

# Feeling safe colouring edition!

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**Australian  
Childhood  
Foundation**

People and animals like to feel safe. We all have things that we do when we feel safe. This book shows some of the things that animals do when they feel safe. I wonder if anything in this book reminds you of things you do? It can be good to practice thinking and talking about safe times with your important people.

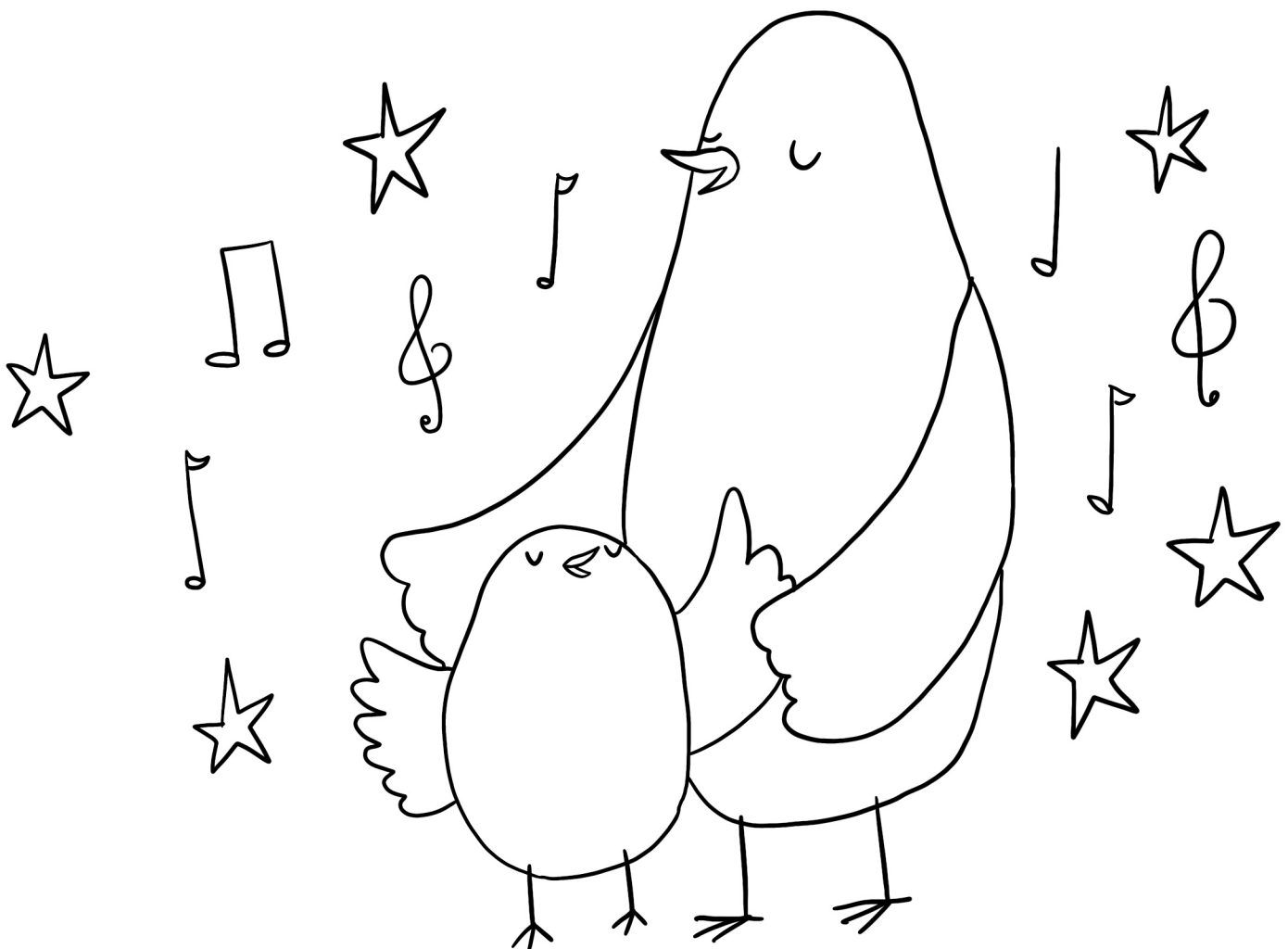
*All children have the  
right to feel safe.*

To me feeling  
safe means...

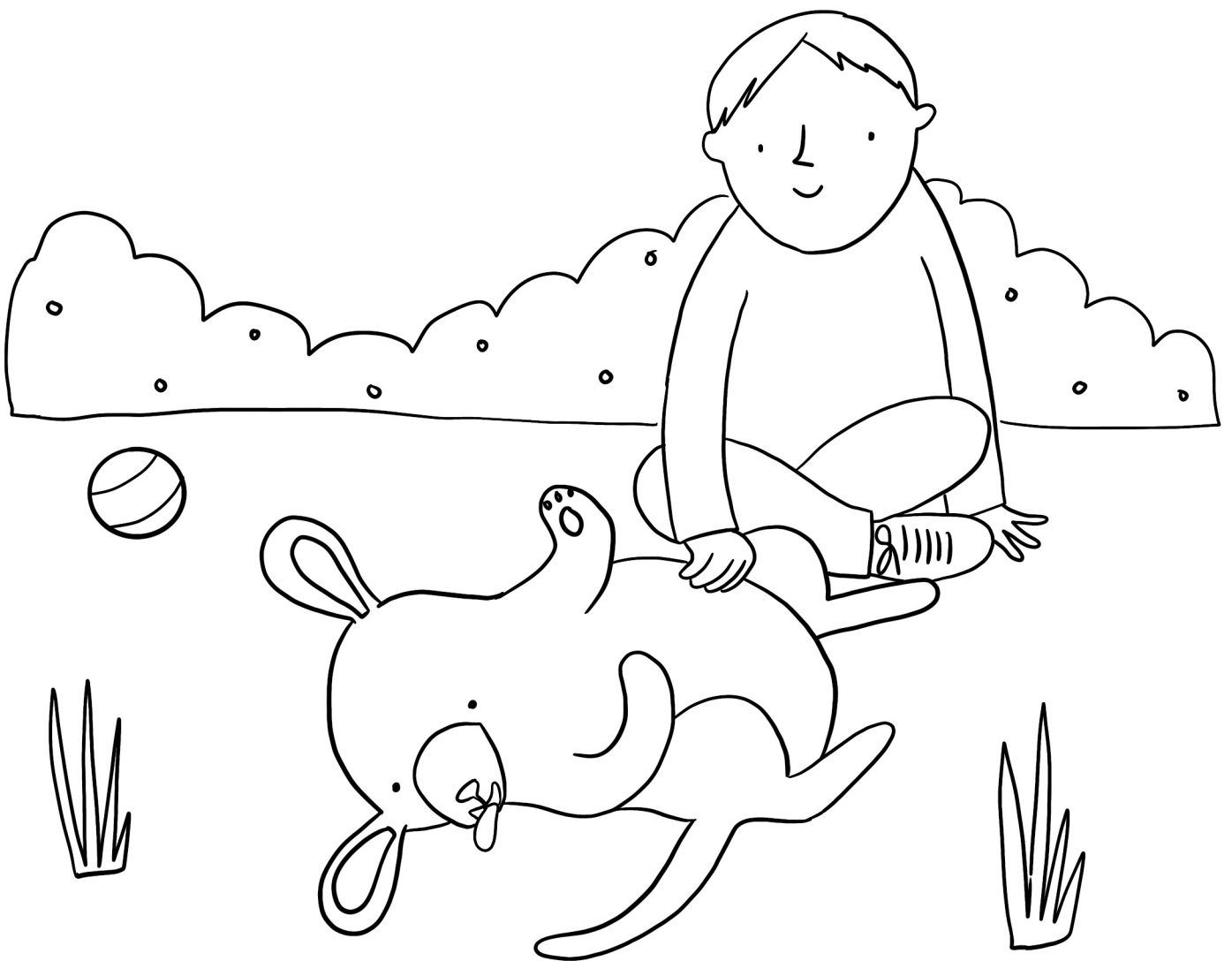
# Travelling on my mum's back



# Singing my favourite song



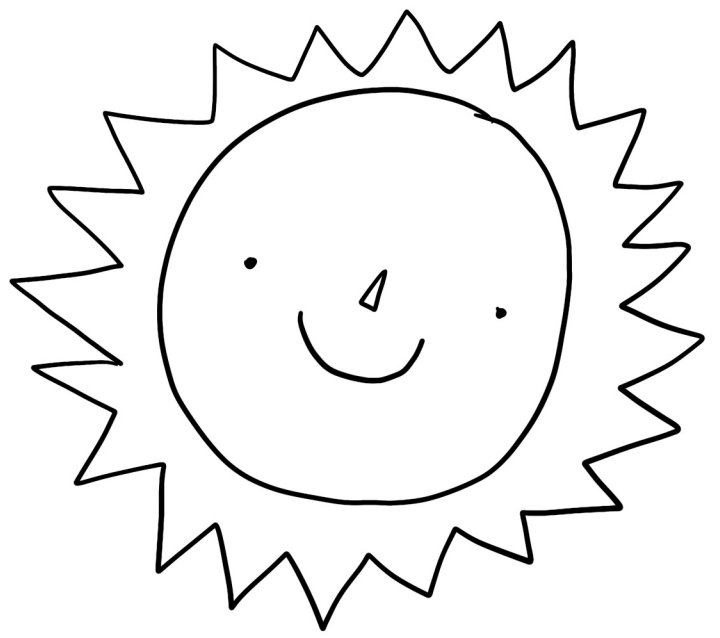
# Getting my tummy rubbed



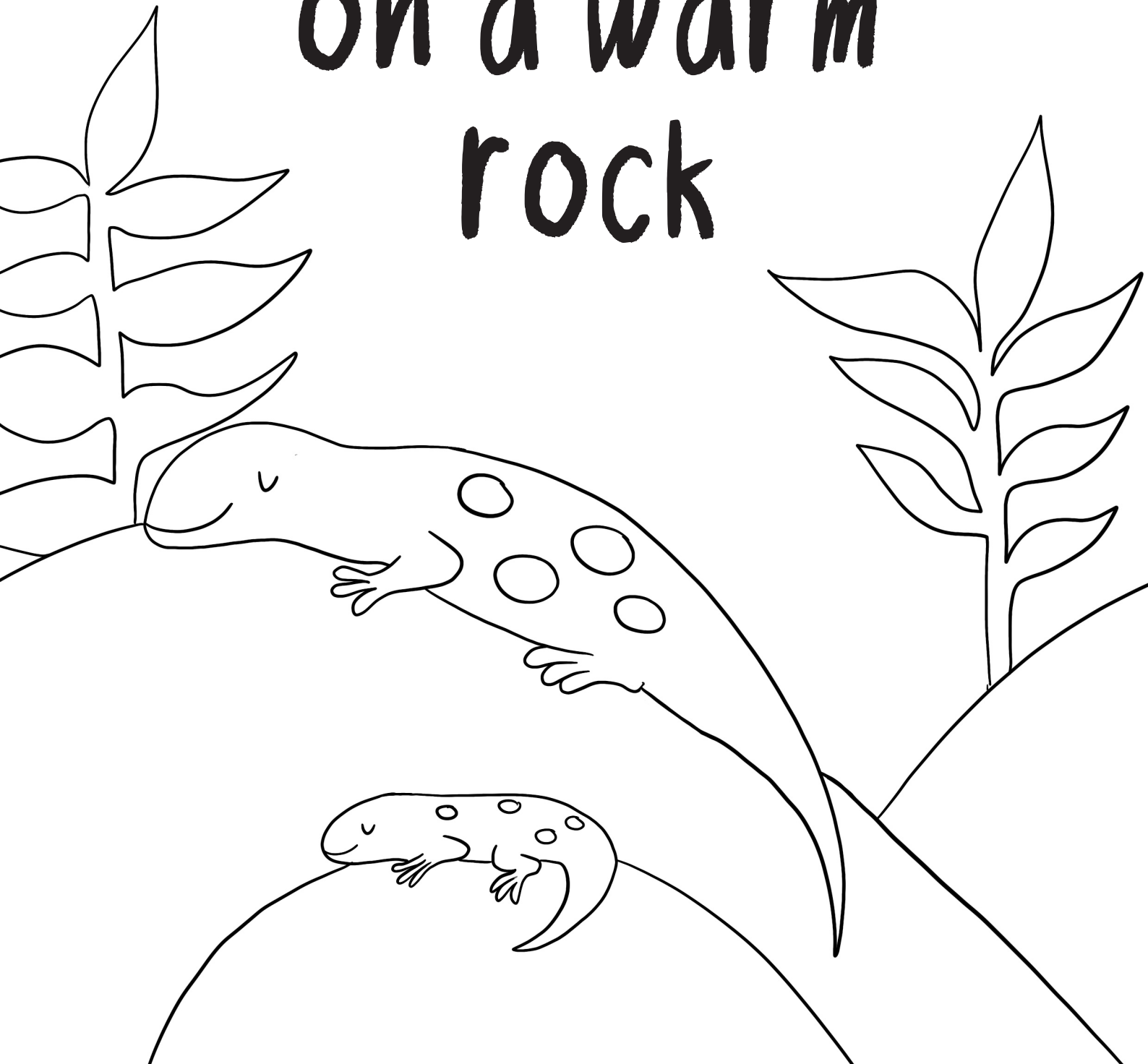
Having a comfy  
spot to rest



Lying in  
the sun



on a warm  
rock

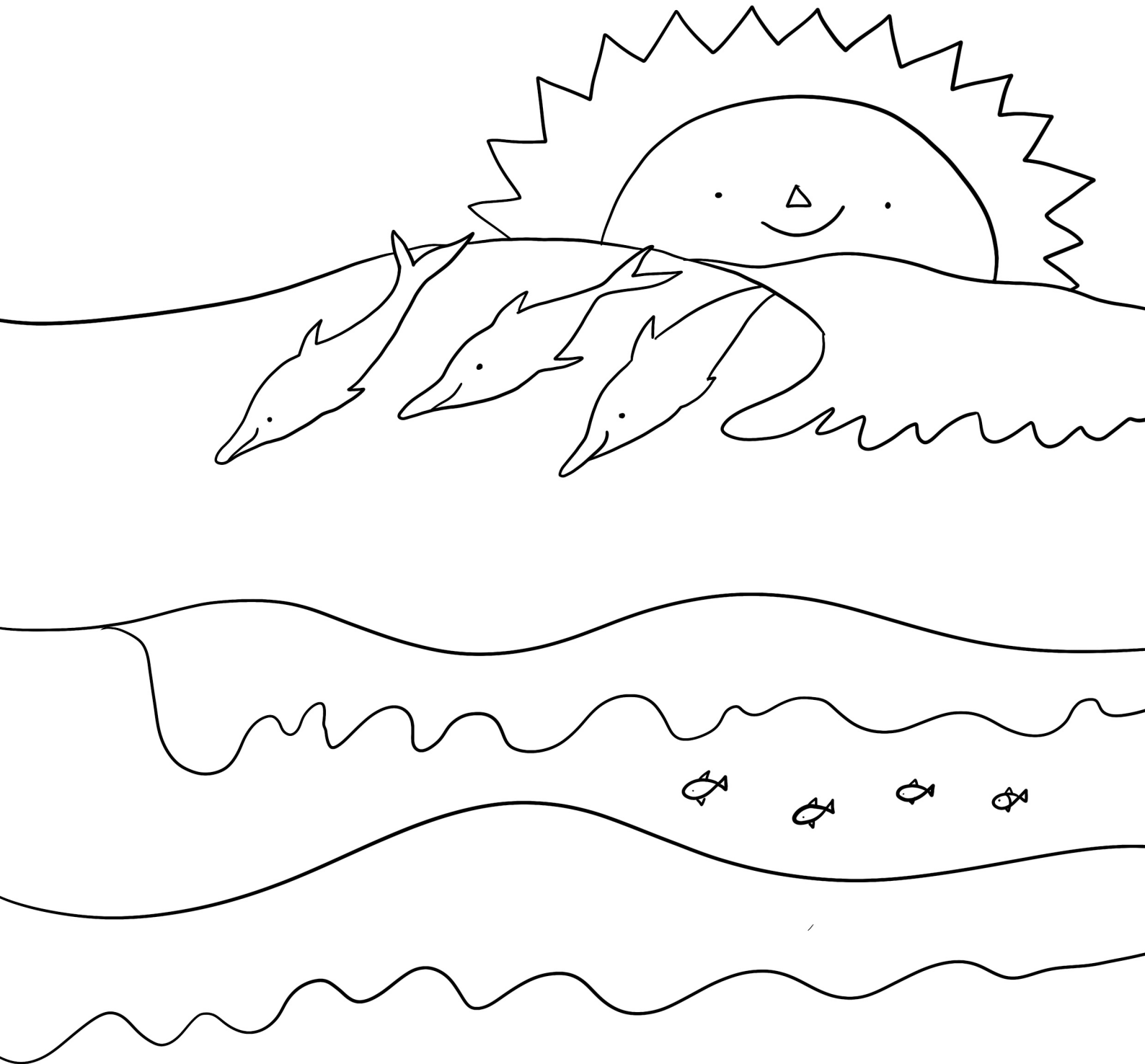




MY aunty  
cleaning  
my fur



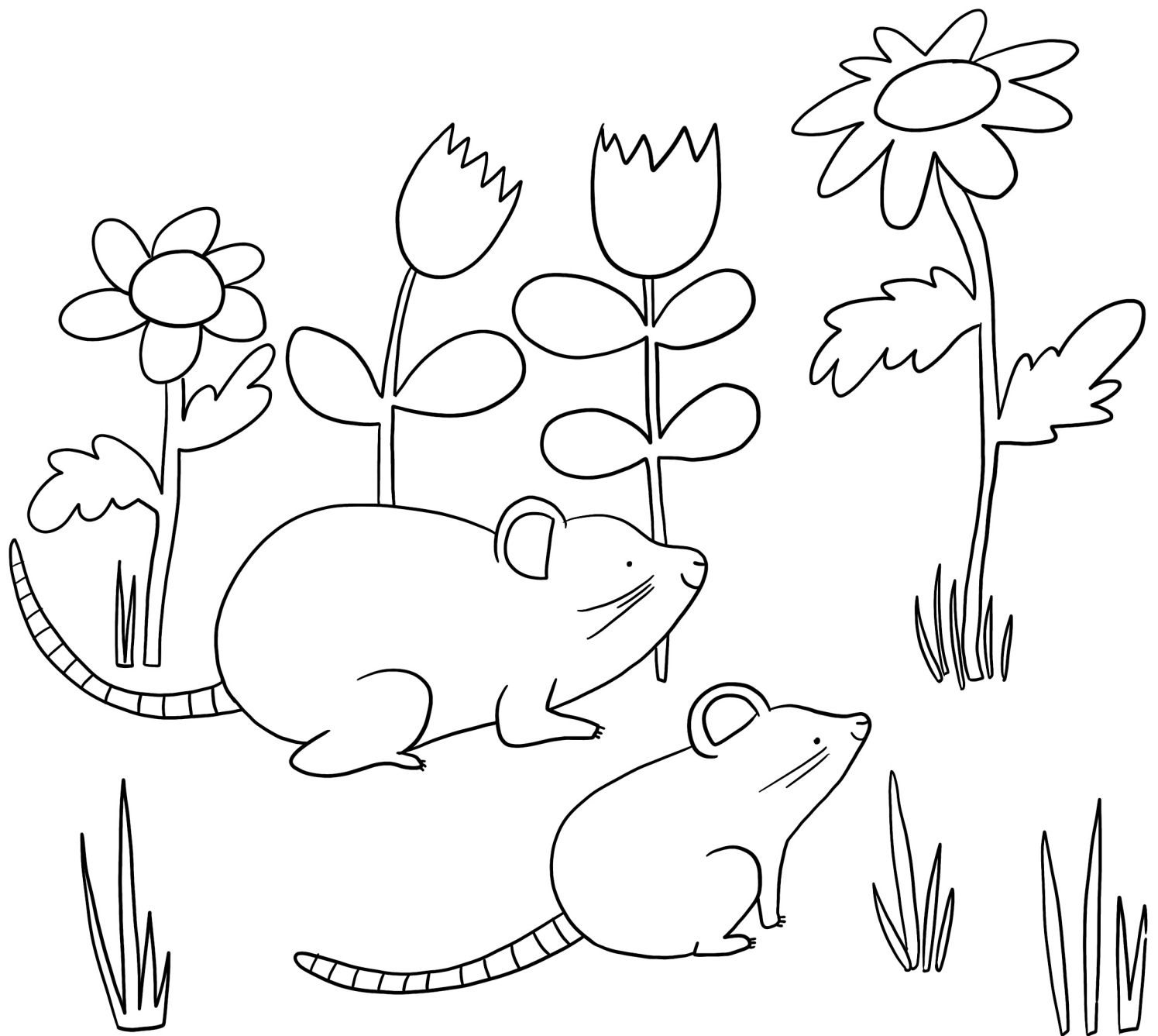
# Playing with my friends



Purring  
on my  
human's  
lap



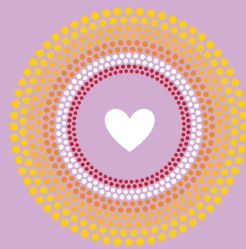
# Exploring what's around me



I wonder  
what feeling  
safe means  
to You?

Draw a picture of a  
time when You  
felt safe...

Feeling safe is an important concept to explore with children who have experienced trauma, because they have often spent more time than most not feeling safe. We need to help children and their important people to nurture experiences of safety in their lives. We need to talk more about the feeling of safety with children and to ensure they can recognize it in their lives. We hope this e-book helps professionals, younger children and their parents/carers bring focus to what safety means for children.



**Australian  
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*The Australian Childhood Foundation is a national Not for Profit Organization. We work alongside children and families to help them heal from abuse related trauma, and to restore and foster safe, loving relationships in children's lives.*

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