

My Early WARNING SIGNS

If I feel UNSAFE my body lets me know

Here is How !

I feel scared, sad and alone

I feel frozen and unable to move

Hair feels like it is standing on edge

Sweaty brow

Feel like crying

Dry mouth

Heart beats fast

Feel sick in the tummy

Sweaty palms

Feel like going to toilet

Goosebumps

Wobbly legs

Curled up toes

Shaky all over

IF I FEEL UNSAFE OR SCARED, I MUST TELL A TRUSTED ADULT FROM MY SAFETY CIRCLE STRAIGHTAWAY !

