



# *I Am Safe*

*for ages up to 13*

# Introduction



## *Safe – what does it mean to feel safe?*

Because life is filled with up and downs  
Many things happen that cause lots of frowns.

When we feel safe – we feel such joy

It is like life is a great big toy.

But how to stay in this feeling

When sometimes the day is simply reeling.

Knowing ourselves is the first step

Then no matter what – no one steals our pep.

People can be mean and this is true

But there is also kindness – so don't stay blue.

Bad things occur and it is never easy

They make our stomachs feel so queasy.

But good things happen that are just as great

So let's make goodness our personal fate.

Hatred will never win over love

Just look up and remember to stay above.

Don't get caught up in anything mean

Think of candy, like a jelly bean.

Safety is the key to a happy life

So get rid of whatever causes strife.

Tell your parents to do the same

Don't look to judge or even to blame.

Be the best of all you can be

Then your world will be safe – you will see!

# S - Secure



*Secure - to be at peace knowing you are safe is the best feeling in the world.*

Who do you feel secure with and why?

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Who do you not feel secure with and why?

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Who do you think feels secure with you and why?

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What do you need to feel more secure in the world and how will you make this happen?

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# A - Allowing



*Allowing – to be open to new things happening.  
Being allowing is wonderful but being too allowing is not wise.*

Who do you allow in your life that you feel safe with?

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Who do you allow in your life that you do not feel safe with?

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What do you allow that is not good for you?

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What will you do to change it?

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# F- Friendly



*Friendliness - Being passionate and interested in others.  
Though the world is hard, friendliness is the key to being a great warrior.*

Do you think you are a friendly person, if not why?

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Are you friendly even when others are mean, if not why?

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Who do you think is the most unfriendly person you know and why do you think they are like this?

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How do you think the world can be a friendlier place?

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# E-Enthusiastic



*Enthusiasm - bringing joy and excitement to ourselves and those around us.*

Are you an enthusiastic person – if not why?

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Can you stay enthusiastic about something, even when it is not going the way you want it?

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Do you let others steal your enthusiasm, if so why?

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How can you help others be enthusiastic?

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# Conclusion

Now that you have a little idea of how to feel safe, let's see how you can help the world. Though you are still a child, you hold importance and can make a big difference. These are some things to think about.













How do you feel the plants and trees in the world can feel safer?

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