Make a paper chain of people and name each one with a person in your safety network who can help you if you are worried/scared

Age 14 - 18

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...

- Buddy Bag Foundation

£	Indoors
Day/Night	

☐ 11 - 14	☑ 14 - 18
☑ 5 - 7	☑ 7 - 11
☐ 3 - 5	

☑ Autumn	☑ Spring
☑ Summer	☑ Winter

Skills:

- Creativity
- Decision making
- Empathy
- Problem solving

Equipment:

- Colouring Pencils
- Colouring Pens
- Paper
- Pencil
- Scissors