



Ottery St Mary Primary School

Circle of Care

This activity will help to remind children that there are many people who care about them, both in the community and in their close family.

Together, complete the page: children could draw pictures of themselves, then close family and friends, then neighborhood helpers such as doctors, teachers, and firefighters. Label all the pictures with names or descriptions. Older children may wish to write names, or even just to use this as a talking prompt. Photos could be added too.

Talk with children about each person, and name ways that person cares for them. For instance, "Grandma picks you up from school and reads you a book," or "Your doctor helps you feel better when you're sick."

An important talking point will be how the child can care for themselves - in the "me" section you may want to discuss how they can go to bed on time, eat healthily and do things they enjoy to feel calm.

The completed page can be kept somewhere special where the child can revisit it for reassurance.



My Circle of Care

