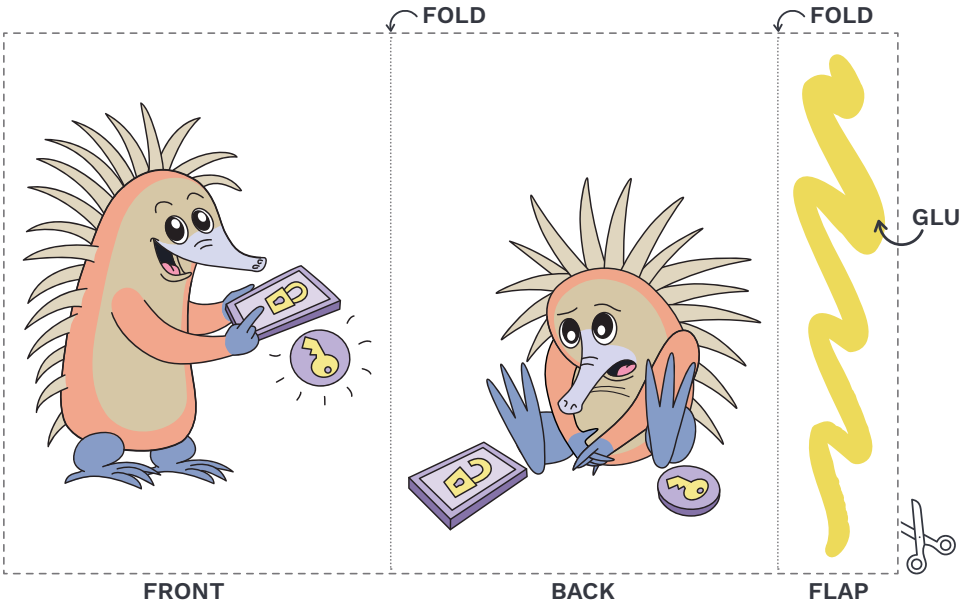
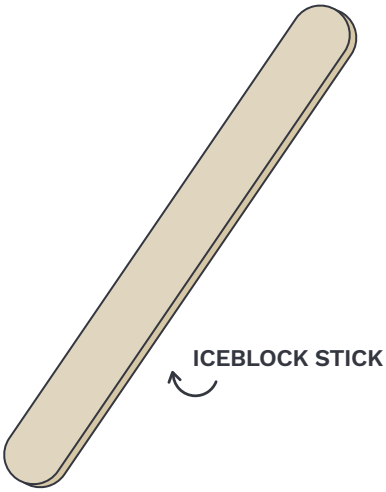
Ask for help
Student activity pack

Activity 1: Make your own Mighty Heroes flip cards

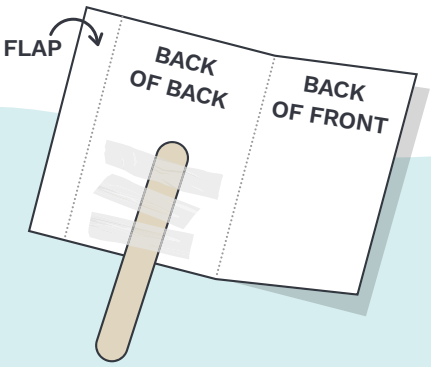
Students can use the colour versions or colour in their own flip cards. Students can then use the flip cards to role-play the Mighty Heroes story for the class or in groups.

Instructions

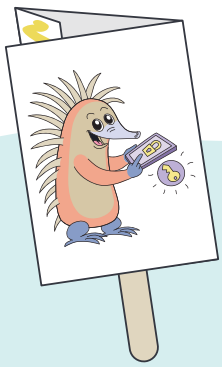




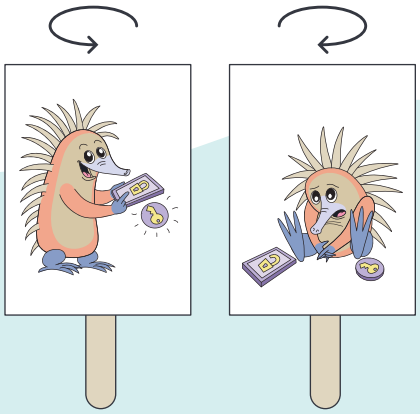
1. Cut out flip card.



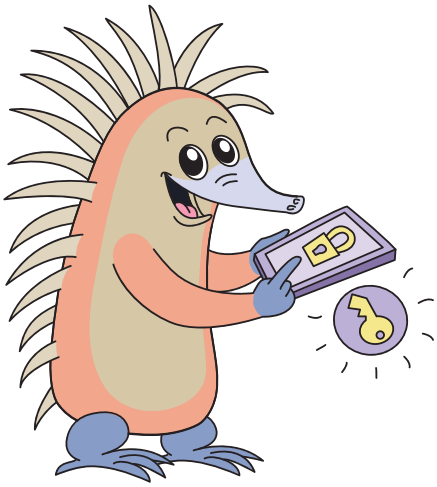
2. Tape stick to **back of back**.

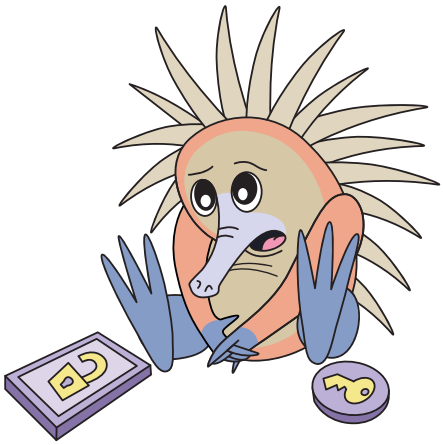


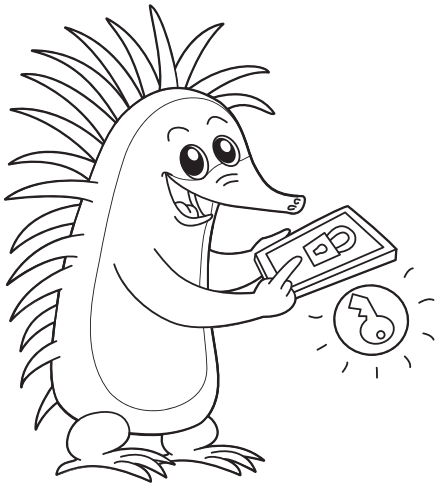
3. Fold over then glue flap.

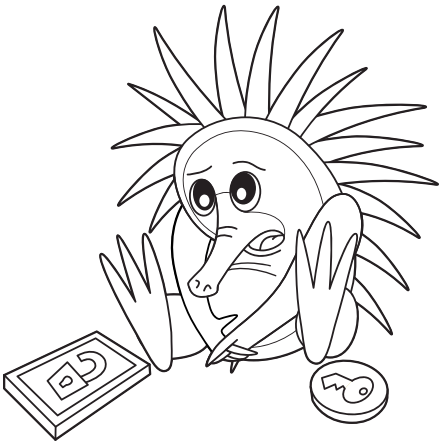


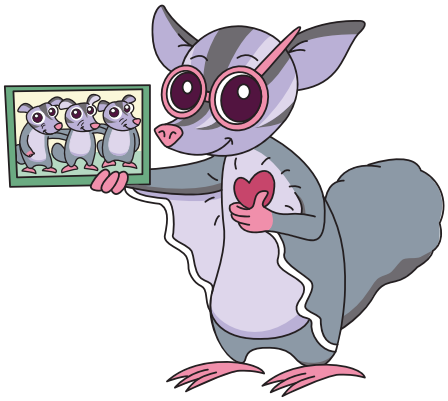
4. Flip cards from front to back to discuss reactions.

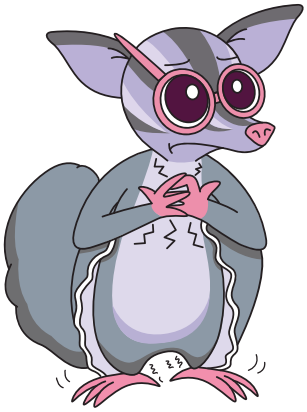


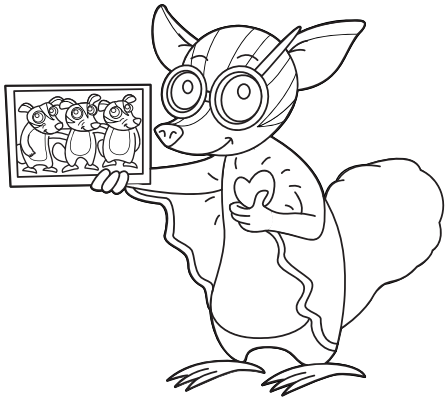


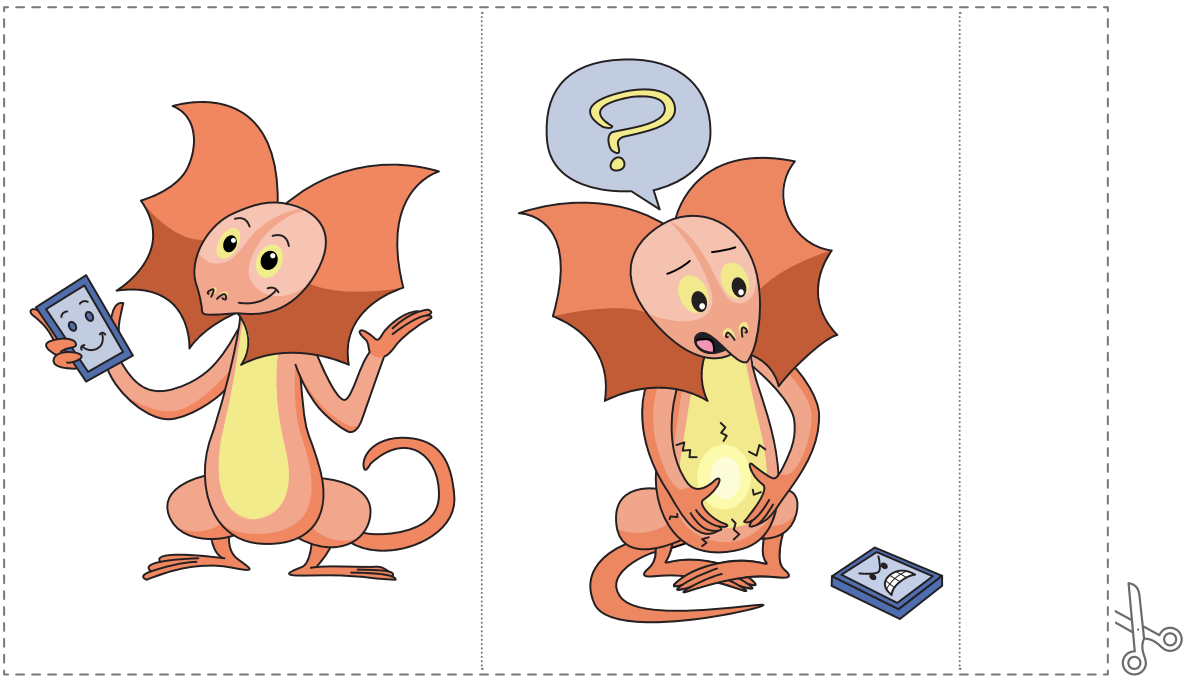


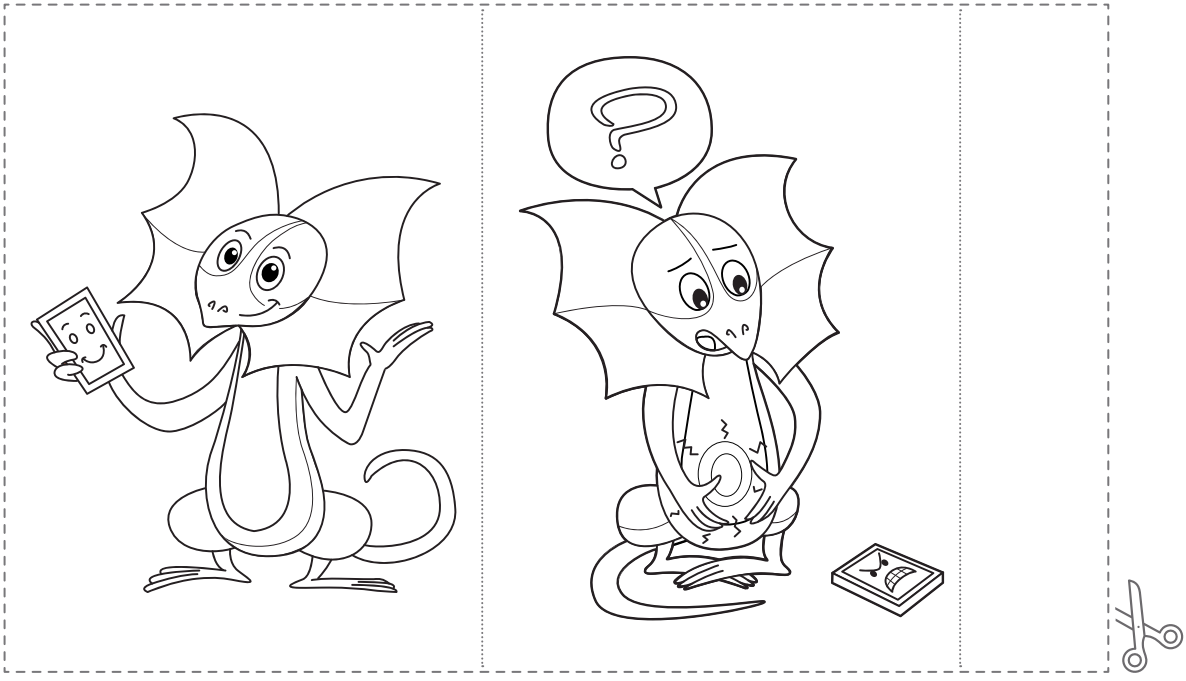


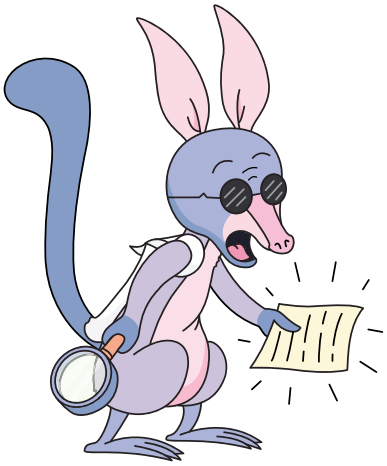






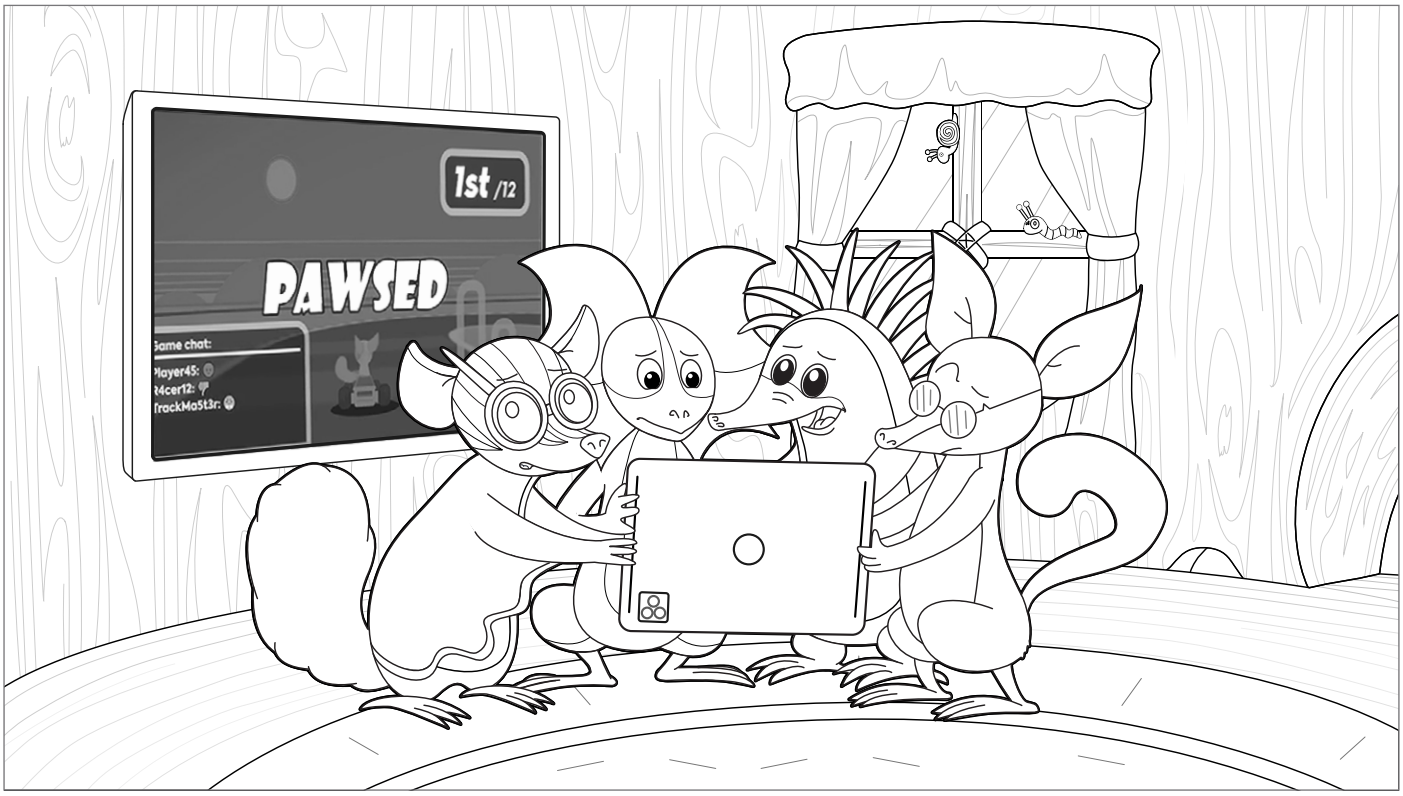






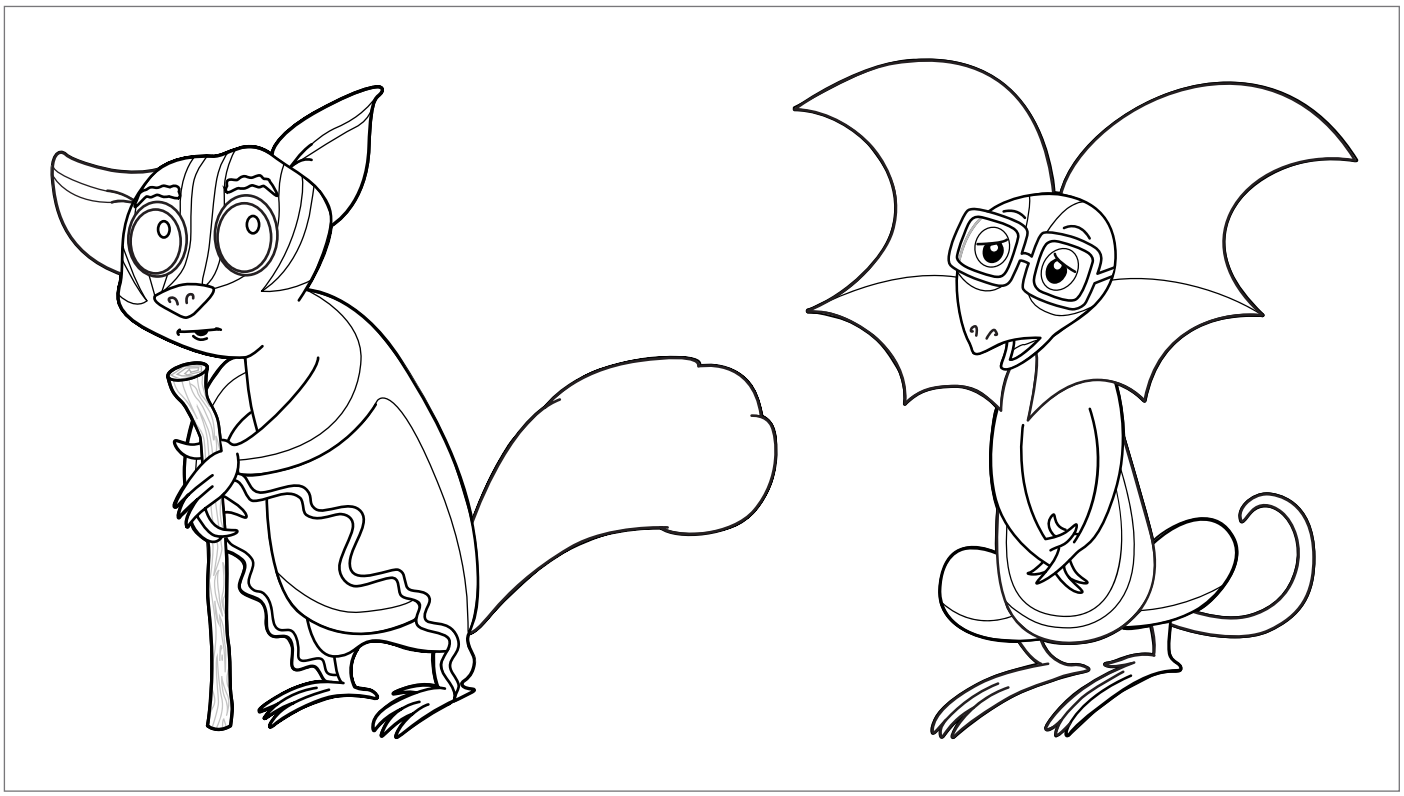
Activity 2: Colour in your own Mighty Heroes story scenes

Students can complete this sentence starter: The Mighty Heroes look worried because...

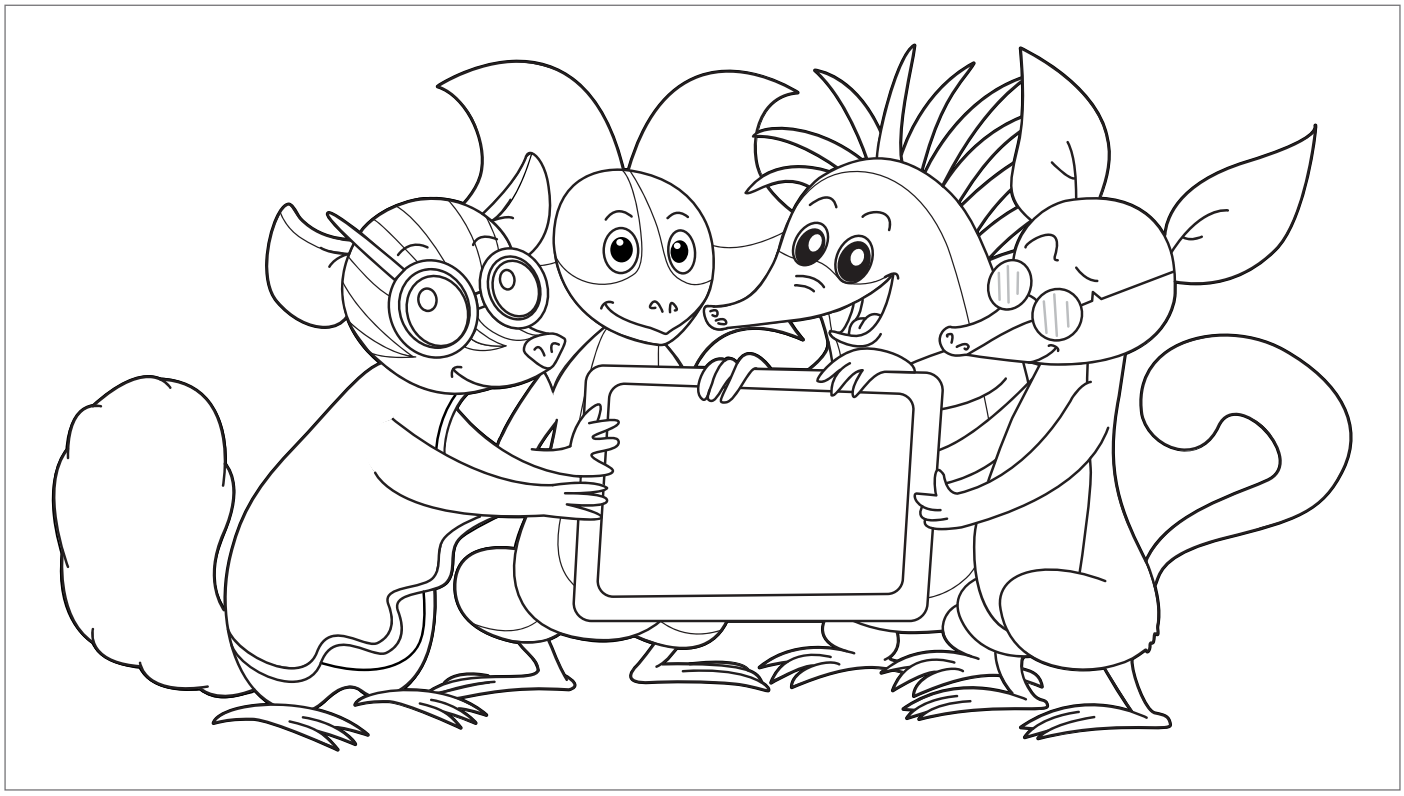


Students can discuss some of the themes of the story, practising vocabulary such as safety, responsibility and trusted adults.

Students could write or describe a conversation that might be happening between the two trusted adult characters (Dusty's mum and River's uncle) in the story.



Students could write or draw on the screen what they have learned about staying safe online.

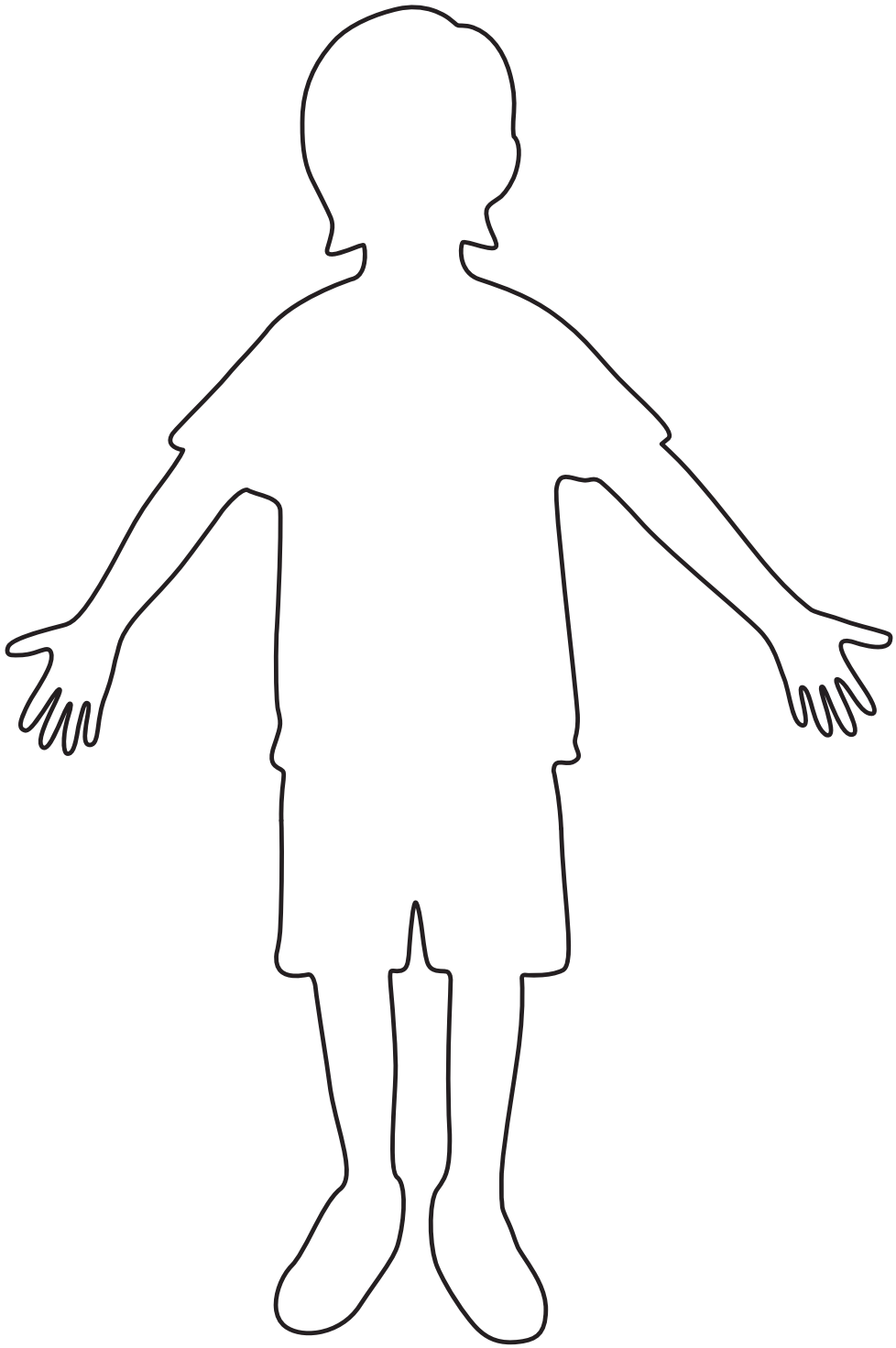


Activity 3: Identify your body clues or early warning signs

Your body can tell you that you're not feeling safe, and it's time to ask for some help from a trusted adult. These are your body clues or early warning signs.

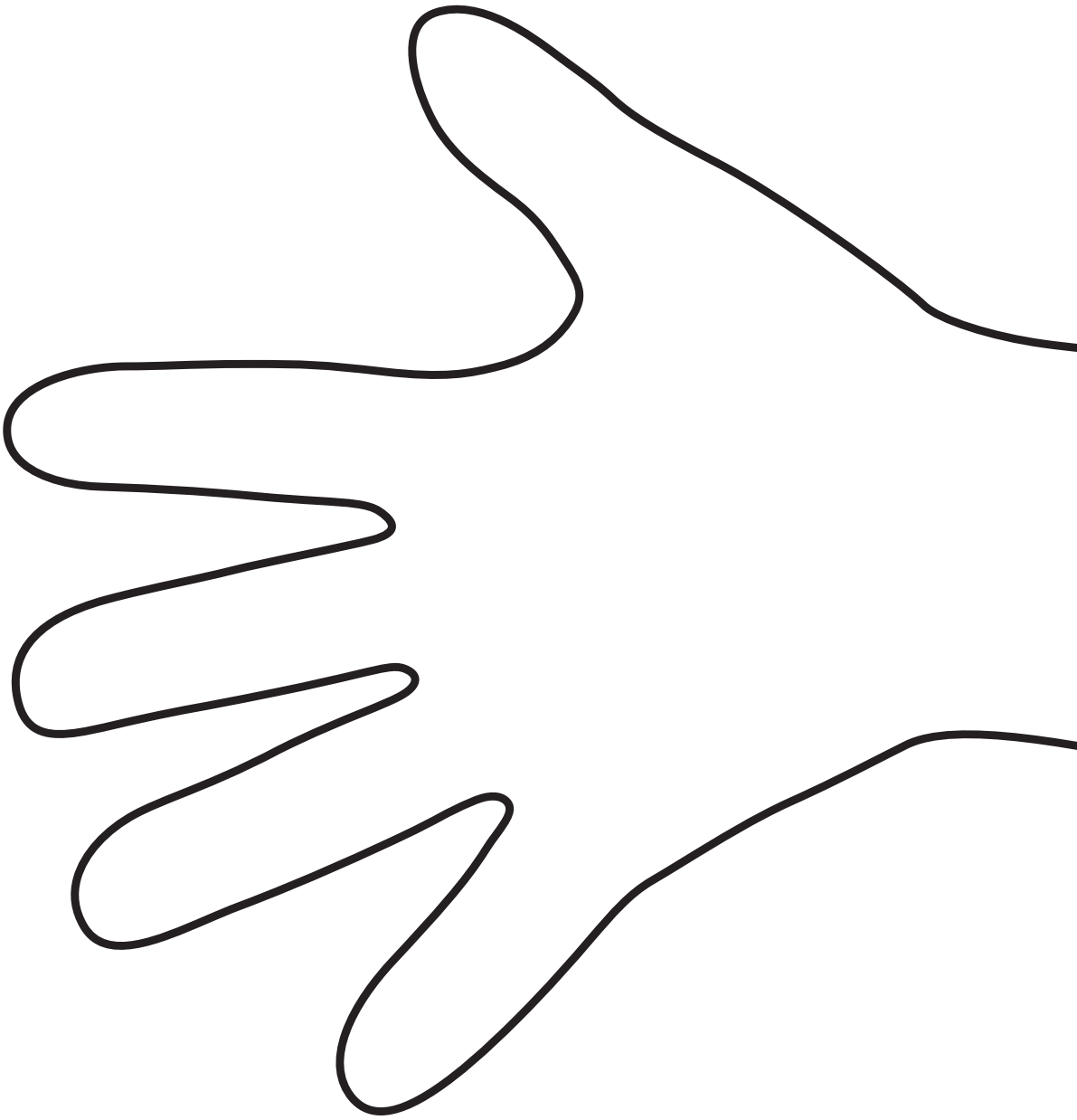
Some examples might be a funny feeling in your tummy (like butterflies), your heart beating fast, jelly or shaky legs or sweaty palms.

Can you think of any other body clues? Draw an 'X' where you feel your own body clues. Can you describe what this feels like?



Activity 4: Identify your 5 adult helpers

These are my 5 adults who I trust and who will help me if I feel unsafe, uncomfortable or scared. Draw or write one trusted adult for each finger.

- They will listen to me.
- They will help to make me feel better and safe.
- They will help me decide what to do next.
- If my adult helper is busy or cannot help right away, I can ask another of my helpers.

Keep this hand in a safe place where you can find it if you need help.