



**What is happening in this picture? What prevents this type of thing from happening? (stop signs, traffic signals etc.) These are called rules of the road. Rules are designed to keep us safe. What are some rules you have at home? At school?**

**Rules keep us safe.**

# How Am I Feeling?

**Instructions:** Listen to/Read each scenario. Using a RED & YELLOW crayon, color in ALL the faces that best show how you would feel in that scenario. Do NOT color in the feeling that does not belong. For negative feelings (i.e. scared, hurt, angry) use the Red crayon. For positive feelings (i.e. happy, excited, hopeful) use the Yellow crayon. For #5, write/describe your own scenario and draw the appropriate feelings.

1. How would you feel if you saw a fire or other emergency?



Scared



Happy



Lonely



Overwhelmed



Excited

2. How would you feel if you answered a question in class correctly and your teacher said "amazing answer"?



Happy



Angry



Embarrassed



Excited



Hurt



3. How would you feel if your friend doesn't want to play with you?



Hurt



Lonely



Excited



Hopeful



Surprised

4. How would you feel if you were playing in the school yard during recess and tripped while running to get the ball?



Overwhelmed



Happy



Hurt



Excited



Sad

5. Give a scenario where you would feel scared or uncomfortable or describe your own scenario and show the feelings you would have.

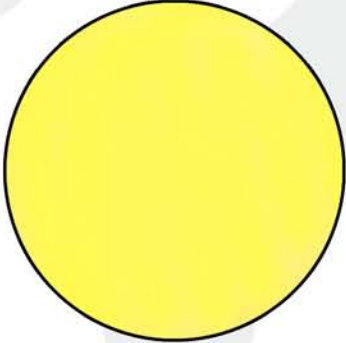


# How Do I Feel?

Draw and describe how you would feel if these things happened to you.

I FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

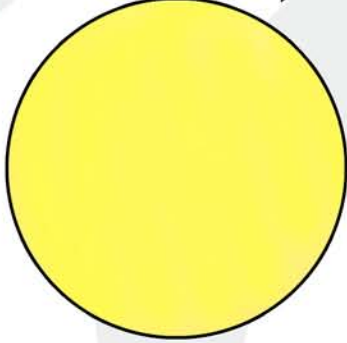
I ALSO FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



I got a great gift for my birthday but it was not what I really wanted.

I FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

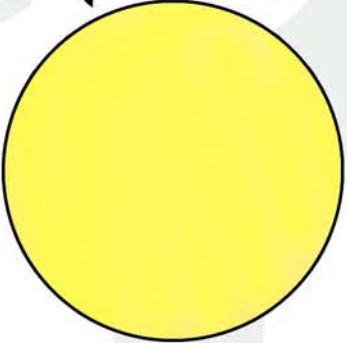
I ALSO FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My best friend told a joke about me and the whole class laughed.

I FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

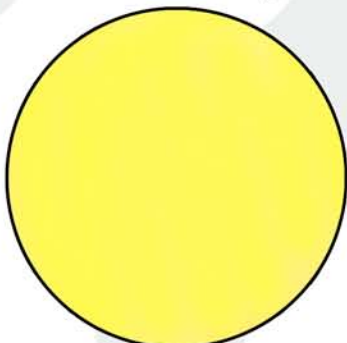
I ALSO FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My friend broke my new toy but promised to get it fixed or buy me a new one.

I FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I ALSO FEEL:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



It is my first day at a new school.



# How Do I Feel?



**Happy**



**Sad**



**Scared**



**Worried**



**Confused**



**Angry**



**Embarrassed**



**Surprised**



**Annoyed**



**Bored**

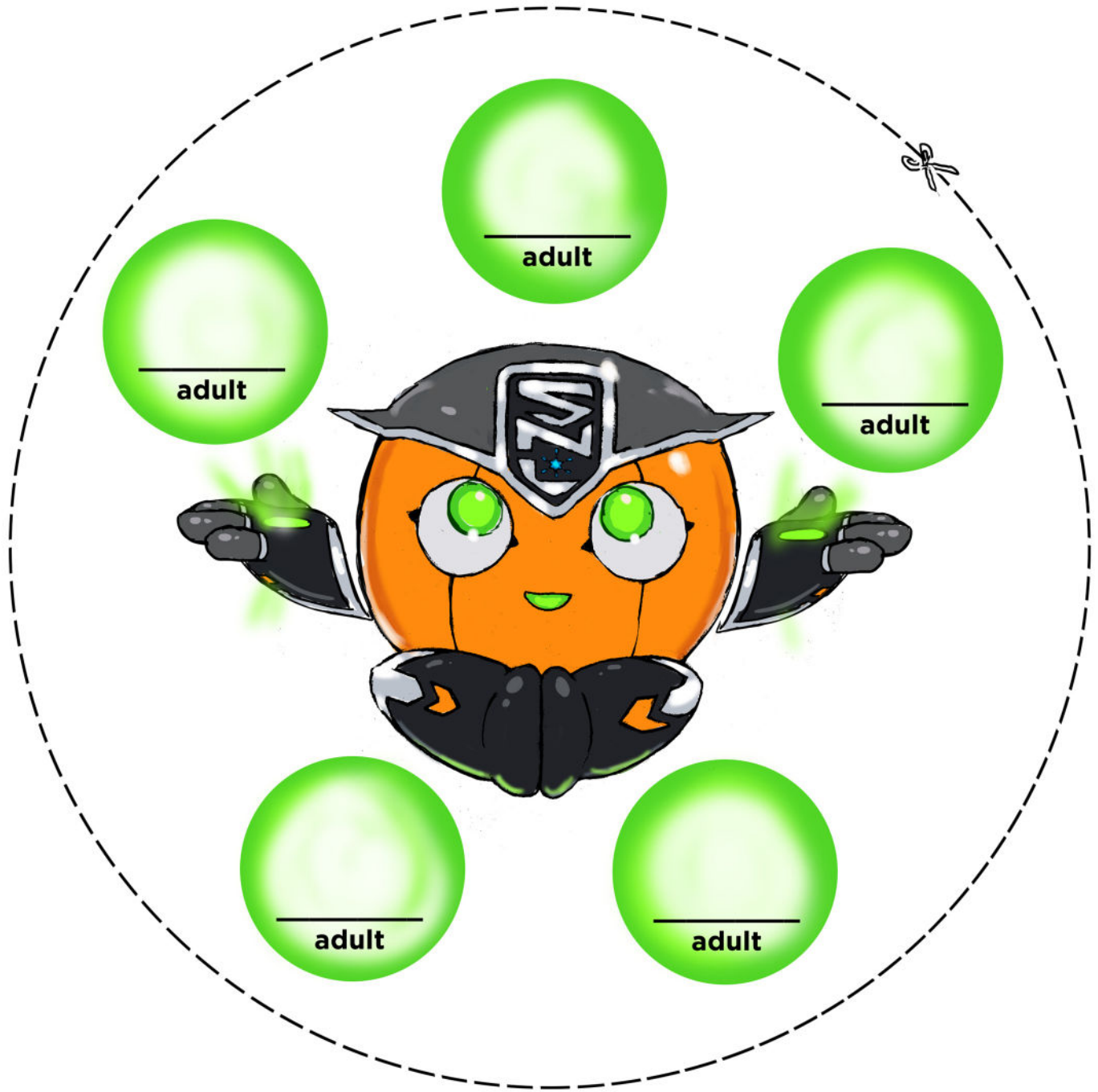








# TRUSTED ADULTS





## PARENT NEWSLETTER *Lesson #1*

*RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!*



### PARENT CONNECTION

The most important part of abuse prevention is open and honest communication between parent/caregiver and child. As caregivers, we often mistakenly assume our children know we are there for them no matter what. However by providing them with ample individual attention and a listening ear, we demonstrate support, guidance, and an outlet to tell us anything. This open forum not only builds trust, but also increases the child's self-confidence and self-worth.

Encourage your child to share his/her feelings with you, whether the feelings are happy, excited, sad or uncomfortable. Be sure to show **SUPPORT** and **VALIDATE** your child's feelings. Thank your child for opening up to you and sharing. Show your child that he/she is a most important person in your life and that you always have time to listen and to keep him/her safe.

### EDUCATED PARENTS ARE EMPOWERED PARENTS

Magenu "Be A Star" Educational Program came to your child's class today to teach the first lesson in the series on how to stay safe in various life situations.

We learned that we are all created special and we all have different talents and feelings. Our feelings are important and we need to listen to them because they tell us information about the situations we are in. If we are happy and comfortable that tells us that we are probably **SAFE**. However, if we feel scared or have a yucky feeling in the pit of our stomach that tells us that we are probably **NOT SAFE**. Sometimes we may feel "confused" or "mixed-up" and that is an okay feeling as well.

We also have Trusted Adults in our lives who care about us and to whom we can tell our feelings. These Star Adults will help keep us safe. Each child received a **TRUSTED ADULT CHART** to fill out with a parent/caregiver at home. Please make sure you complete the chart with your child and hang it in a prominent place easily accessible to the child, e.g. near child's bed, on refrigerator, in playroom, etc.

The Trusted Adult Chart placed in an easily viewed location not only acts as a reminder to your child but also as a deterrent to potential predators: This child has adults he/she confides in, so stay away!

