



## ***Based on Book 2: Kaylo's Amazing Body***

### ***A Protective Behaviours Resource***

**Discover the incredible power of listening to your body with Kaylo's Amazing Body.** This beautifully illustrated children's book teaches kids about Early Warning Signs (EWS) and how to recognize and respond to them. Children can seek help and feel safe again by learning to listen to their bodies.

#### **What's in the book**

- Teaches children to trust their instincts (EWS) and seek help when needed
- Identifying different EWS inside and outside the body (e.g. sweaty hands, butterflies in the tummy).
- Understanding that everyone experiences EWS and how to identify personal EWS.
- Recognizing situations that trigger EWS (e.g. trying something new, feeling scared or unsafe).
- Learning help-seeking strategies and the importance of having a Safety Network of trusted adults.
- Suitable for ages 4 to 7

#### **Included in the Little Adventurers Series**

**Book 1 Lottie's Big Feelings:** Introducing Big Feelings into a Child's World

**Book 2 Kaylo's Amazing Body:** Exploring Early Warning Signs in Our Amazing Bodies

**Book 3 Florence's First Concert:** Learning the Difference Between Feeling Safe, Scary Fun, Scary Adventure, and Scared.

#### **Based on two core themes in Protective Behaviours (PB):**

1. Everyone has the right to be safe and feel safe at all times
2. We can talk with someone about anything, no matter what it is

**Protective Behaviours (PB)** is a universal empowerment program. As a holistic approach for everyone, the PB program is integrated into the school curriculum, reinforced at home, and delivered in communities to educators, professionals, and families. More information - [About PB](#).

# Flashcards

**Large flashcards** (from the book) x 2 A4. Print on card or laminate to compliment reading the book. For larger cards, print in A3 size.

**Smaller flashcards** x 1 A4. Ideal for small groups or one-on-one.

**Playing cards flashcards** x 1 A4 (2.5 x 3.7 in). Print out and play card games such as Snap and Go Fish. Print playing cards in A3 for bigger playing cards.

**Prompt questions for flashcards:** What are the different types of Early Warning Signs (EWS)? This EWS makes me feel...? What EWS make you feel happy, loved, sad or worried? What could help you feel better (developing calming strategies) when you feel your EWS?

**Where do EWS signs come from?** When children feel worried, sad or scared, they experience Early Warning Signs (EWS) or body signals. Teaching children that this is their body's way of letting them know how they are feeling can support children in asking for help. Children can learn to identify their personal EWS, which can also be related to when they risk for purpose, such as trying something new for the first time and feeling excited and nervous.

## **Kaylo's Amazing Body flashcards:**

1. Read through the story. Use the flashcards to ask what the book is about
2. What EWS feel safe/comfortable? What EWS feels unsafe/comfortable?
3. Discuss Kaylo's body language, facial expressions, and words. How do we know Kaylo is expressing his feelings? What was happening when Kaylo experienced these feelings? Discuss the EWS associated with the feelings. You may also wish to discuss, in simple terms, how our brain reacts and why it is essential to calm our brain to feel safe and comfortable again.
4. What EWS did the other characters express in the flashcards?
5. What did Kaylo do when he experienced his EWS?
6. Discuss the adults they could talk to if they feel their EWS. Why did they choose these adults? Draw 3 to 5 adults with titles, i.e., Mum, Aunty Jane, and Mrs James (teacher) they have chosen to talk to.
7. What other activities could they do to feel calm again? Create a poster or cut-out pictures of their calming strategies to support emotional regulation.
8. Draw a body on a large sheet of paper. Ask the children to draw EWS on the body that Kaylo experienced and other EWS people could experience.
9. Before re-reading the book, the children can use flashcards to interpret the illustrations and retell what happens in the story using their own words. This activity can support recently introduced vocabulary to demonstrate understanding of what has been read to them.



**Warm inside**



**Lots of energy**



**Wide eyes**



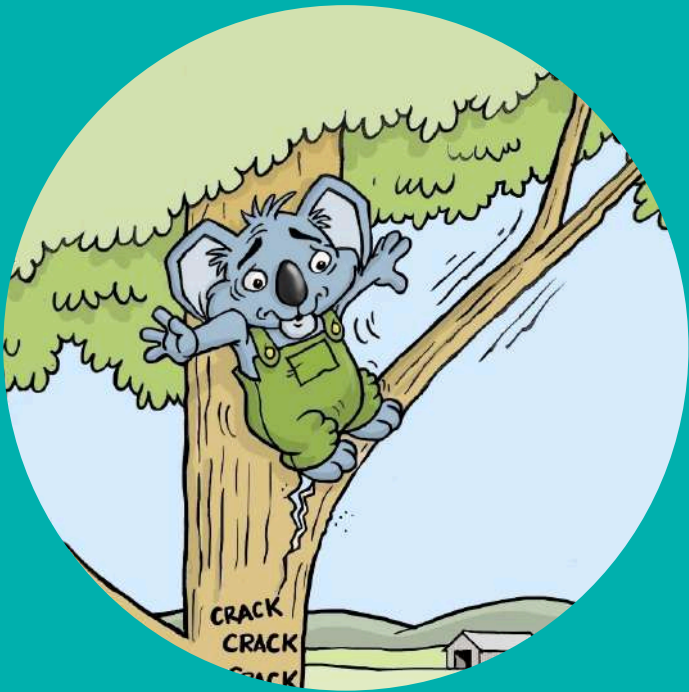
**Heart beating fast**



**Butterflies in tummy**



**Body shakes**



**Wobbly knees**



**Crying**



Warm inside



Lots of energy



Wide eyes



Heart beating fast

# Kaylo's *Amazing Body*

Small Flashcards



Butterflies in tummy



Body shakes



Wobbly knees



Crying



Warm  
inside



Lots of  
energy



Heart  
beating fast



Wide  
eyes



Butterflies  
in tummy



Body  
shakes



Wobbly  
knees



Crying



## Enjoyed the Books/Digitals?

Could you take 60 seconds to  
share your experiences?



DM  
website review

[Join my newsletter](#)



Thank you :)

### Enjoy Your Digital Printable!

This is a free digital download.

### For more digital printables:

#### FREE @ [Christine Camp Digital Printables](#)

- Teacher notes for the books
- Flashcard variations from the books
- Colouring & trace book title posters
- PB Information for Families Poster  
(Accompany school letter)
- BIG Reading Bookmark

#### BUY @ [Christine Camp Shop](#)

- Canvas editable Information poster PB for Families
- Teacher PB Resource (Curriculum mind map and lesson plans)
- Little Adventurers Series Books

©2025 Christine Camp

#### Terms of Use

This digital download file is Copyrighted by Christine Camp and may not be sold, redistributed or given away except for the 'standard permitted use' as follows.

By downloading this free digital download file, you are agreeing to the Standard Permitted Use:

- These digital printables are for non-commercial use only.
- They can be downloaded and photocopied for educational purposes and for personal use.

It is illegal to reproduce or distribute copyrighted material without the permission of the copyright owner.

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subject matter covered. It is not intended to replace professional services and is offered in good faith for the purpose of raising awareness and in an advisory capacity only.

Christine Camp Website: [Terms and Conditions](#)

