

### Lesson 3:

#### Early Warning signs:

A good way to learn about early warning signs is to play a game together and discuss how our body gives us signals if we are nervous about something or if we're feeling unsafe. It's like our body's alarm system and tells us something feels a bit wrong. We call these our early warning signs. We can identify some of the things our body might do to tell us we are feeling this way (butterflies in the tummy, shaking, sweating, not being able to concentrate) and draw or write these safe and unsafe body signals on the worksheet.

Sometimes our body gives us these signals when we are in danger so that we can get away from the situation and tell someone. Sometimes, though we get these feeling when we're nervous about something that isn't unsafe and is something we have decided is a good thing to do –“risking on purpose” (eg- maths test, going to the dentist ) or feeling excited “ fun but scary” ( eg- a rollercoaster, scary movie). It's good to be able to learn how to listen to what your body is telling you!



A game we often use to teach this concept is Boom, Boom balloon, where you take turns keeping the balloon from popping! Roll the die and carefully push in a stick until it clicks, but be careful as too many clicks will make the balloon burst with a bang! Watch as the balloon changes shape - will the next click make it pop? It's the ultimate game of anticipation where you never know when the balloon will go BOOM!

Any kind of game that involves excitement can be used to demonstrate this, so if you have a board game or other game that makes someone feel nervous in a “fun” way, play it together and talk about how it makes you feel in your body.. It doesn't necessarily have to be a board game- playing “What's the time, Mr Wolf” works equally well. The key is to practice recognising what your body is telling you. After playing the game and having the discussion, fill out the EWS worksheets

6. Early warning signs safe unsafe worksheet
7. Early warning signs and feeling safe posters