



# Children’s Activity Pack

Supporting Children and Families through  
Coronavirus .





# Superheroes

Maybe you remember the CAP team coming into your school to visit you?

Do you remember us? We are the CAP Superheroes.....

## Sophie Safe

We say "Safe is when **everything is ok** and nothing is going to hurt you or the people you care about"

Everyone has the right to feel safe.



## Stanley Strong

"You can **feel strong in your body** and you can also feel **strong inside, in your feelings** like when you are brave or confident or proud of yourself.

Everyone has the right to feel strong in both of these ways.



## Freida Free

"Feeling free is **about making choices and having fun**  
You feel free when you are feeling safe and strong

Everyone has the right to feel Free.

**Everyone has the right to be safe, strong and free.**



# Staying Safe


These are the CAP 'Safe' superheroes.



**Hello! My name  
is Sophie Safe.**

**Hello! I don't yet  
have a name?  
Can You Help!**





 Can you help us name the KS1 Safe Superheroes?  
Take a look at the competition on page 12



# Staying Safe

Right now we are all staying at home more than we usually do. We need to do this to keep SAFE.

Whilst you are at home you could....

-  Draw a picture or write about what you CAN do at home to keep SAFE during this time.
-  Can you think of things to tell your friends to do to keep safe? Can you think of one thing for each letter so that it spells the word SAFE?

S-

A-

F-

E-



# Staying Strong


These are the CAP 'Strong' Superheroes.



Hello! My name is Stanley Strong

Hello! I don't yet have a name?  
Can You Help?





 Can you help us name the KS1 Strong Superheroes?  
Take a look at the competition on page 12

# Staying Strong in our bodies



Because of the Coronavirus, we might not be able to do some of the sports and activities we usually do.

-  Draw a picture or write about what things you CAN do at home to keep your body STRONG and healthy.
-  Can you work out what these things are that keep you strong around the house? Maybe you could go on a search to find some of these at your house? Can you explain how each one keeps our bodies strong?



8. mviatnis 9. whsoer 10. nopreti

Answers: 1=Soap 2=Vegetables 3=toothbrush and paste 4=water 5=bed 6=bike 7=skipping rope 8=vitamins 9=shower 10=protein





# Staying Strong on the inside, in our feelings

We also need to keep ourselves feeling **STRONG** on the inside in our feelings.

- Draw a picture or write about what you **CAN** do to keep yourself feeling **STRONG** on the inside
- Could you paint some pebbles with positive words to help other people and yourself feel good on the inside? Maybe you could place them somewhere for others to find on their daily exercise?





# Staying Free


These are the CAP 'Free' Superheroes.



Hello! My name  
is Freida Free.

Hello! I don't yet  
have a name?  
Can You Help?



 Can you help us name the KS1 Free Superheroes?  
Take a look at the competition on page 12.







# Staying Free

When we feel SAFE and STRONG we also feel FREE.

Feeling free is about have fun and making choices.

 What choices **CAN** you make to feel FREE during your time spent at home?

 Here's some ideas of things you could try...

**Games**

*Build Lego*

**Gardening**

*Write a play*

**Listen to music**


**Bake a cake**

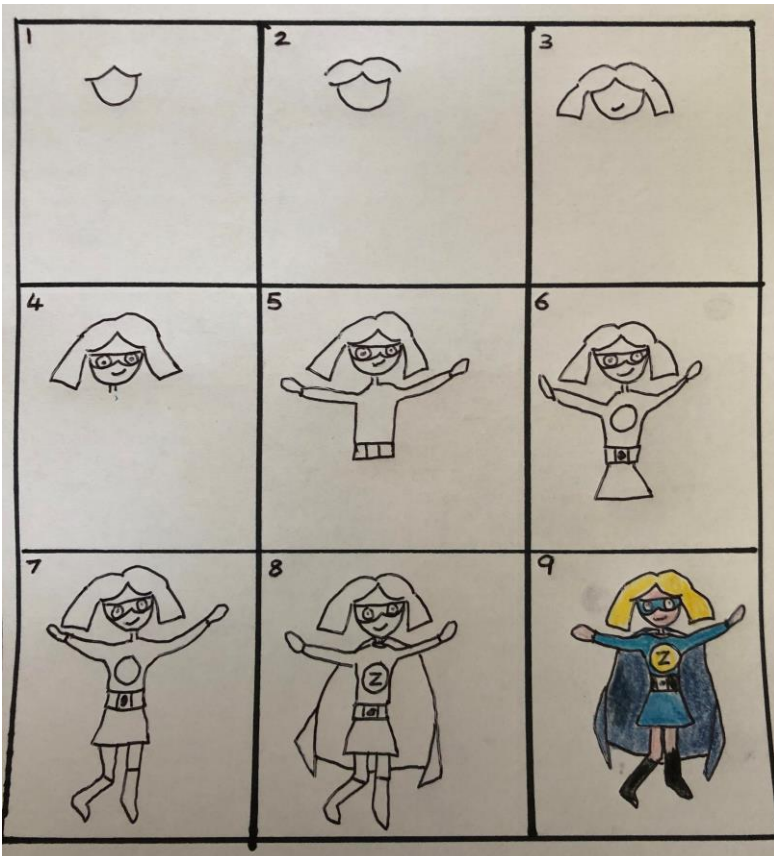
*Watch a funny film*

**Make a pretend shop**





# Staying Free


 Can you follow the instructions below to draw Freida Free?





## Other links and activities to try at home: Get an adult to help you with using these.

 <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/> (this is a book designed to be read to children to help them understand Coronavirus a little better and be confident .)

 <https://www.thinkuknow.co.uk/parents/>  
This has fortnightly activity packs linked to online safety. There are separate ones for age groups.

 WHO have created a book for children about coronavirus. It is free to download.  
<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

 Childline top tips for coping in lock down:-  
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

 NSPCC child line number  
Call the **NSPCC helpline**  
If you need support contact them 24/7:  
Call or email them on [help@nspcc.org.uk](mailto:help@nspcc.org.uk).  
0808 800 5000

# COMPETITION!

We have recently held a competition to name the Key Stage two superheroes but the Key Stage One Heroes are still waiting!....

Here they are...





Safe



Strong



Free

-  What would you call them?
-  Ask an adult to send your ideas to us on our facebook page- CAP UK Child Assault Prevention. Look out for the prize!

Remember you have the  
right to be **SAFE, STRONG  
AND FREE.**



## About CAP UK - Child Assault Prevention project

We are a community-based project which brings parents/carers, school staff and children together to understand how to effectively reduce children's vulnerability to abuse and build safer communities for children.

**CAP's aim is to keep children Safe, Strong and Free.**

Visit [www.safestrongfree.org.uk](http://www.safestrongfree.org.uk) for more information about us and how you can support our work, or just get in touch... Contact Us


This booklet is distributed as part of the CAP UK programme by:

CAP UK  
35 Fore Street  
Totnes  
TQ9 5HN

Phone: 01803 866559

Email: [info@safestrongfree.org.uk](mailto:info@safestrongfree.org.uk)

Web: [www.safestrongfree.org.uk](http://www.safestrongfree.org.uk)

Find us on Facebook and Twitter  



<https://www.facebook.com/safestrongfree/>

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