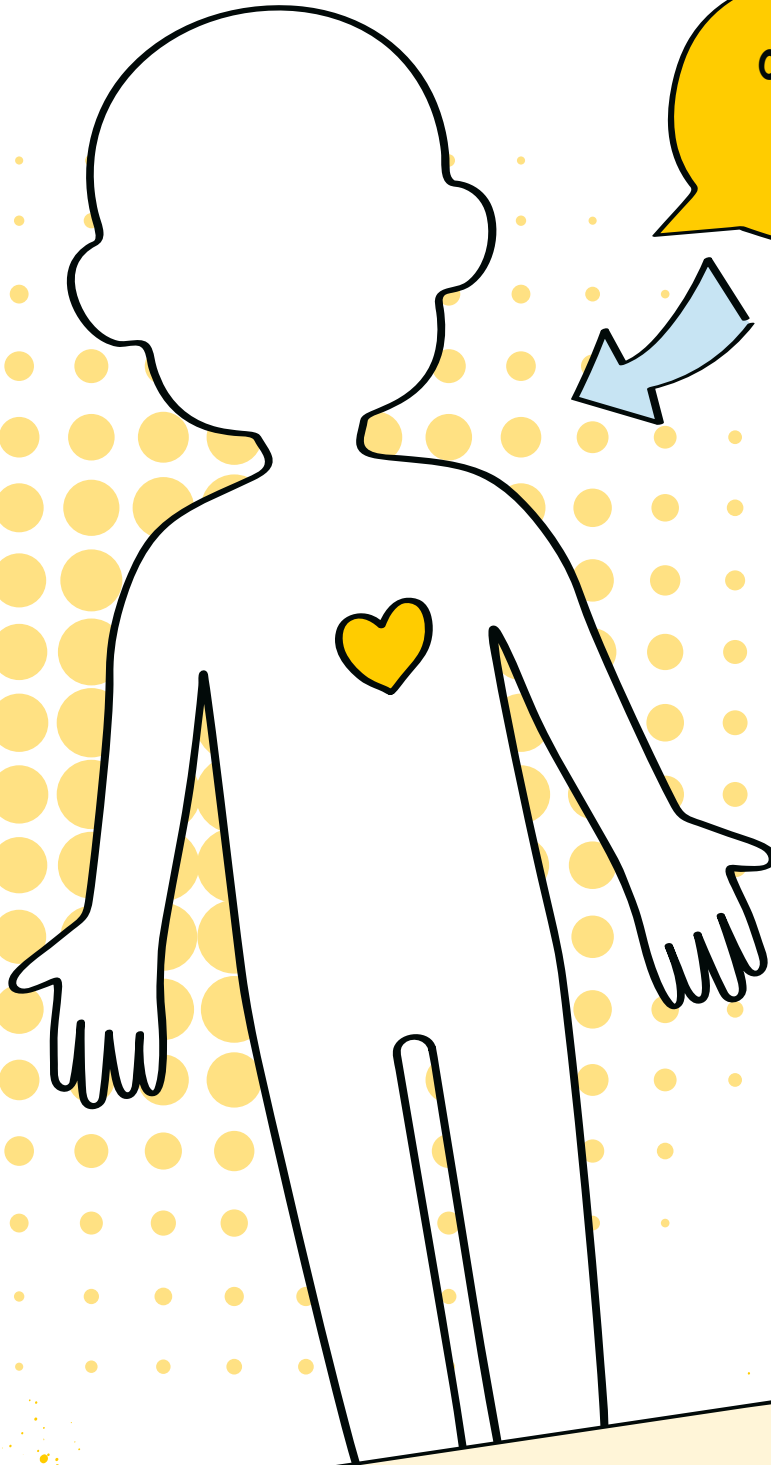


My Body

SOMETIMES OUR BODIES GIVE US EARLY
WARNING SIGNS THAT WE FEEL SCARED OR UNSAFE

CAN YOU DRAW OR
LIST THESE ON
THE BODY?



This activity continues on
the next 'My Body' sheet



My Body

At what point might our bodies warn us that we don't feel or are not safe?

Give appropriate examples, (if someone comes too close to us, if someone is shouting at us for example).

Give examples of things that can happen to our bodies if needed.