

# 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.**

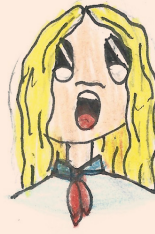
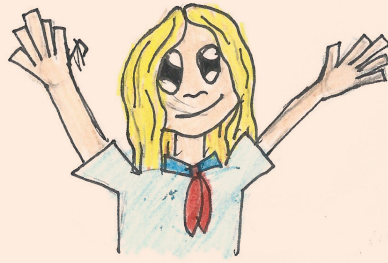
**I WAS A YOUNG MAN  
WHEN I BECAME THE  
BISHOP OF MYRA.**

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

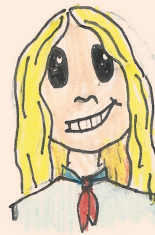
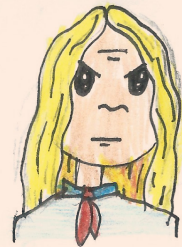
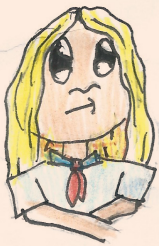
**I DEDICATED MY LIFE  
TO THE PROTECTION  
OF CHILDREN.**



**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

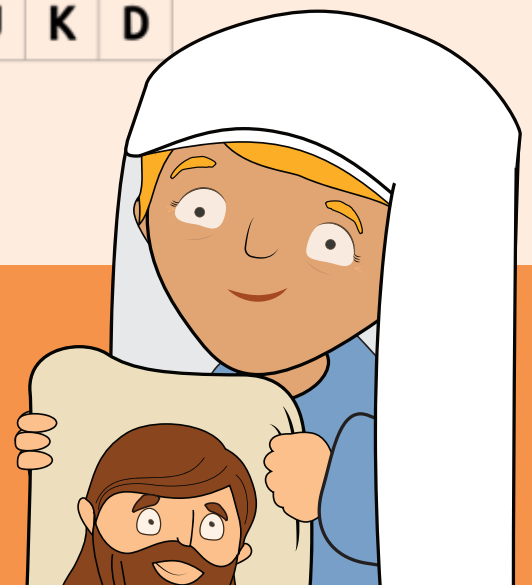
## Different Emotions

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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



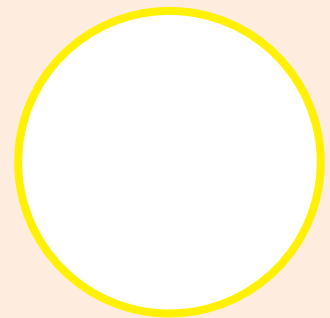
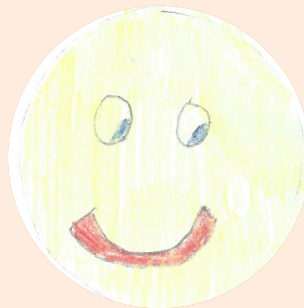
# How do you feel?

Guess the feeling by...

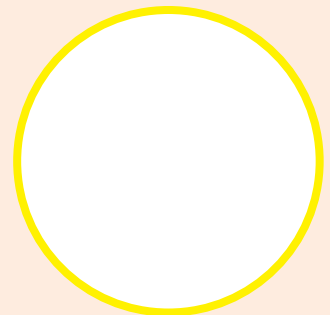
- Matching the emotion words to the faces
- Drawing your own version of the emotion in the yellow circle

Happy      Sad      Surprised  
Scared      Angry      Silly      Worried

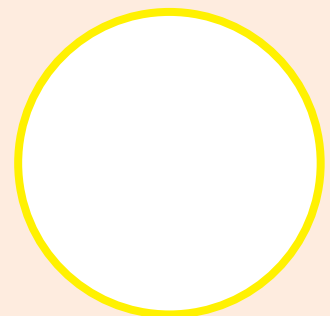
1. ....



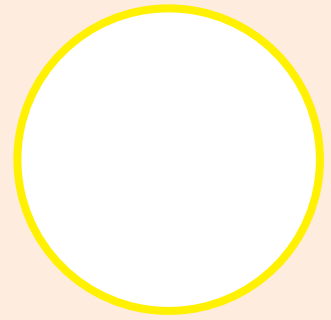
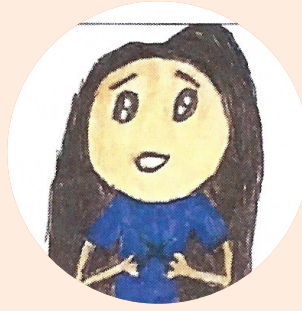
2. ....



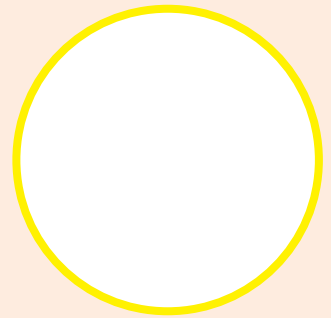
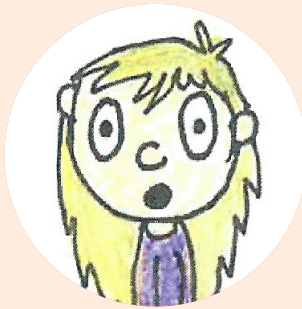
3. ....



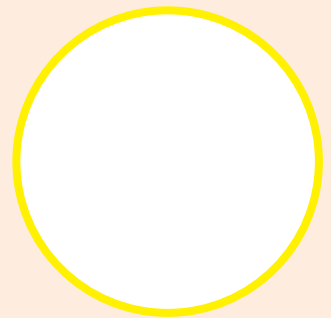
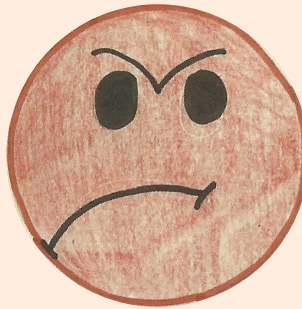
4. ....



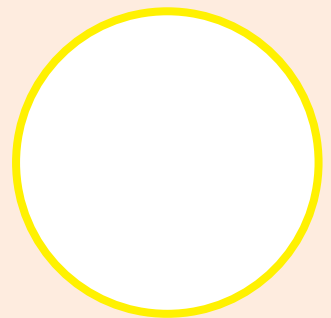
5. ....



6. ....



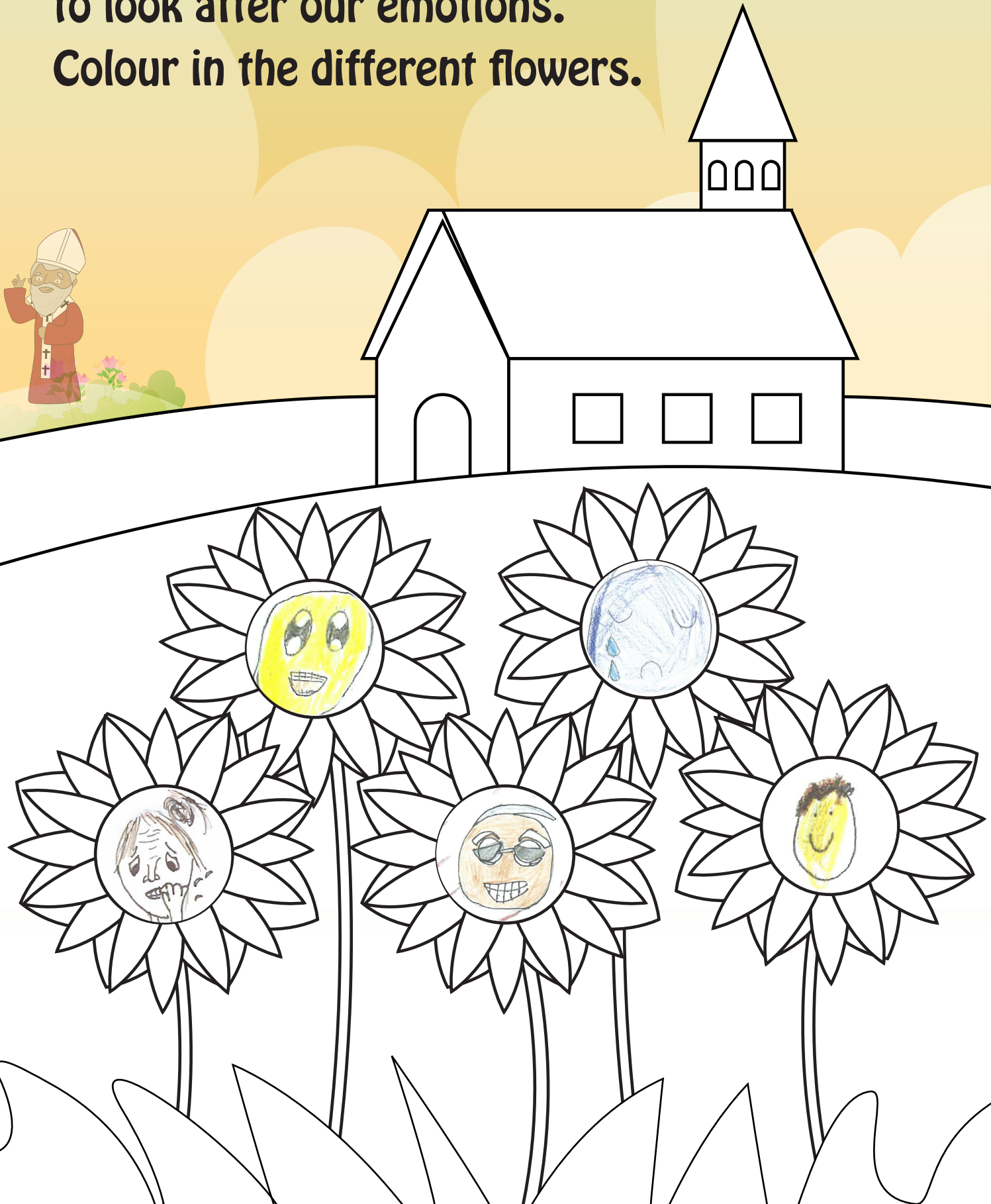
7. ....



# 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?**

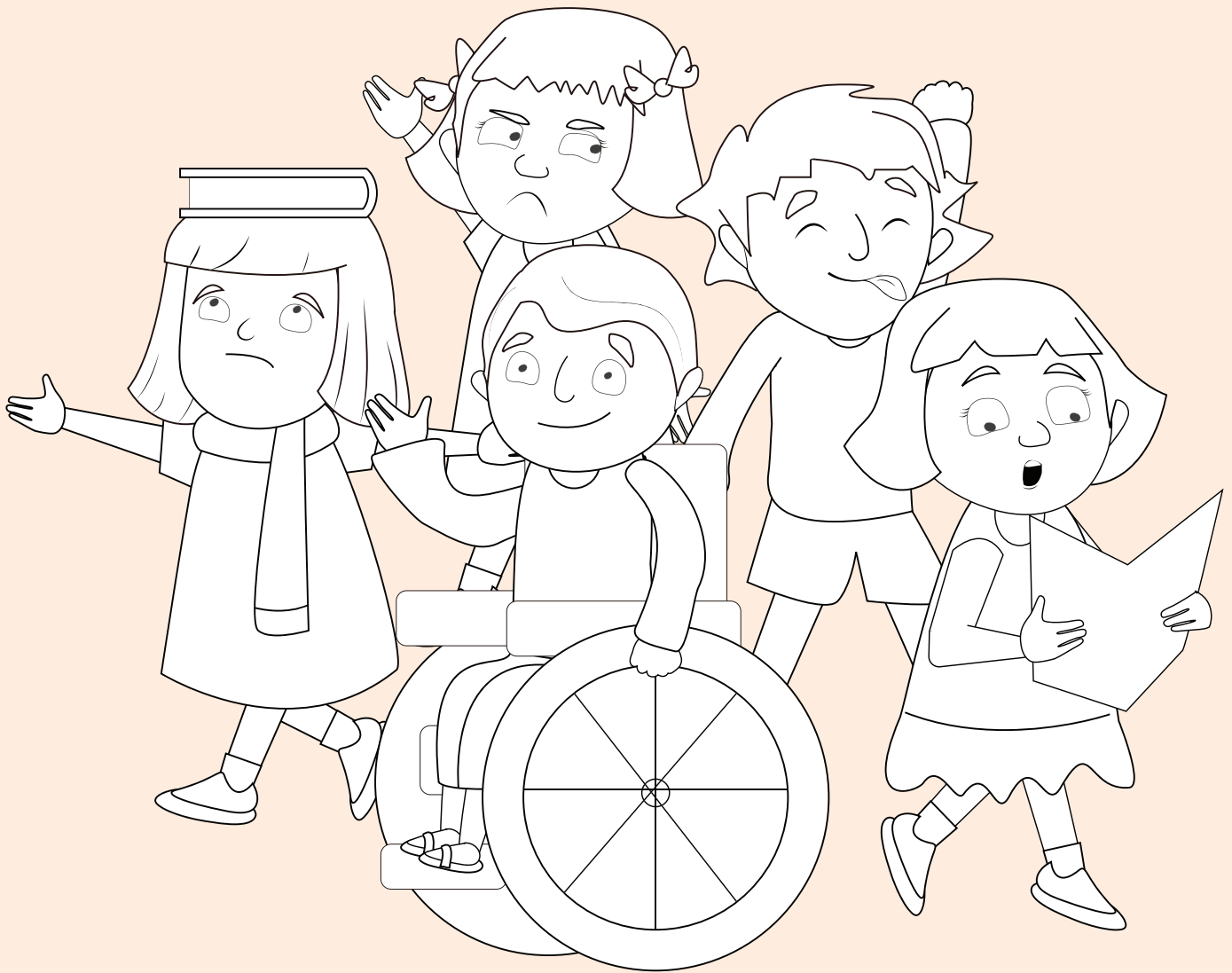
Draw or write what makes you angry

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

– St Catherine of Sienna



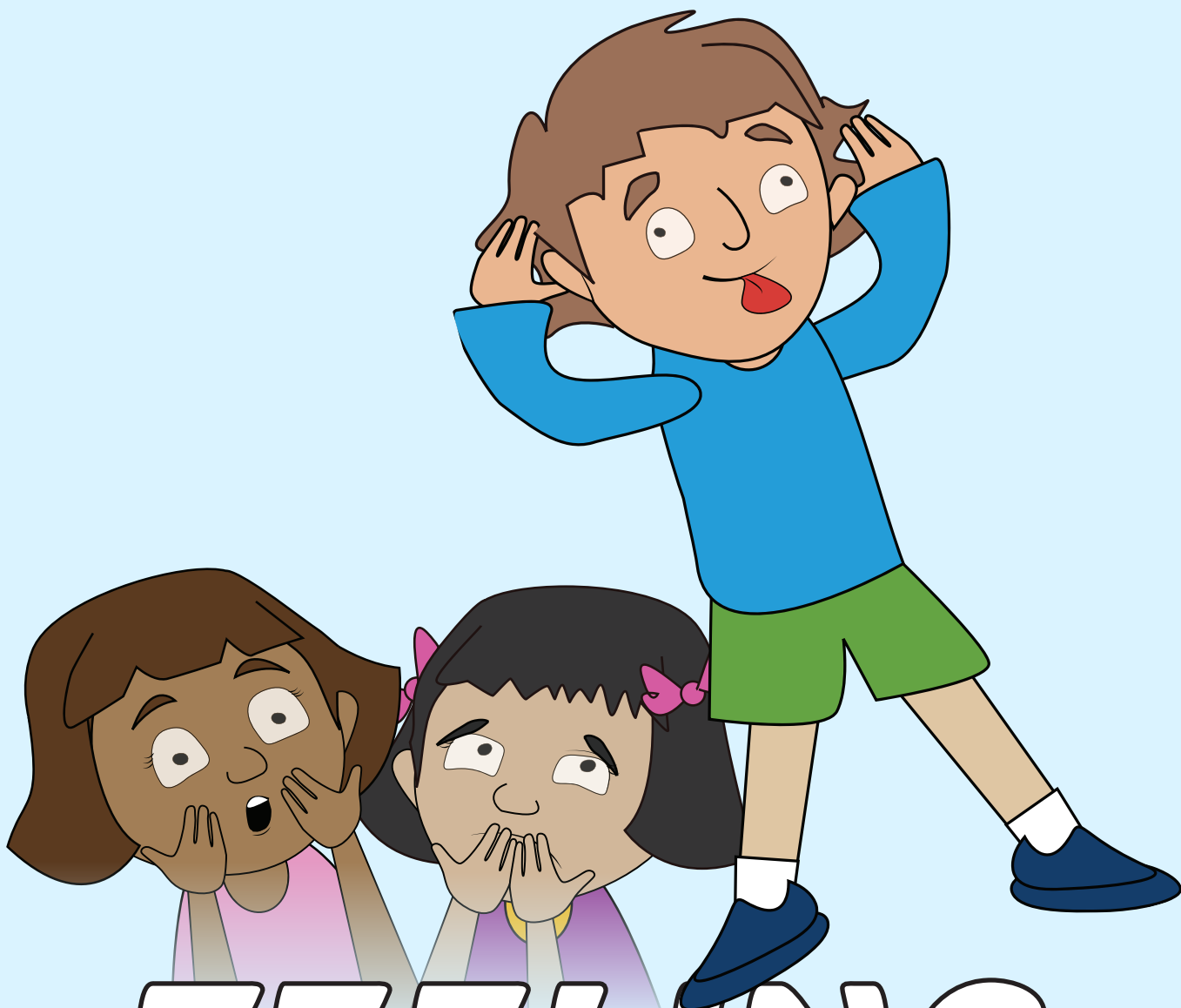
# Colouring in Activity



**“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.**

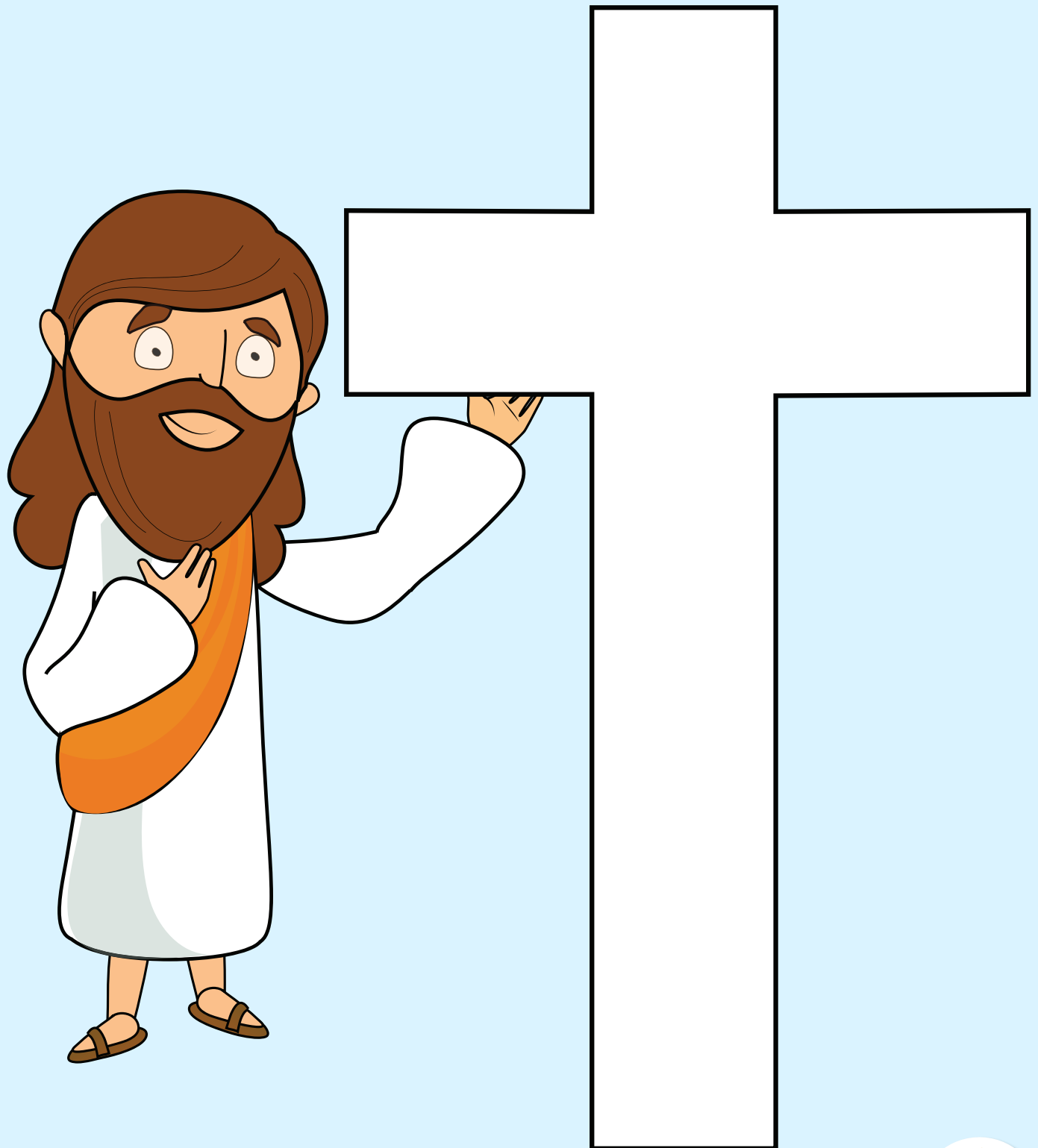
**Draw something that makes you feel safe**

**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?**

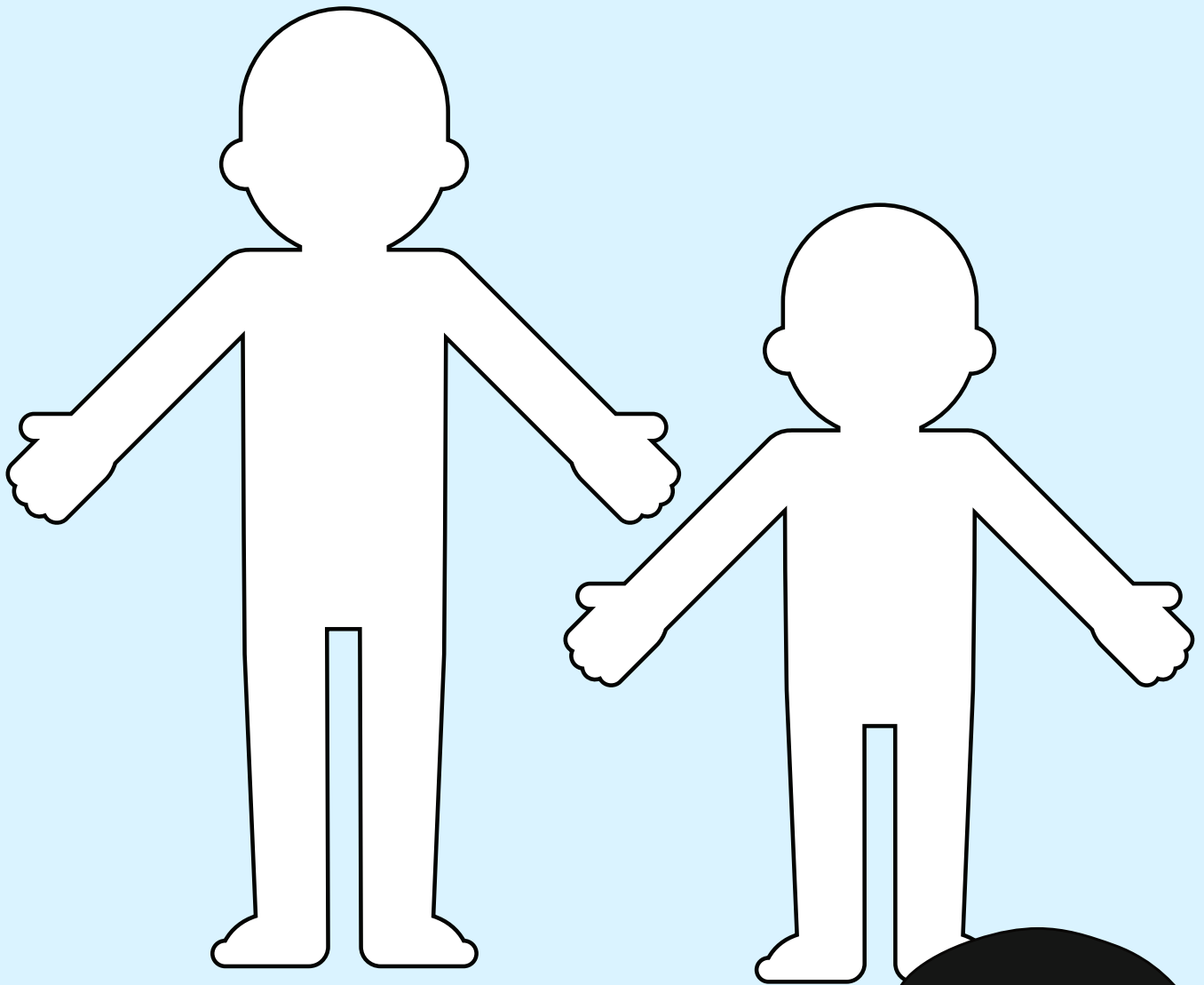
**Think about a time when you were excited... who did you share that with?**

**“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](http://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  

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OF SYDNEY



**BATBB**  
BEATING AROUND  
THE BURNING BUSH