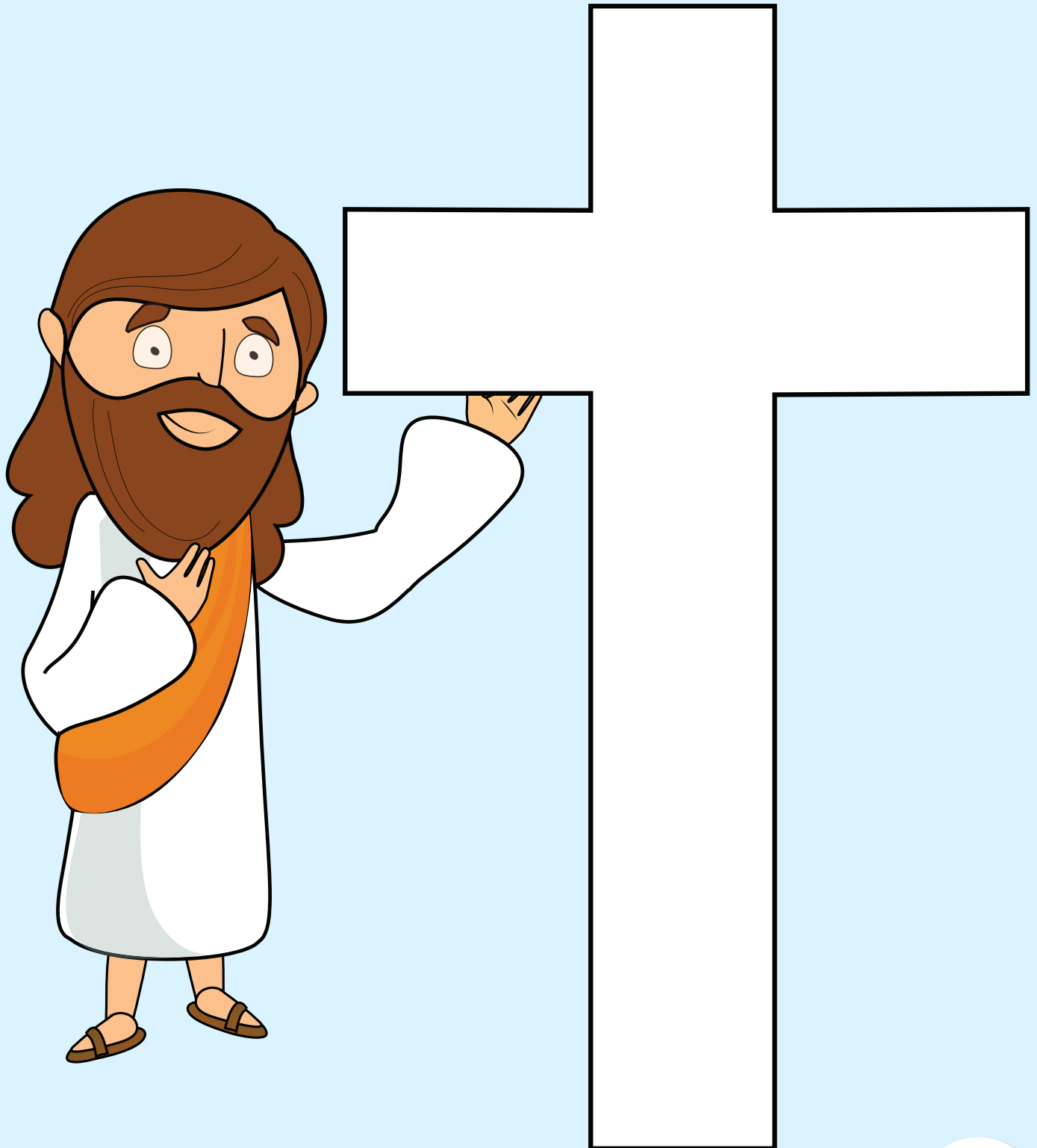
Draw something that makes you feel safe

Draw something that makes you feel unsafe



Finding your Trusted Adults

Trusted Adults help us feel safe when we are feeling scared or worried. Write in the cross who your trusted adults are in your life.



Trusted Adults in your life

Did you know?

A trusted adult's job is to....

- Protect children
- Teach children
- Take care of children
- Help children when they make a mistake or do something wrong

Identify Trusted Adults in your life for each of the examples.



Think about a time when you needed help at school... who did you go to for help?

Think about a time when you needed help in church... who did you go to for help?



Think about a time when you were nervous... who did you go to for help?

Think about a time when you were scared... who did you go to for help?

Think about a time when you were happy... who did you share that with?

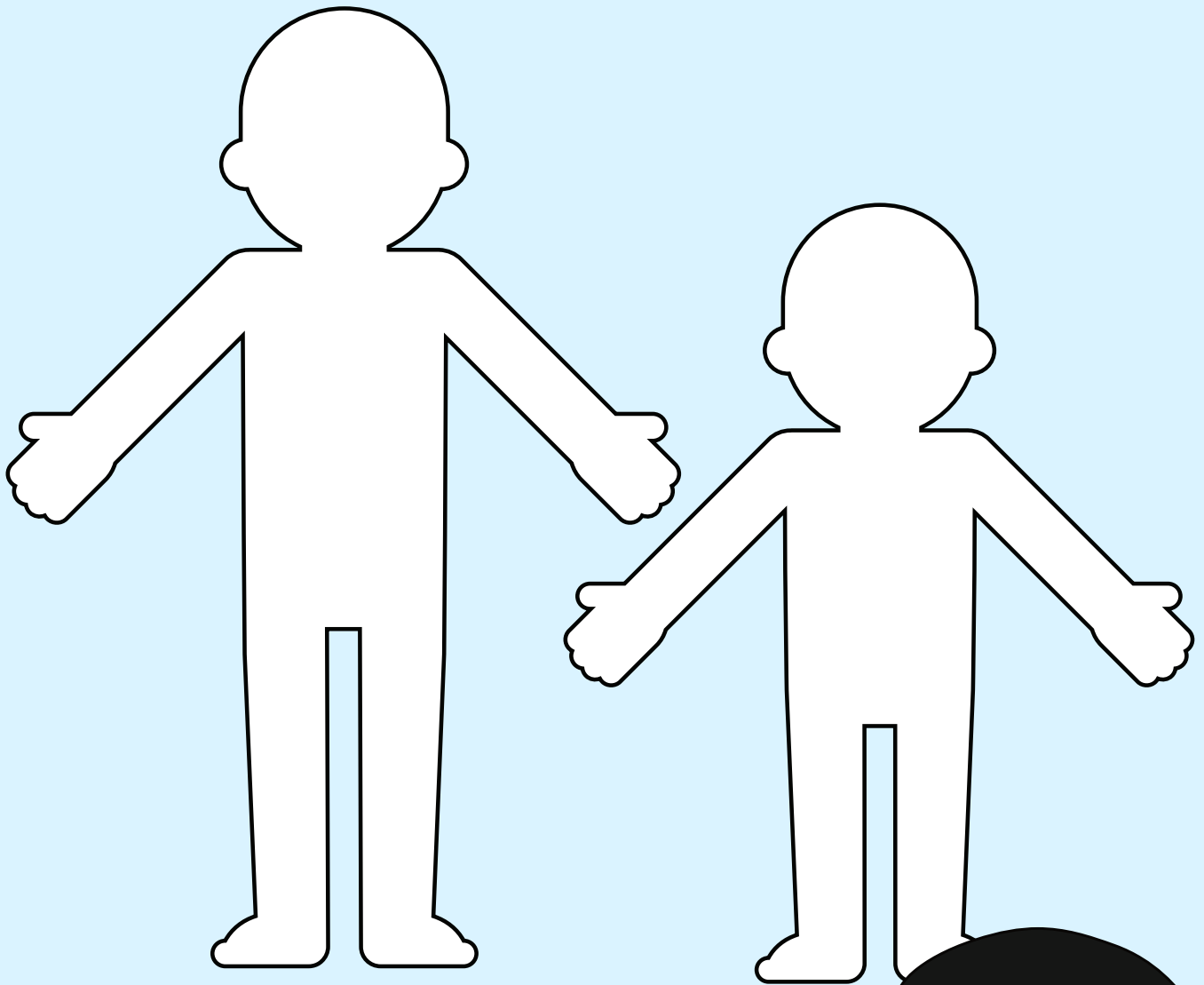
Think about a time when you were excited... who did you share that with?

“Peace begins with a smile.”
– St Teresa of Calcutta



Colouring in Activity

Draw yourself and one of your trusted adults together.



“Use the gifts you have received,
and pass on the love that has
been given to you.”

– St Therese of Lisieux



My Church Community

In our Church Community we should all feel safe, welcomed and included. Draw a picture that matches the statement.

Active

**I keep myself
active in the Church
Community by...**

Safe

**I keep myself
safe in the Church
Community by...**

Responsible

**I feel responsible
in my Church
Community when I...**

Respect

**I feel respected in
my Church Community
when...**

Included

**I feel included in my
Church Community
when...**



Safe and Unsafe Situations

There may be times where we find ourselves in unsafe situations. It is really important that we keep ourselves safe and make sure we are in safe environments.

Read each example and circle the happy or worried face to show how safe or unsafe the situation is. The first one is an example.

Chatting with people in games online without permission



Crossing the road without an adult



Being alone in a space without another adult present



Walking across the road with an adult holding hands



Running with a candle in the church



Sitting with family at church



Telling a trusted adult when you feel upset or worried



My Church Community

Who in your church community do you know? Draw people from your church community below.



“We have much for
which to be thankful.”
– St Mary of the Cross Mackillop



SOMEONE WILL LISTEN TO YOU

Tell a trusted adult if you or another child is feeling hurt, worried, anxious or embarrassed.

An adult will:

LISTEN to what you have to say

They will help you feel **SAFE**

They will **TELL** people who will be able to help you



Your safety comes first! Remember to speak to a trusted adult such as a parent or teacher.

Kids Helpline: 1800 551 800 | kidshelpline.com.au

Thank you

The Safeguarding Office would like to thank the Children from the following Parishes and Communities for participating in the ‘emoji’ competition for this activity book.

- Our Lady Star of the Sea, Miranda Parish
- Our Lady of the Rosary, Kensington Parish
- St Peter’s, Surry Hills Parish
- All Hallows, Five Dock Parish
- St Christopher’s, Panania Parish
- St Declan’s Penshurst Parish
- St Therese, Mascot Parish
- St Mary’s Cathedral
- Chinese Catholic Community Sydney
- Samoan Catholic Community Sydney
- St Joseph’s, Como/Oyster Bay Parish
- St John Vianney and St Thomas More, Greenacre Parish
- Our Lady of the Sacred Heart, Randwick Parish
- St Aloysius, Cronulla Parish
- St Martha’s, Strathfield Parish
- St Josephs, Belmore Parish
- St Augustine, Balmain Parish
- St Joseph, Rozelle Parish
- St James, Forest Lodge Parish
- St Patrick’s, Summer Hill Parish
- St John Bosco, Engadine Parish
- St Marks, Drummoyne Parish
- St Dominic’s, Flemington Parish
- Our Lady of Mount Carmel, Mount Pritchard Parish
- St Mary and St Joseph, Maroubra Parish
- St Gertrude’s Smithfield Parish





CATHOLIC
ARCHDIOCESE

OF SYDNEY



BATBB
BEATING AROUND
THE BURNING BUSH