

# 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.