**HEAD, HEART AND HANDS**

When people are hurt or worried, we can give them support by being kind.

- **Draw a head** – inside write what people might think in a crisis
- **Draw a heart** – inside write how people might feel in a crisis
- **Draw a picture of a hand** – inside write what people might do or act like in a crisis

- **On the outside write** how you could use your head to help them
- **On the outside write** how you could use your heart to help them
- **On the outside write** how you could use your hands to help them

- **ASK WHAT HURTS**
- **TELL THEM YOU ARE THERE TO HELP**
- **DO FIRST AID** (skill needed)

Comforting people during a hard time is a good way to be helpful.