

**3**  
If there's a  
problem in school

**4**  
If I feel scared

**2**  
When I feel sad

**5**  
If I want a hug

These are the people  
who can help me  
if I feel lonely...  
or if I have a problem

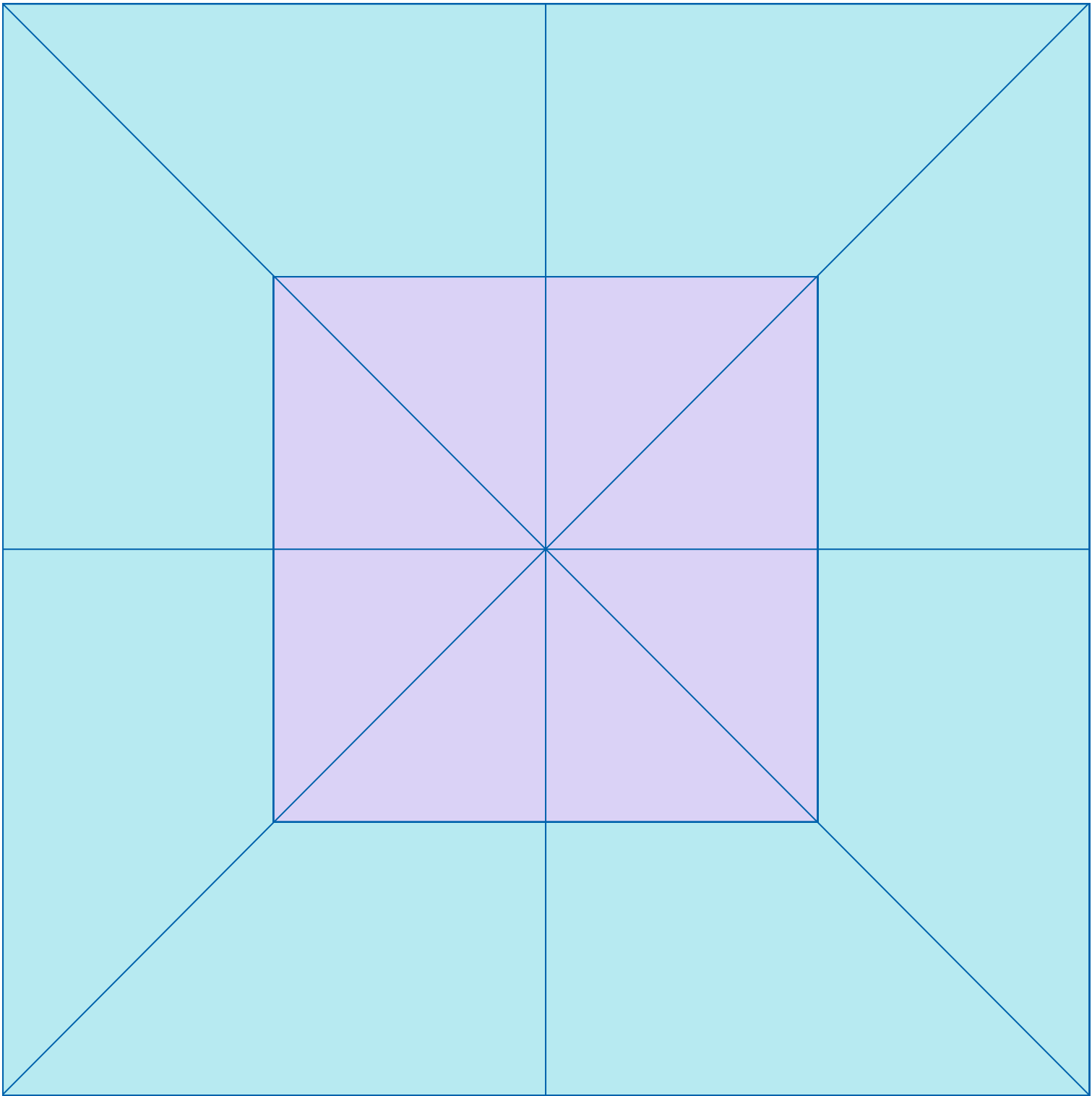
**1**  
When I feel lonely

**6**  
Someone  
who will help

**8**  
If there's a  
problem at home

**7**  
Someone who  
makes me laugh







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1

When I feel lonely...

I can go to \_\_\_\_\_

2

When I feel sad...

I can go to \_\_\_\_\_

3

If there's a problem in school...

I can go to \_\_\_\_\_

4

If I feel scared...

I can go to \_\_\_\_\_

5

If I want a hug...

I can go to \_\_\_\_\_

6

Someone who will help...

is \_\_\_\_\_

7

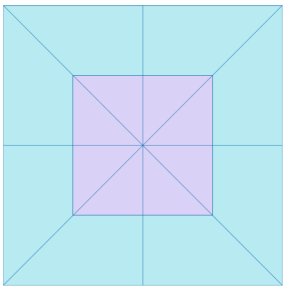
Someone who makes me laugh...

is \_\_\_\_\_

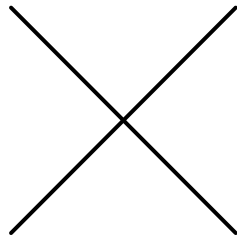
8

If there's a problem at home...

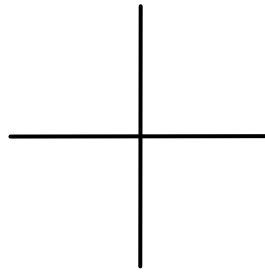
I can go to \_\_\_\_\_



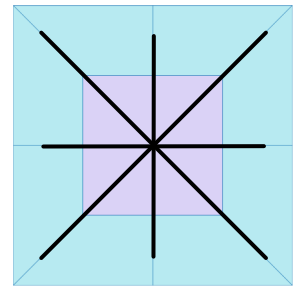
This side starts face up



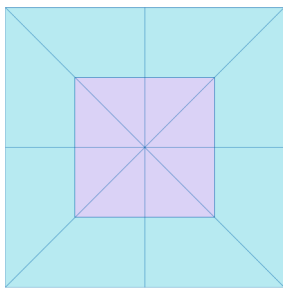
Fold corner to corner both ways



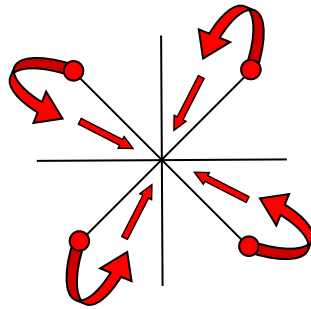
Fold in half both ways



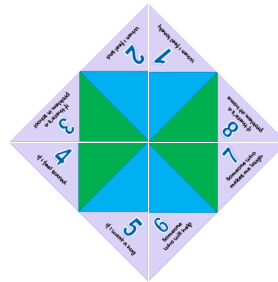
Follow the guidelines



Then... with this side face up



Fold the corners into the centre



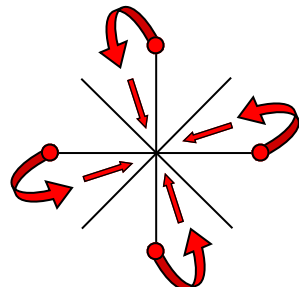
You should now be able to see the numbers & green/blue triangles



Turn over so this is face up



This side face up



Fold the corners into the centre again



You should now be able to see the numbers



Now fold in half both ways



Open out into a chatterbox. The answers to the prompts can be written on the blue lines under the prompts/numbers.



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Underneath each prompt/number write down the important person in your life that you could go to in that scenario, i.e. *'When I feel lonely'* the answer could be *'talk to Emily' (my friend)*, or *'tell my mum'*, or *'message Ben to game online'*. Try & write down different ideas for each prompt/number, include as many helpful people as possible.