

HELPING HANDS

Activity to help children identify who can help them at different times.

If a child is finding it difficult to name people try asking different types of questions, these should be fun as well as being curious –

* Who would you ask if you had a question?
* Who could help you with a piece of homework?
* Who makes the tastiest dinner?
* Who could you tell if you were feeling sad?
* Who gives the best hug?
* Who is a good friend?
* Who keeps you safe?

Helping hands works well in safety planning with children and can be completed with a parent in terms of looking at family networks and supports

* Who could get ….. to school if you were unwell?
* Who could pop to the shop if you were unwell?
* Who could babysit if you needed to go out?

ACTIVITY - Trace around a child’s or parents hand

They can write their name or draw a picture in the palm of their hand

On each finger they can write a name of someone who helps

Children can add different hands for different places and people – this can help you understand their world and potential network of support.

* Helping hand at school
* Helping hand in the family
* Helping hand of friends
* Helping hand of activities

