Hand of Trust

Lightly decorate the hand and on each of the fingers and thumb, write the names of 5 people you trust and can 'Reach Out' and talk to should you need to.

In the centre of the hand, write down the qualities they all have in common.

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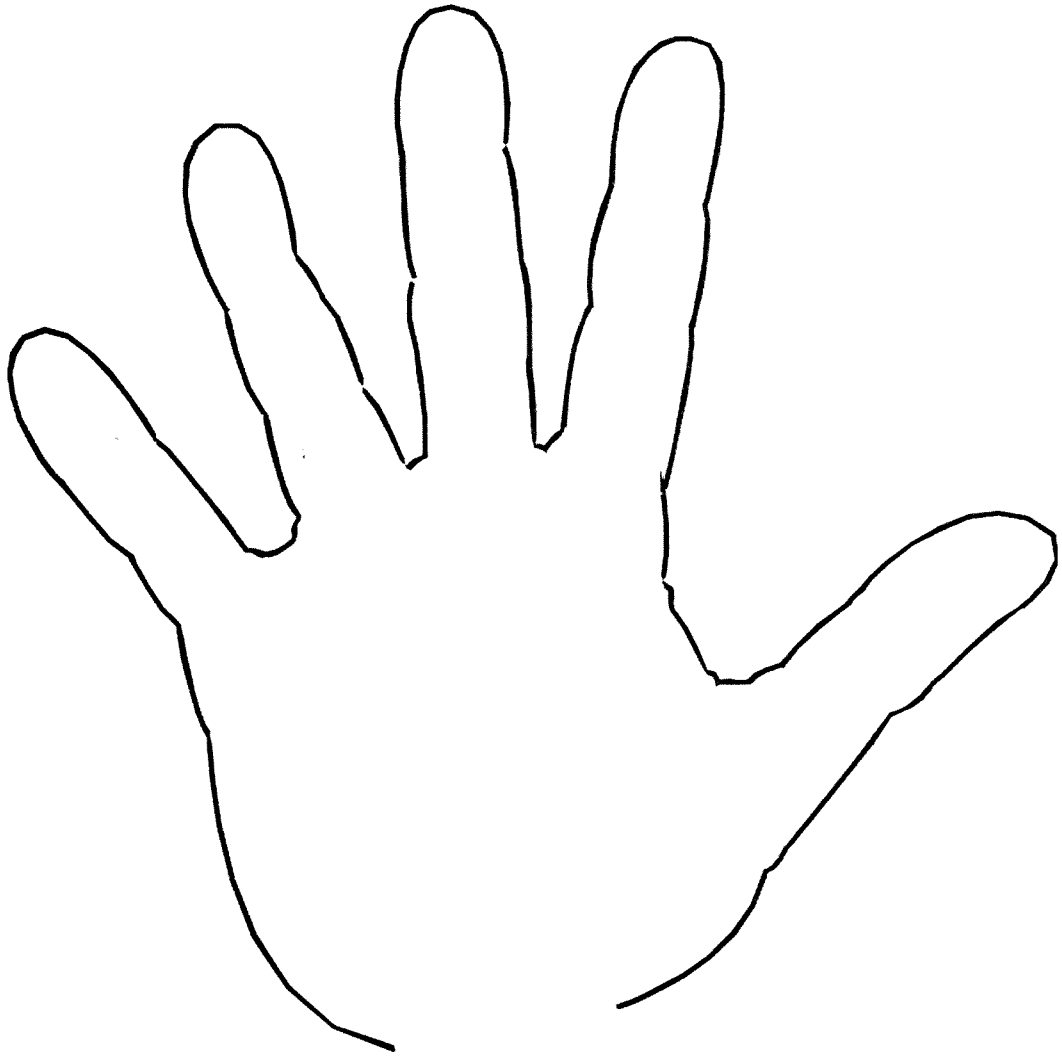
With the daily demands in our lives, we may sometimes feel stressed, worried, or even sad. These emotions are commonly experienced by all of us, and we are not alone in facing them. When we feel overwhelmed, we can always Reach Out.

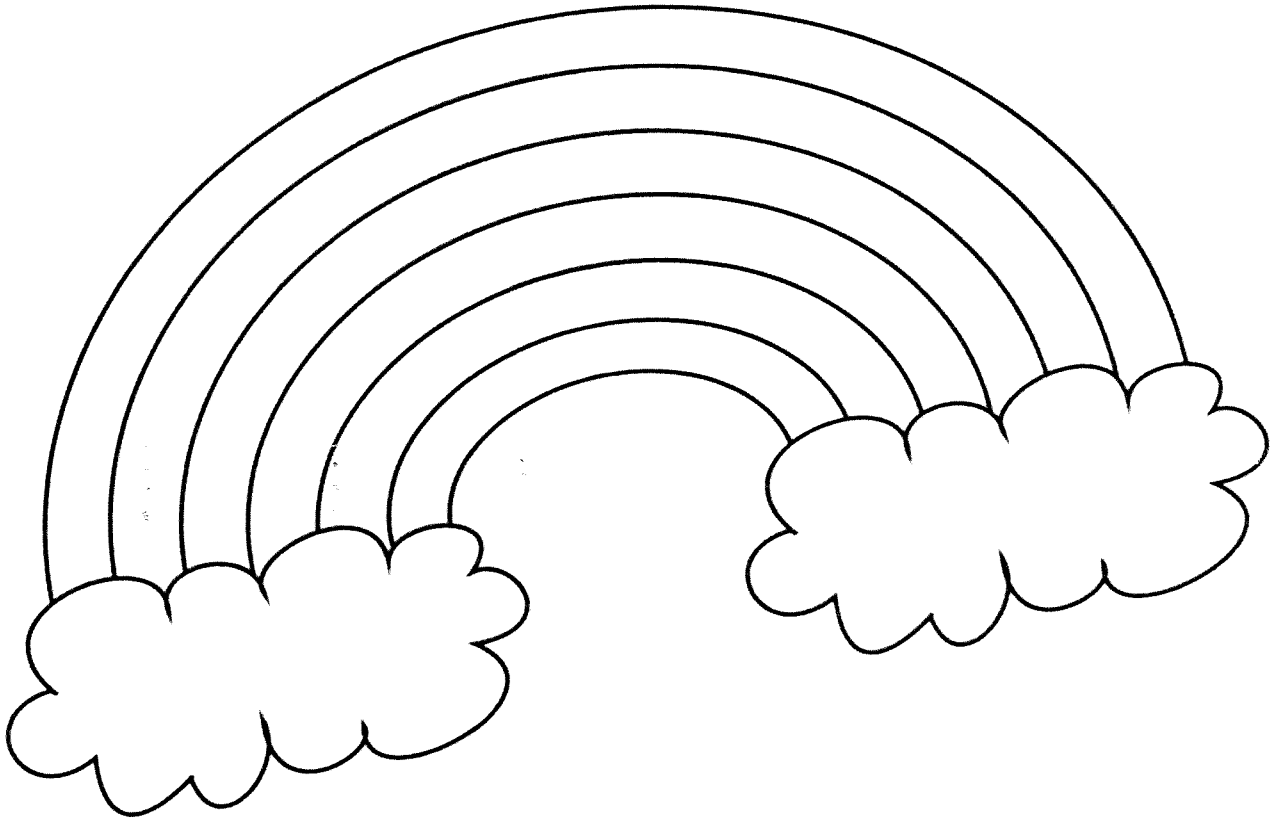


Reach Out Rainbow

Activity:

While talking to people about how you are feeling can feel uncomfortable, it can help give the support you need. Don't be afraid or ashamed to talk to someone about how you are feeling. Reach Out! There are many people who want to help. It might not feel obvious, and you might not even believe it, but don't give up.

Each time you Reach Out and tell someone how you feel, colour in a segment of your rainbow. Continue Reaching Out and talking until your rainbow is complete and hopefully by then, you will feel so much better.

Talk with Someone You Know and with Whom You Feel Comfortable

Think of the people in your life who have been supportive or with who you feel comfortable. That person might be a friend, family member, teacher, or your family doctor.