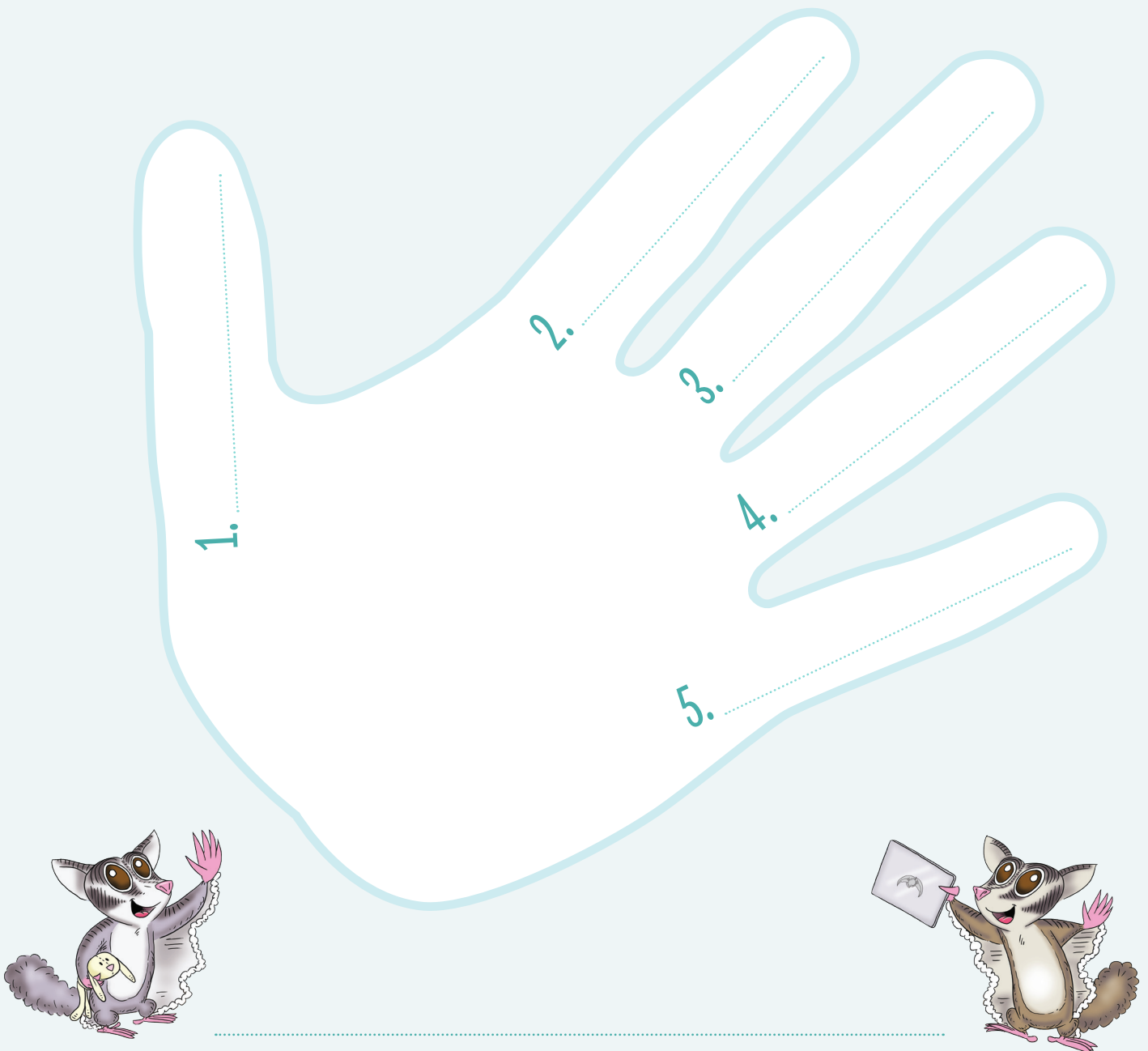


My Helping Hand

Fostering a sense of belonging and connection is vital for children. It is important for them to know who to turn to when something does not feel right.

In this activity for preschoolers and lower primary, we encourage children to think about who they can trust and turn to for help – e.g. a parent, aunty or uncle, older sibling or cousin, teacher.

Write the names of their trusted adults within the hand. Ask the child to decorate the hand and write the child's name in between Swoosh and Glide (the friendly [eSafety sugar gliders](#)).



This activity was contributed by [eSafety](#). The eSafety Early Years program provides advice on how parents, carers and educators can support young children to have safe and enjoyable experiences online.