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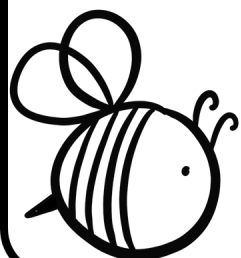




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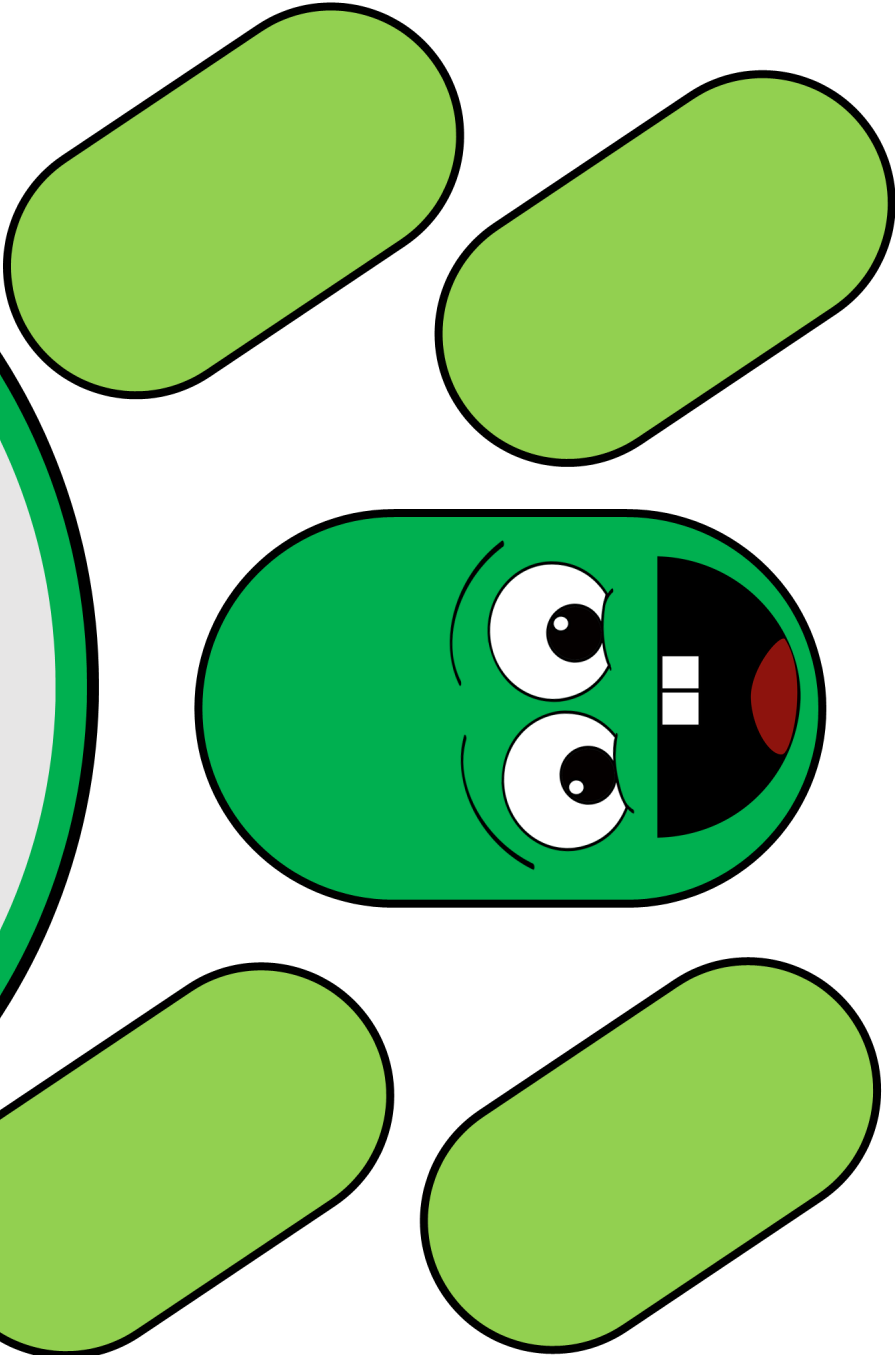


Cut out all of the pieces
and glue together to form
a turtle

Put the opening of the
pocket here

Glue your pocket here

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Cut out carefully
and bend your
tabs inwards.
These can be
glued to the turtle
to form a pocket.

Cutting out is a
good mindfulness
activity but if the
tab cutting is too
much for the child
then just cut
around the circle
and glue the edge
to the turtle.



This helps me feel safe

This helps me feel safe

This helps me feel safe

This helps me feel safe

Print out and the child can draw things that help them to feel safe.

I feel safe when...

I feel safe when...

I feel safe when...

I feel safe when...

Print out and the child can write things that help them to feel safe.

