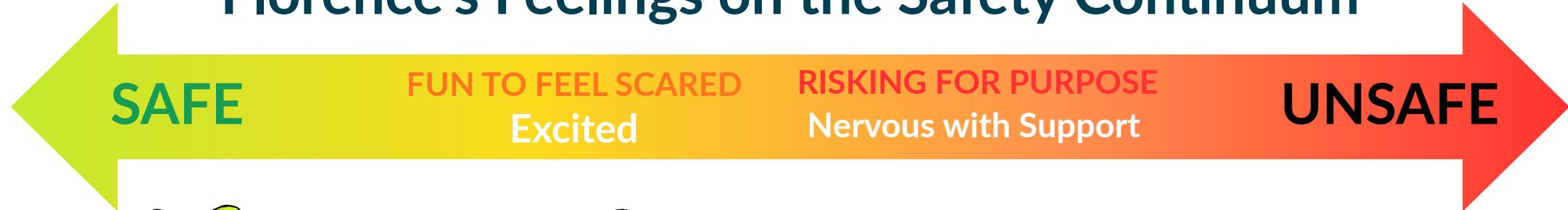


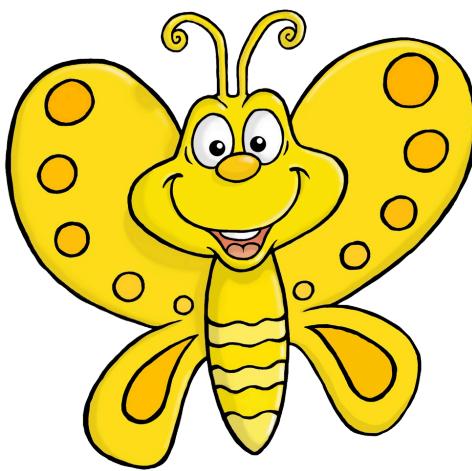
Florence's Feelings on the Safety Continuum



I feel happy and cuddly

Story Moment

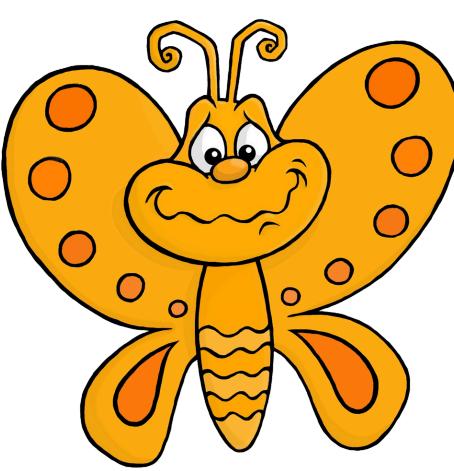
Snuggling with Mum and playing with friends



My tummy is fluttery but I'm ready

Story Moment

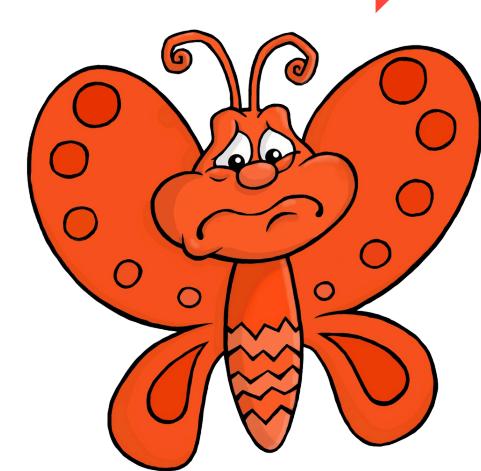
Dancing with friends and preparing for the show



My body is shaky but I know I have help

Story Moment

Stepping onto the stage



My tummy hurts and I want to hide

Story Moment

Nana's pressure to be the best and freezing on stage

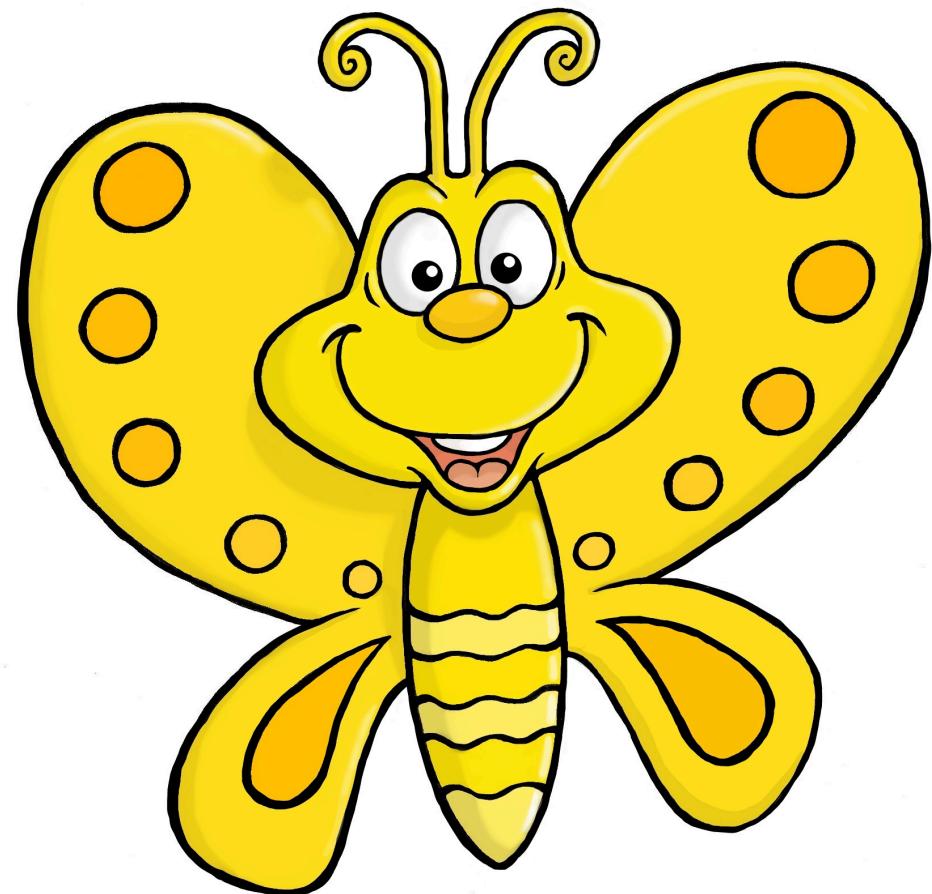


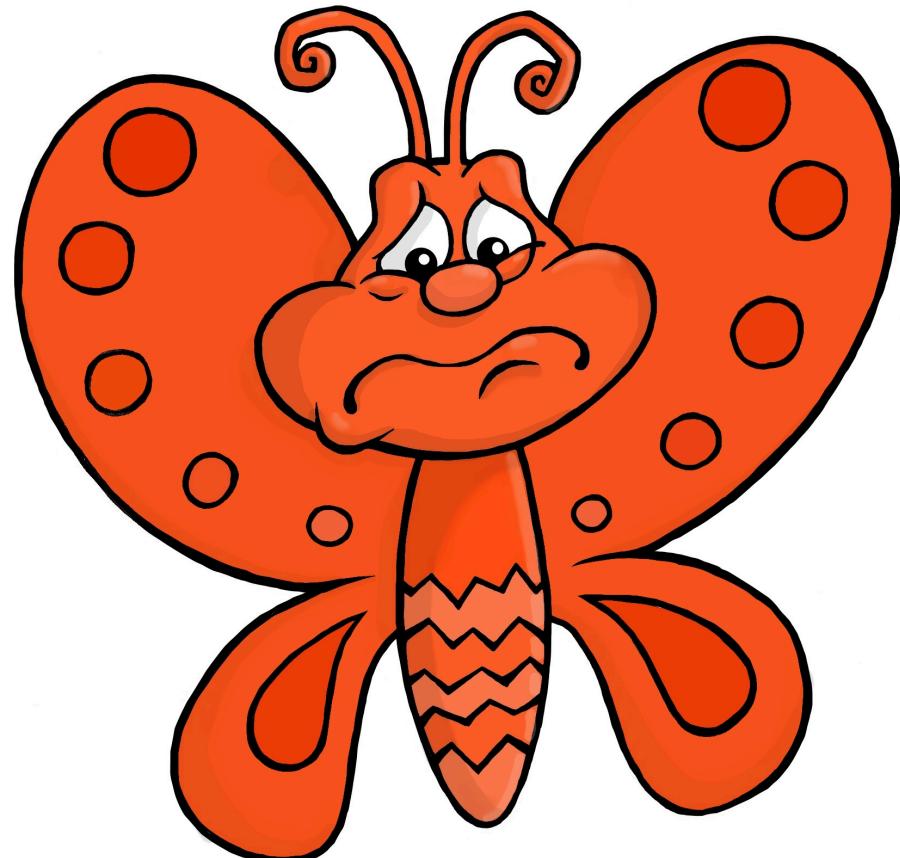
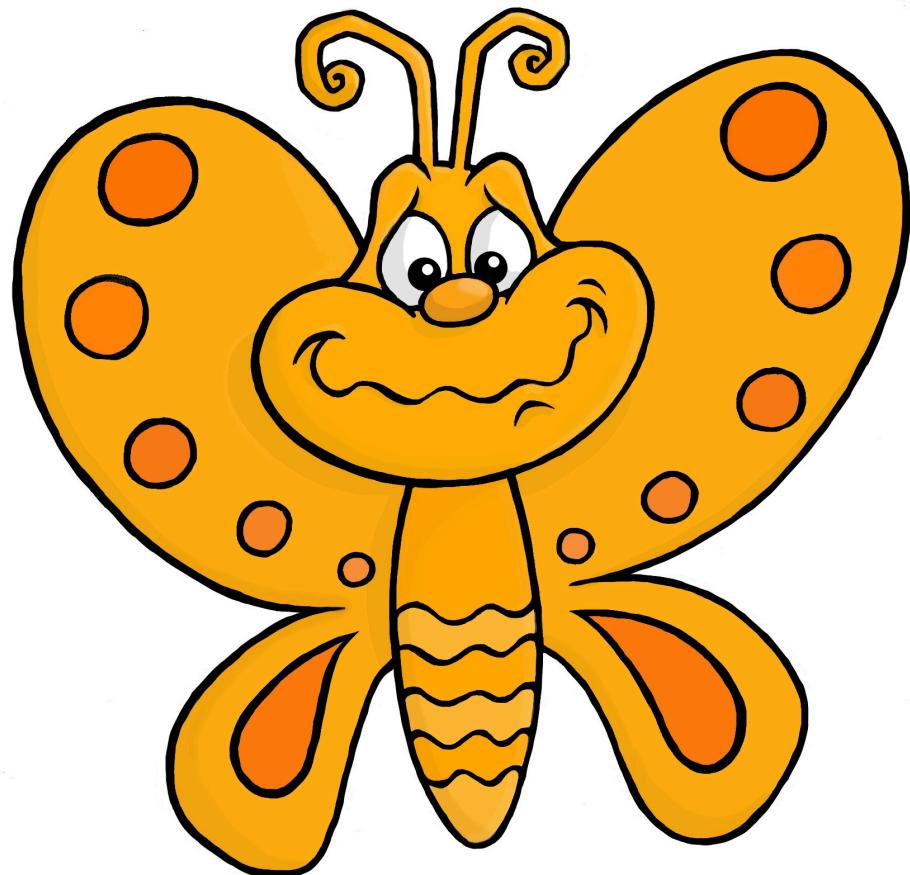
What helped Flo move back to feeling SAFE?

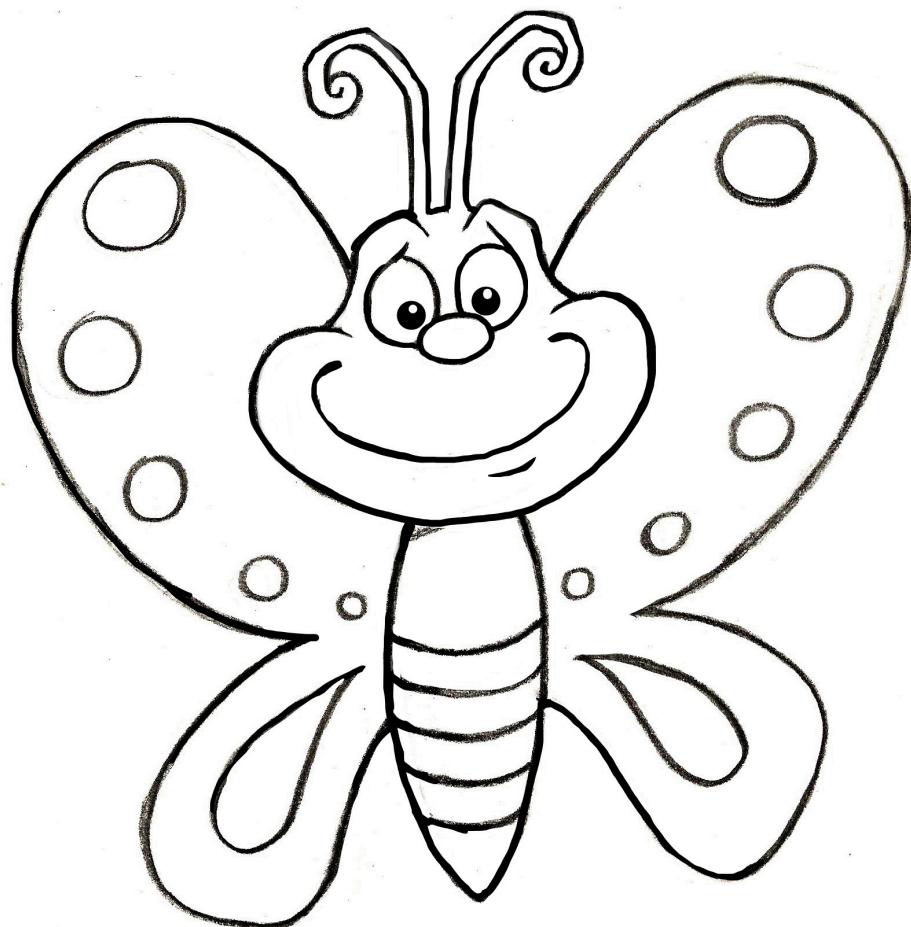
Her mum's comforting wing
(Safe Adults)



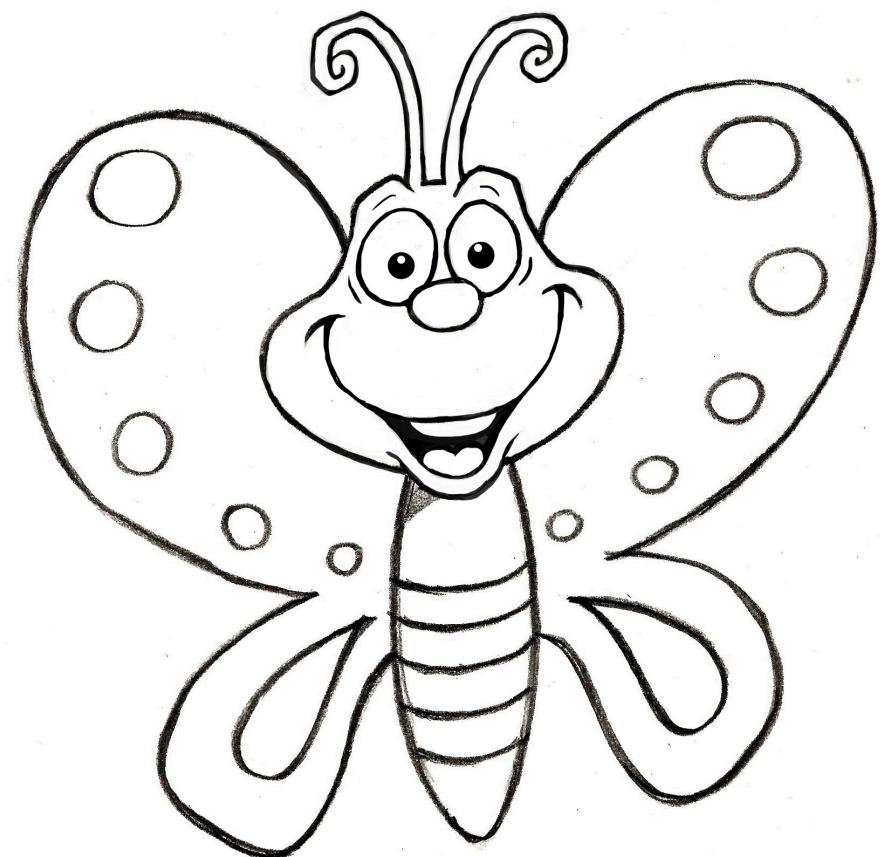
Taking a breath and Flo's love of dancing



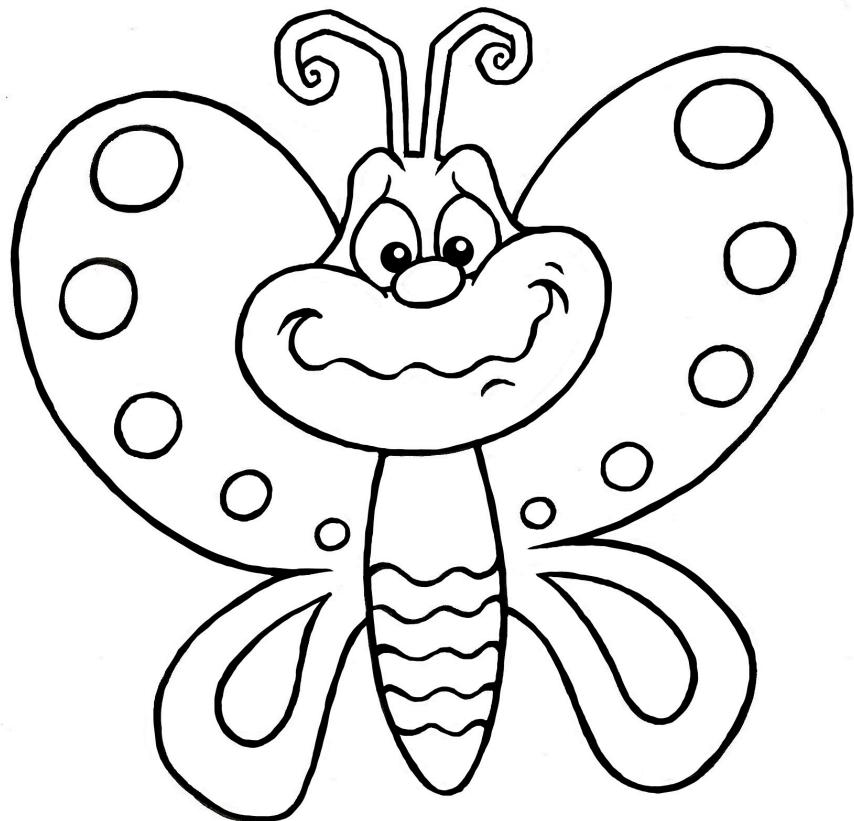




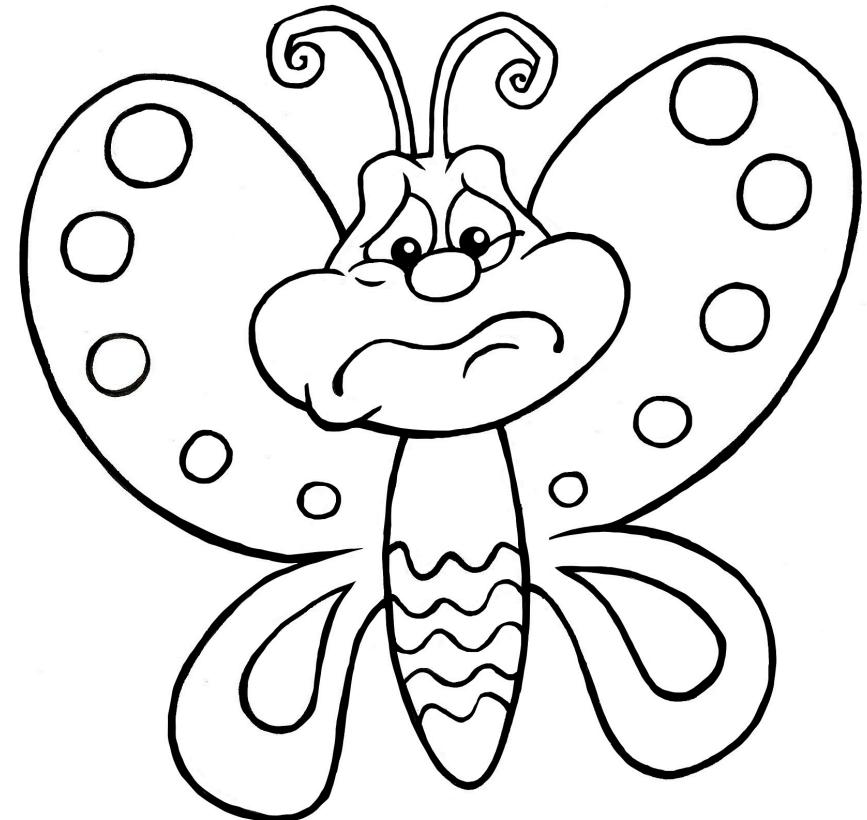
Safe



Excited



Nervous
Risking for purpose



Unsafe



Thank you for using a Christine Camp resource to support children's safety, growth mindset and emotional development.



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