**A gentle reminder of who is around to help** Coombes (2020)

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**Note: -**

Sometimes in life there are changes you would not choose for yourself. Unexpected events and disappointments can lead to feelings of confusion, shock, anxiety, loneliness, and anger. It’s important the child/young person knows why changes have happened and help them to have the confidence to talk about how it has made them feel and who to turn to

**Guidance: -**

1. Ask the child to draw around their hand.
2. In each finger as them to write a person they can ask if they need some help.
3. Colour in the rest of the hand, making it just the way they want it.
4. While working with the child/young person you could refer back to their suggestion as a reminder of who they can talk to.

**Resources:**

* Wallpaper
* A variety of pens
* Portable printer
* Life Story book
* **Write the important comments the child says on the wallpaper.**
* **Take photos, print them, and stick them into the child’s life story book.**
* **End with a game to reconnect**