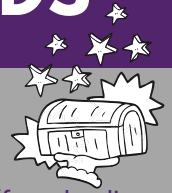


# PREVENTION ACTIVITIES FOR KIDS



## EMOTION MONSTERS

Ask the question, "what is one emotion or feeling that you have that doesn't make you feel good?" Then ask them "If it was a monster, what would it look like?" Have them create an image either on paper or with craft materials to show what that emotion looks like. Ask them how they could make them less scary. For example, have them draw silly hats, flowers, or funny glasses.

## TREASURE CHEST

Print out or create a cube template (found online and attached) and have the kids draw or write things on the inside of the box that they need from a friend and things on the outside that they want in a friend. Then have them cut out the cube and tape or glue together. This helps them identify things that are important to them in a friendship.



## CONFLICT RESOLUTION SKITS

Come up with a conflict scenario or see our list of scenarios to use (see attached) and have your kids figure out a way to resolve the conflict in a non-violent way. Let them take the lead on how to solve it.

## ANGER CATCHERS

Create a "cootie catcher" with your child and color and label the numbers and inside colors. Then write different ways to calm down when you're angry on the inside tabs. You can search "Anger Catchers" on Google for examples or see attached template.

## MY SAFE PLACE

Have kids draw their ideal "safe" place or "happy" place. It could be at home, somewhere you've taken them or even a make believe place. Then have them draw people, the weather, any animals or other things that would be there, and write how they feel when they're at that place.

## THE MASK YOU LIVE IN

If you have paper or paper plates, have kids draw on one side (or bottom of plate) how they act with the world versus how they feel on the inside (draw on the other side or inside of plate). Talk to them about why they sometimes hide emotions or don't always show how they feel.

## 5-4-3-2-1 COPING STRATEGY

Have kids find the following things inside or outside:

5  
4  
3  
2  
1

- 5 Things they can see.
- 4 Things they can touch.
- 3 Three things they can hear.
- 2 Things they can smell.
- 1 Thing they can taste.

Talk about managing feelings and why it's important to take time to calm down when we feel scared or stressed.



## BOUNDARIES ACTIVITY

Using a jump rope, chalk or hula hoop, talk to kids about how they feel when people get too close to them. "Can you show me (using the item) how much space you need with family?" Ask the same question about different people like friends, neighbors, teachers, strangers, etc. Talk about how important boundaries are and what to do when boundaries have been crossed.

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*Learn more at [weaveinc.org](http://weaveinc.org)*



WEAVE Learn is a program of WEAVE that provides training and education in hope of preventing and ending sexual violence. Parents can review the free online materials available to teachers to practice learning activities in the home as well.

[weavelearn.org](http://weavelearn.org)