

My Helping Hand: Teacher's notes

Resources needed:

My Helping Hand worksheet (next page), colouring equipment

Introductory session:

Talk to the children about the picture of the hand and explain that it is their 'helping hand'. This hand can represent people who help them and make them feel safe. Eg- family members, teachers.

Children can write or draw on the hand to indicate adults that they trust to help them.

This gives us an initial idea of who children feel they can talk to and trust.

Create a '**Class Safe Hand**' that can be displayed in the classroom. Get the children to suggest safe adults within the school who can be added to the hand.

Follow up sessions:

In further sessions using Helping Hands, talk to the children about their Helping Hands, reflecting on the Respectful Relationships project work so far. Who makes them feel safe? Who do they trust to help them?

Do children want to add any more people to their hand?

Are there any changes?

Reiterate your role as a Safe Adult, using the large Class Safe Hand.



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