

The lighthouse

Knowing When to Sail Alone and When to Ask for Help

Sometimes Tiny Cat decides she can sail through the storm alone, but sometimes she knows she needs to look for a lighthouse to help.

Lighthouses are safe grown-ups who can help when feelings feel too big.

Who is your lighthouse?

Draw or write the people who help you feel safe.

 At Home

 At School

 Somewhere Else (club, family, friends)

Steer the boat or ask for help?

A grown-up reads a card and the child decides:



Take a deep breath.

Steer the boat

or



I need some help.

Look for a lighthouse

 If they can steer their own boat, practise the breathing activity

 If they choose lighthouse, the child chooses which lighthouse they would ask.



Scenario Cards (Printable Cut-Outs)

Steer the boat or look for a lighthouse?

You hear a loud noise in the night.

Steer the boat or look for a lighthouse?



You feel nervous before trying something new.

Steer the boat or look for a lighthouse?



You get lost in a big shop.

Steer the boat or look for a lighthouse?



You feel worried about going into school.

Steer the boat or look for a lighthouse?

You feel scared when a dog barks loudly.

Steer the boat or look for a lighthouse?

You fall over and hurt yourself.

Steer the boat or look for a lighthouse?

You feel a little nervous about talking in class.

Steer the boat or look for a lighthouse?

You feel nervous when an adult asks you a question.

Steer the boat or look for a lighthouse?

You wake up from a scary dream.

Steer the boat or look for a lighthouse?

