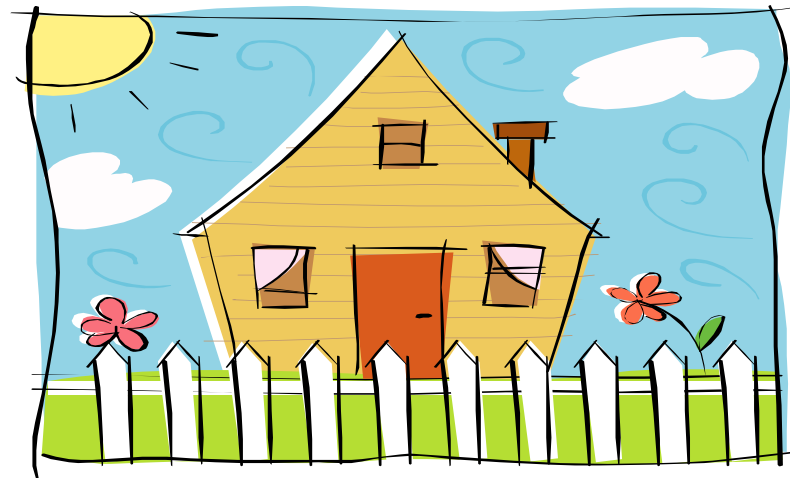




‘What if.....?’ cards

- The cards can be used as a game or for discussion
- Using ‘One-Step Removed’, this strategy can enable a child to talk about a situation without it feeling personal and help them practice some helpful problem solving skills
- There are no right or wrong answers although we can ask
 - How might the person be feeling?
 - What other choices might there be?
 - Would that be a safe choice?
 - Who could they talk with?.....

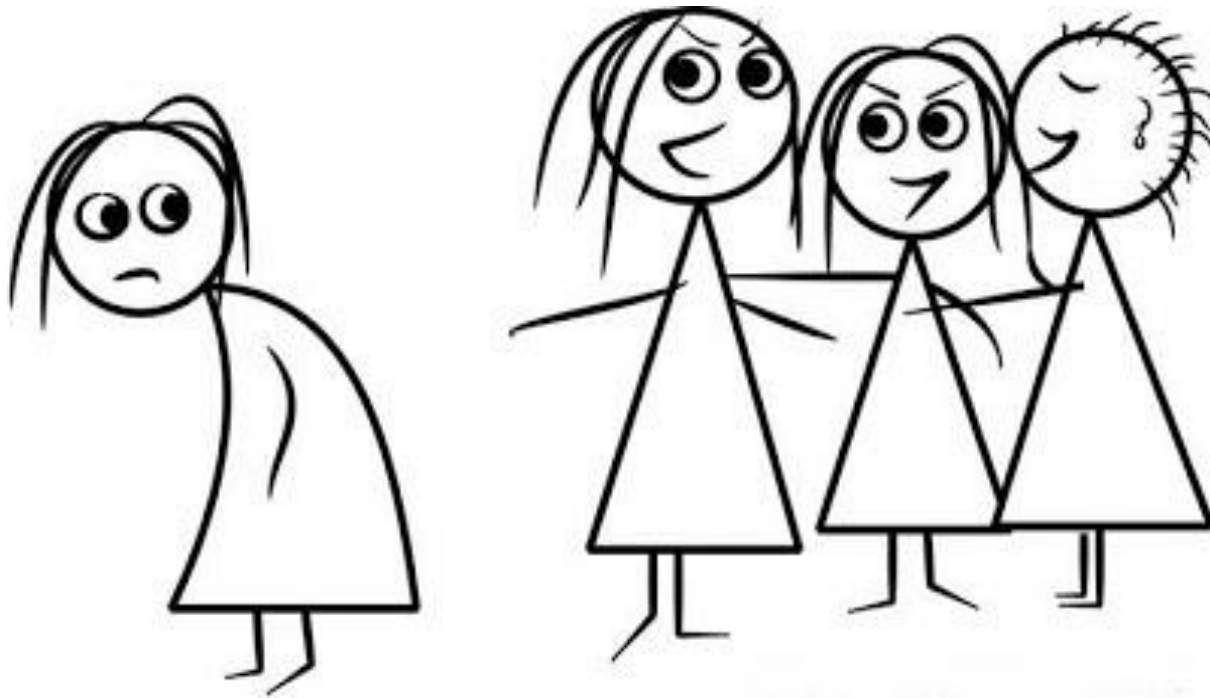
How could someone keep themselves feeling safe even if they came home from school and there was no one at home?



How could someone keep themselves feeling safe even if they were asked to brush a lions teeth?



How could someone keep themselves feeling safe even if they were being bullied?



How could someone keep themselves feeling safe even if there was a dinosaur in the playground?



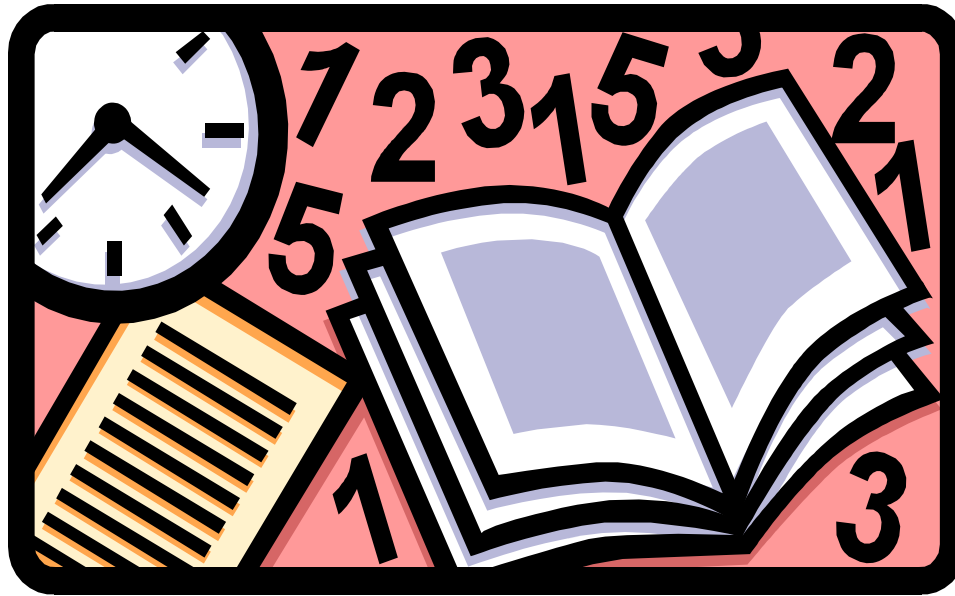
How could someone keep themselves feeling safe even if someone started shouting at them?



How could someone keep themselves feeling safe even if they are invited for a sleepover?



How could someone keep themselves feeling safe even if they find their homework very difficult?



How could someone keep themselves feeling safe even if someone wants to meet them that they've talked to online?



How could someone keep themselves feeling safe even if a dog is barking at them?



How could someone keep themselves feeling safe even if they are asked to keep a secret which they don't feel safe about?



How could someone keep themselves feeling safe even if they are starting a new class or school?



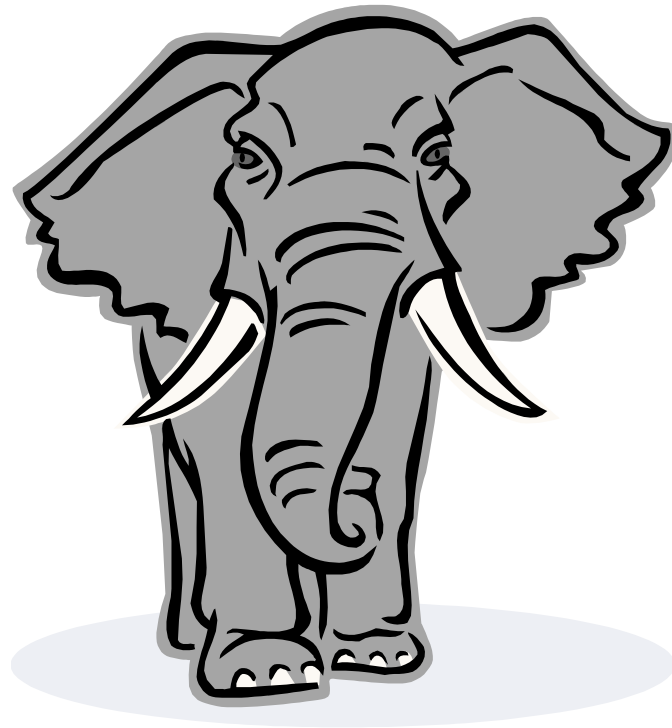
How could someone keep themselves feeling safe even if an alien landed in their garden?



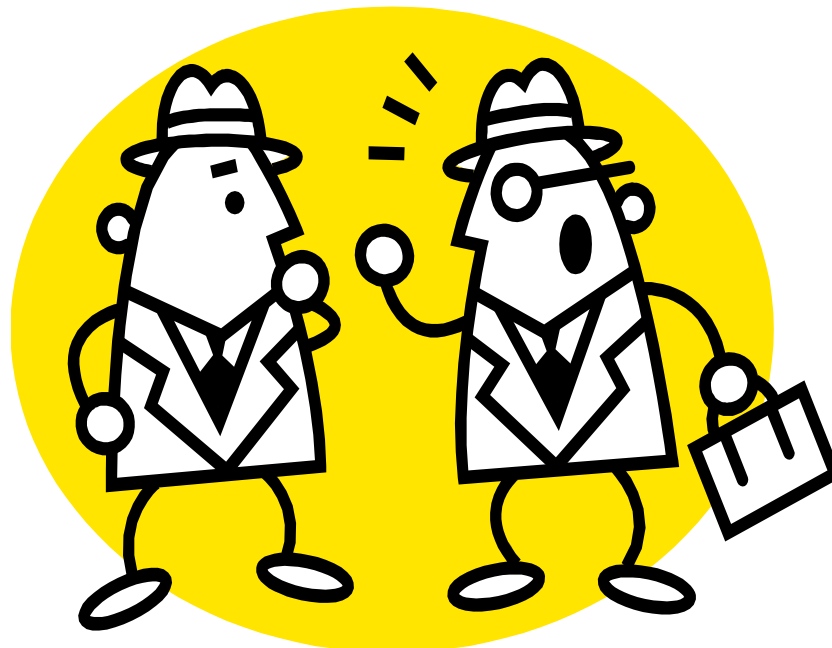
How could someone keep themselves feeling safe even if there is a bee in the classroom?



How could someone keep themselves feeling safe even if they were asked to wash an elephant?



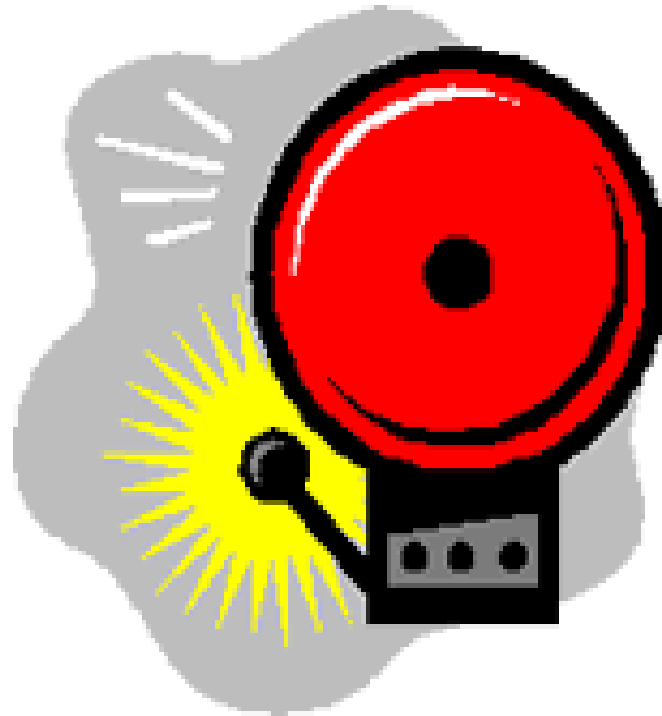
How could someone keep themselves feeling safe even if two adults are shouting at each other?



How could someone keep themselves feeling safe even if they had no friends at school?



How could someone keep themselves feeling safe even if the fire alarm goes off in school?



How could someone keep themselves feeling safe even if they lost their homework planner?



How could someone keep themselves feeling safe even if someone is about to hurt them?



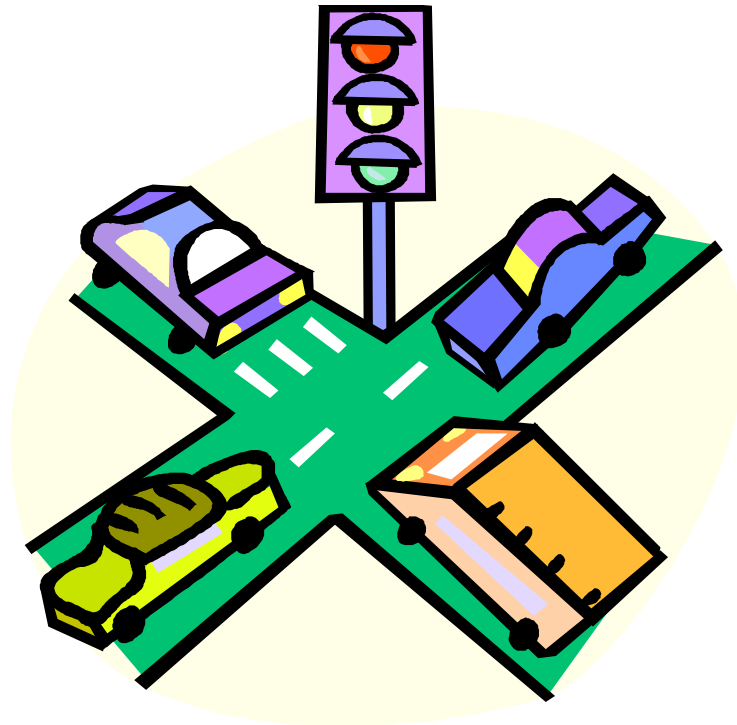
How could someone keep themselves feeling safe even if they were worried about exams?



How could someone keep themselves feeling safe even if they are going to the dentist?



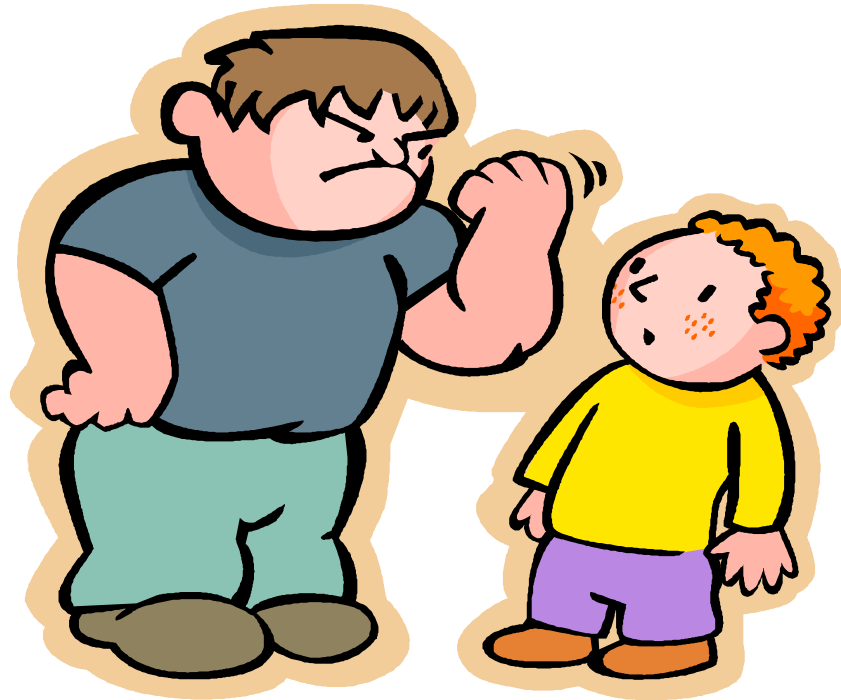
How could someone keep themselves feeling safe even if they are trying to cross a busy road?



How could someone keep themselves feeling safe even if they had a scary dream?



How could someone keep themselves feeling safe even if someone is taking their money?



How could someone keep themselves feeling safe even if something is bothering them?



How could someone keep themselves feeling safe even if someone sent them a text they didn't like?



How could someone keep themselves feeling safe even if they got lost ?



How could someone keep themselves feeling safe even if they lost their phone?



How could someone keep themselves
feeling safe even if?