



Jelly Surprise:

Companion guide for educators, parents and caregivers

The Daniel Morcombe Foundation develops child safety resources to educate and empower people to make communities safer places for children. This companion guide is designed to support educators to facilitate trauma-informed learning experiences with young children 3 - 6 years. Before viewing this resource, we recommend reviewing our [Trauma-Informed Approach Factsheet](#) to help foster a safe and supportive learning environment.

About Jelly Surprise

Jelly Surprise is specifically designed for parents, caregivers and educators of children aged 0 to 6 (early years and foundation year). The content of Jelly Surprise is evidence-informed, trauma-informed and age-appropriate. It teaches children to recognise and understand their body clues, feelings and emotions and helps them to **recognise**, **react** and **report** unsafe situations.

Jelly Surprise aligns with the [Early Years Learning Framework V2.0 - Outcome 3: Children have a strong sense of wellbeing](#) - and the [Australian Curriculum, Version 9.0 - Health and Physical Education content descriptors](#).

This book is a simple introduction to **body clues**. Understanding these can help a child know if they are feeling safe or unsafe.

Hugo, Lola and Angus all experienced different body clues and feelings when Jelly surprised them.
We can all learn how to listen to our **Body Clues** and do the 3 **R's** if we are ever feeling unsafe...

Recognise

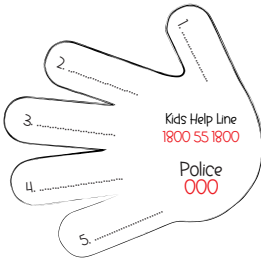
React

Report

Recognise encourages children to be aware of their surroundings and body clues. **React** helps children consider choices or actions that may help keep them safe. **Report** encourages children to report unsafe situations to an adult.

Conversation starters

Jelly Surprise provides a starting point for important conversations about personal safety. Some activities that can continue the conversation include:

SAFETY Being safe is when we are not in danger and feel like we are being looked after. In the story Angus was feeling unsafe. His heart was pounding (refer to page 12). Question: - What sort of things make you feel unsafe? For example, really noisy places, if you're lost, if someone you don't know talks to you. Hugo felt safe and happy. He was smiling and laughing (refer to page 8). Question: - What sorts of things make you feel safe? For example, can you give some examples of places you feel safe? What sorts of things do people do or say which make you feel safe?	RECOGNISE It is important to learn to RECOGNISE our body clues, to understand how we are feeling. How could our body help us recognise we might be in a safe or unsafe place (refer to page 22)? Question: - Show me your face when you feel: - sad - happy - worried - Show me your body when you're: - excited - scared - angry
REACT We all have the right to be safe. This means we are allowed to say 'No' to anything that makes us feel worried, scared or uncomfortable. We can REACT to keep ourselves safe. Sometimes it is hard to react, and that is okay. Sometimes our body freezes and cannot move, or we don't know what to do. Tricky situations are NEVER a child's fault and it's never too late to ask for help from an adult you trust. Question: How might you use your words and actions to react and ask for help? For example, Angus raised his voice and called for Miss Ruby. 	REPORT In this story Miss Ruby is a Safety Helper on Angus' Safety Team. Angus called out (REPORT) for Miss Ruby to let her know he didn't feel safe. Miss Ruby could see Angus didn't feel safe and made the situation safer by shoosing Jelly away (refer to page 15). Adults can keep you safe from harm and can make a situation safe again for you (refer to page 17). Jelly also had Safety Helpers who were helping him. His carers made sure he was safe (refer to page 20). Question: Who are your Safety Helpers? Complete the My Body Clues activity on page 15 in the <u>Keeping Kids Safe Resource Booklet</u>.  Remember: If someone does not believe you, go to the next safety helper, and then the next, until you receive the help and support you need to feel safe.