This activity book is designed for children to communicate through self-expression. It offers opportunities for parents, caregivers, and teachers to learn about a child through the child’s eyes. These activities can open up communication about bullying, the child’s relationship with friends, how they see themselves in their family, and most importantly, if they feel safe.

**TIPS:**

- When talking to a child, get down to their level.
- Listen to their words and help them use appropriate words.
- Children open up when they feel safe in their surroundings.
- Keep the lines of communication open.
- Ask your child questions and listen.
- When a child tells you something that is hard to hear, listen and believe them.
Color the squares with dots green to find the hidden picture.
Color the pieces without dots a dark color (like blue) to find the hidden picture
Without lifting your pencil, can you connect all the dots below with four straight lines?

\[
\begin{array}{c c c c}
\cdot & \cdot & \cdot & \cdot \\
\cdot & \cdot & \cdot & \cdot \\
\cdot & \cdot & \cdot & \cdot \\
\end{array}
\]

How many? \( X = \quad \) 
How many? \( O = \quad \)

Tic Tac Toe, 3 in a Row!

\[
\begin{array}{c c c c c c c c c c}
\text{OXOO} & \text{OXOO} & \text{OXOX} & \text{OOOX} & \text{XXOX} \\
\end{array}
\]

How many Triangles do you see? = \( \quad \)

ANSWERS: \( O = 15, X = 10 \)\]
Who are your friends? ________________________________

How do you treat your friends? __________________________

How do your friends treat you? __________________________
Teach kids to treat others with respect and kindness.
NO BULLIES
My mom’s name is ________________________________

My mom and I like to ________________________________

My mom’s favorite thing to do is ________________________________

My mom is special because ________________________________
My dad’s name is ________________________________

My dad and I like to ________________________________

My dad’s favorite thing to do is ________________________________

My dad is special because ________________________________
FAMILY PORTRAIT

Draw a picture of your family.
CHORE LIST

1. ________________________________

2. ________________________________

3. ________________________________

4. ________________________________

5. ________________________________

This list belongs to: ________________________________
If you feel unsafe or someone is hurting you, who are safe people you can tell?

MOM  DAD  TEACHER

FAMILY FRIEND OR NEIGHBOR  DOCTOR  POLICE OFFICER
COMMUNITY RESOURCES
FOR YOU AND YOUR FAMILY

TIPS, RESOURCES, AND SUPPORT
HelpandHope.org
Facebook.com/4MyKid

CHILD AND FAMILY RESOURCES
Texas Abuse/Neglect Hotline:
800-799-SAFE (800-799-7233)
or TheHotline.org

Texas Infant Safe Sleep:
BabyRoomToBreathe.org

Texas Water Safety:
WatchKidsAroundWater.org

CHILD DEVELOPMENT INFORMATION
Born Learning:
BornLearning.org

Texas Early Childhood Intervention:
800-628-5115

Infant, Toddler, and 3-year-old Learning:
LittleTexans.org

FOOD, HOUSING, AND HEALTHCARE
TEXAS WIC
Women, Infants, and Children (WIC) nutrition program helps pregnant women eat well, learn about nutrition and stay healthy.
800-WIC-FOR-U (800-942-3678)
TexasWIC.org

Texas Department of Housing
and Community Affairs
Find rent help, emergency and homeless services and utility assistance
tdca.state.tx.us/Texans

Texas Health and Human
Services Commission:
Find out if you might be able to get benefits (food, health care) and apply.
YourTexasBenefits.com

EMERGENCIES
Dial 911

Dial 211 no matter where you live in Texas, you can dial 211 and find resources in your area.

JOBS AND CHILD CARE
Texas Child Care:
Find and learn more about the regulating child care,
DontBelnTheDark.org
TXChildCareSearch.org

Texas Workforce Commission:
Find career development information, job search resources, training programs, and unemployment benefits.
twc.state.tx.us

YOUTH AND TEEN HELP
Texas Youth Hotline
800-98-YOUTH (800-989-6884)

Texas Runaway Hotline:
888-580-HELP (888-580-4357)
or TexasRunaway.org

LEGAL ASSISTANCE
Texas Attorney General Child Support Division:
oag.state.tx.us/cs/
or
800-252-8014

Texas Law Help:
TexasLawHelp.org