

My Book About Feeling Safe

*A “Do-Together” Project for
Children and Parents*

By _____

A Gift from Cheri Lovre

Copyright 2020 © Cheri Lovre

Permission is granted for this workbook to be downloaded from the Crisis Management Institute website and may be reproduced for personal use only

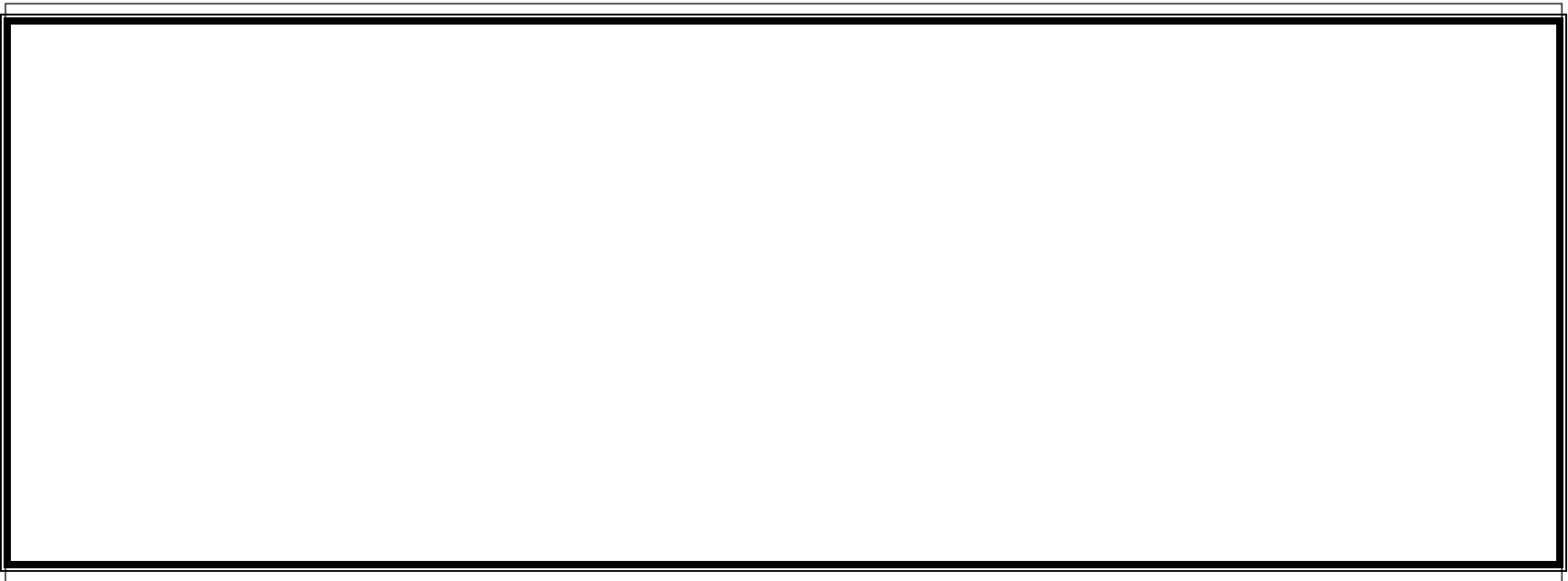
For information about permission to reproduce selections of this workbook or in entirety, contact

Crisis Management Institute, PO Box 331, Salem, OR 97308
email: info@cmionline.org

ISBN Pending

My Book About Feeling Safe

*A do-together project for
children and parents*



Draw a cover for your book... draw the best dream ever!

A Gift from Cheri Lovre

A note to parents:

Although they usually can't name or describe it, children often pick up on it when we're feeling distressed. Even when we don't talk about it, children often feel uneasy or frightened by sensing our anxiety, frustration or fear.

For both adults and children, the unknown is difficult to befriend. And here we are!

This little workbook is designed to use analogies of animals and humans to help your child identify and name what helps us feel safe.

There is space for your child to draw and either of you can write in the answers to questions.

Each page is a conversation starter. Don't limit yourself to the questions we have here.

Let the process help you learn about your child! Instead of quelling their fears, try:

"How is that similar to humans?"

"Do people do that sometimes, too?"

"What could the mommy/daddy do to be helpful?"

"If that little animal could talk to the mommy/daddy, what would it say?"

"What does that little animal need most right now?"

On this page, list all the kinds of animals you can name:

Elephant

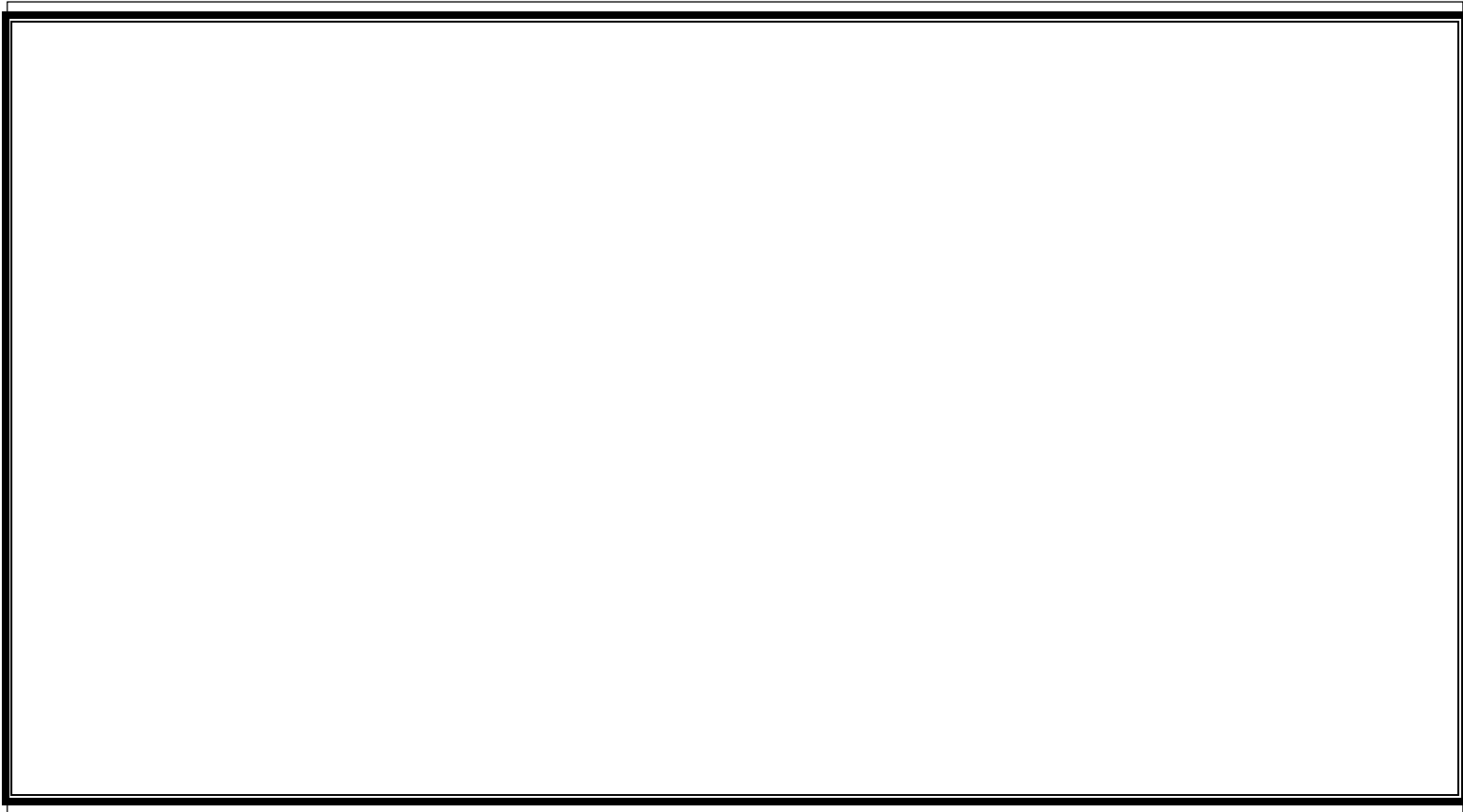
Dog

Zebra

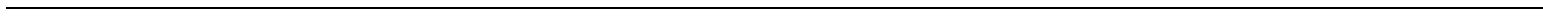
Wow! There are lots of kinds of animals in our world!

Draw one of the animals on your list.

What does it do when it needs to feel safe?



What it does:



Find another animal on your list.
What does it do when it needs to feel safe?

A large, empty rectangular box with a double-line border, intended for a drawing or written response.

Would that work for boys and girls? Yes? No?

Now look at your list of animals again.

Draw one and show how a mother or father protects it.



What does the parent animal do to protect the young?

Now show how human mothers and fathers protect their children.



What do parents do that protects children?

Draw an animal that makes or finds itself some kind of home.



How does that help it stay safe?

Would that kind of home work for humans? Yes? No?

Draw a picture about your home.



How do homes help humans be safe?

What animals hold their babies like humans hold their babies?



Do animals need to be held that way when they grow up? Yes? No?

What about children? Do they need to be held?

Some animals sleep alone and some sleep with their families in a den or nest. Draw a picture of animals sleeping someplace safe.



What makes it safe?



Now draw yourself where you sleep.



What helps you feel safe when you sleep?



Anything you can think of that would help you sleep better?

Draw a picture of yourself in bed
having a wonderful dream!



Describe your favorite dream!

Draw all the things you can think about at bedtime to help you have good dreams!



Which of these will you think about tonight?

Now draw yourself sleeping well and feeling safe. How does that look?
You can add other people in the picture if you like!



Sweet Dreams!!