



Pippin's Safe Circle



Who helps you feel safe, loved and that you belong?



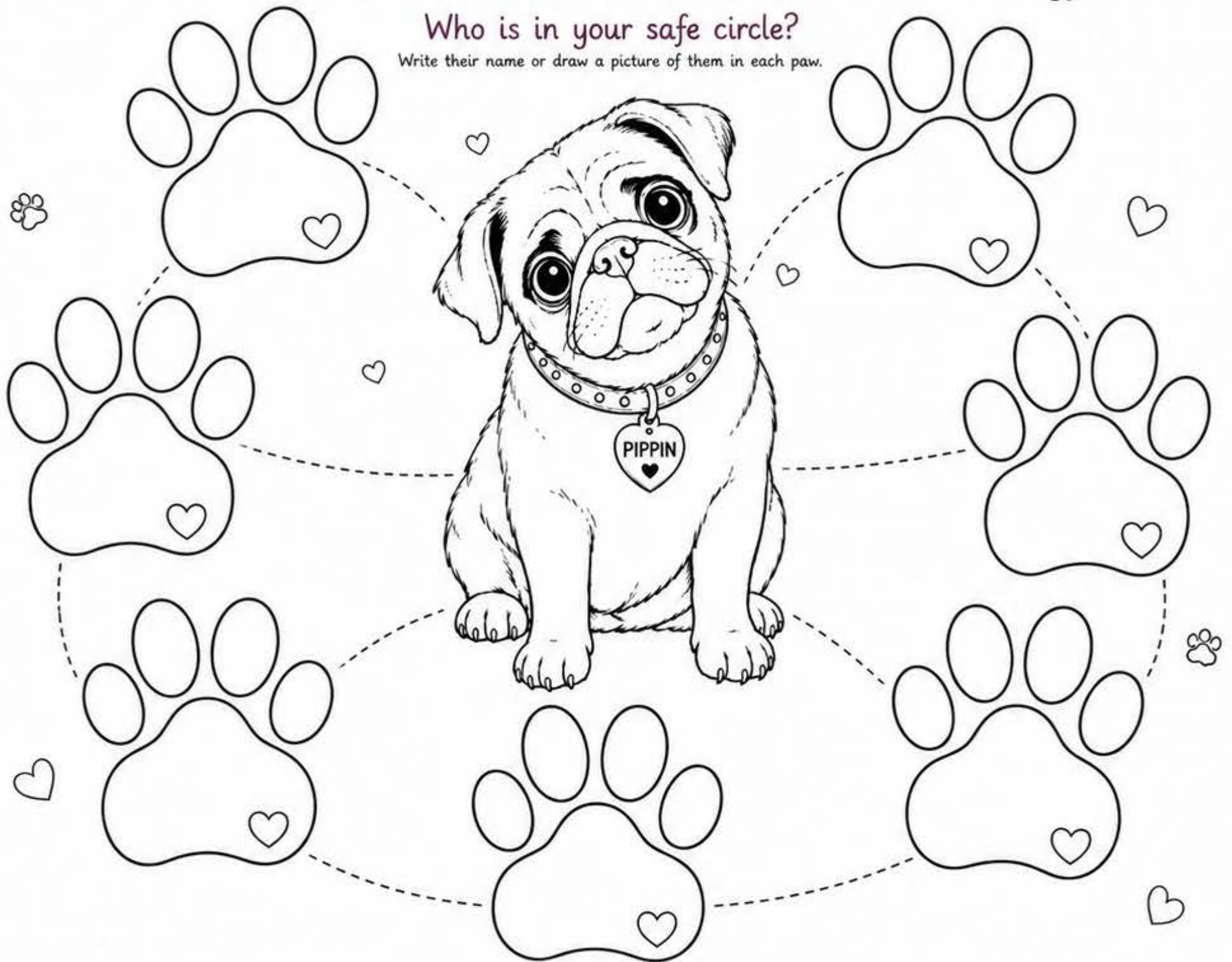
Everyone's safe circle looks different.

The people who help us feel safe don't have to be family.

They might be a friend, a teacher, a neighbour, a pet or anyone who helps us feel loved, cared for and accepted.

Who is in your safe circle?

Write their name or draw a picture of them in each paw.



Remember...

There is no right or wrong safe circle.
Every person's safe circle is unique.



Every story matters.
Every family is unique.
Every child deserves
to know they belong.



HJ Trauma Support

Understanding • Connection • Change

SUPPORTING CHILDREN, FAMILIES AND CAREGIVERS

TO FEEL SAFE, UNDERSTOOD, AND CONNECTED

Discover more stories
and free resources

