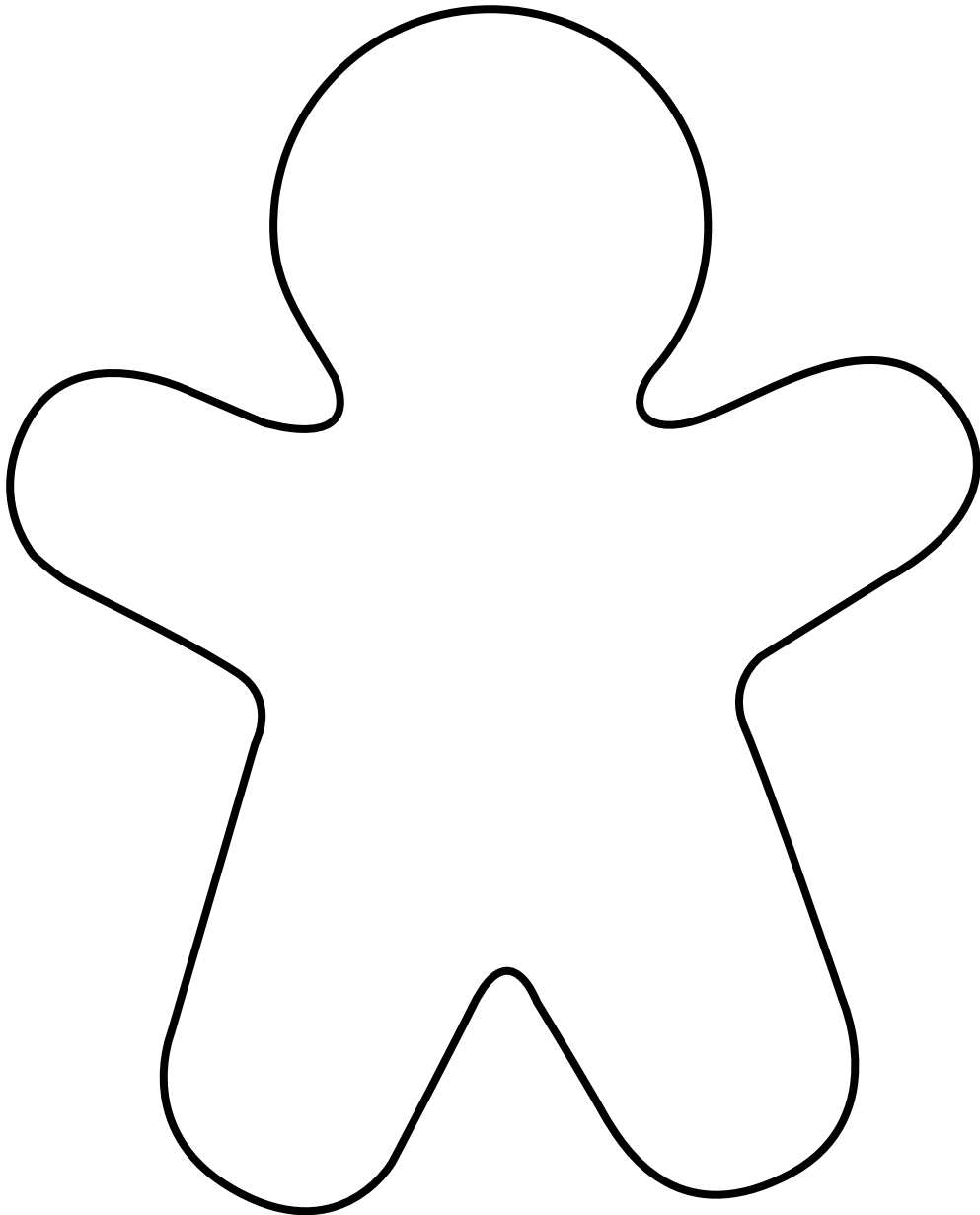
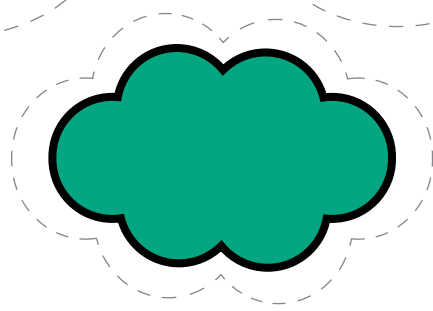
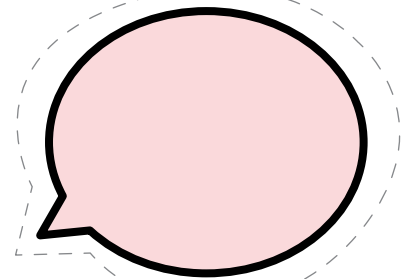
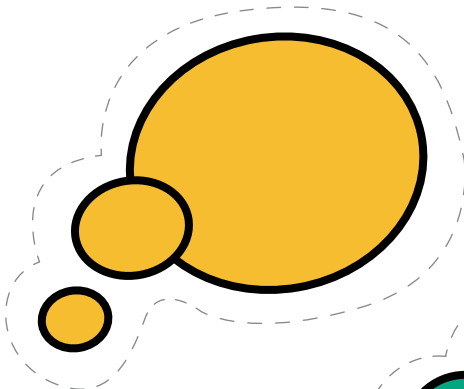
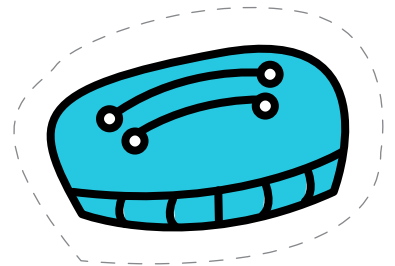
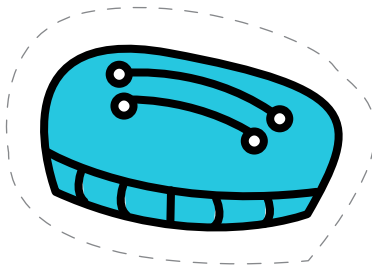
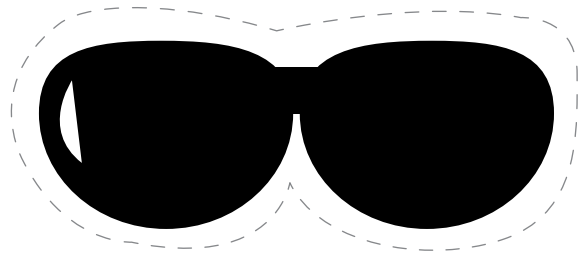
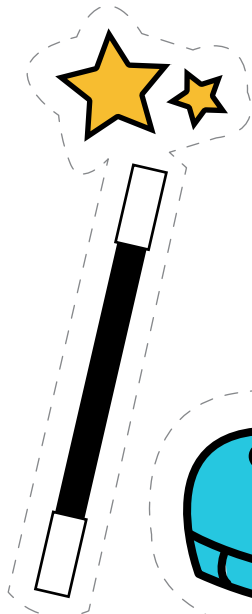
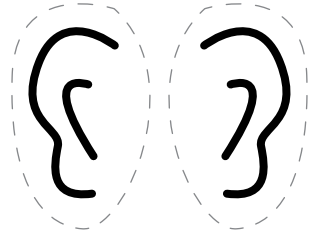
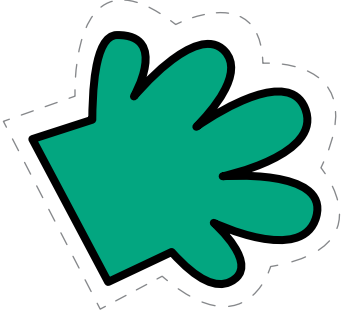
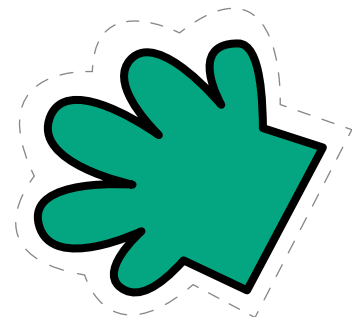
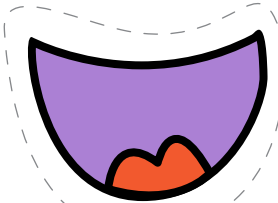


**BBC**  
**CHILDREN**  
**IN NEED**

The  
Children's  
Society

# Gingerbread Person





## Introduction

This is an activity that adults can use to encourage children to express the behaviours that they need from you - and the other trusted adults around them - to feel comfortable talking about what's on their mind.

It also helps them to identify who the trusted adults are in their lives – the wider group of people that they feel safe talking to about different things or at different times.

## Instructions

*You'll need... Paper, scissors, any other crafting materials or items from your recycling box at home*

1. **Print out your gingerbread person** and the page of decorations. Or choose to draw your own
2. **Use the decorations or draw on your gingerbread person** to show what you would like someone to be like for you to be happy talking to them about things that are making you worried or sad
3. **As you're doing this, talk together** about what you are adding and why it's important
4. **On the back of the sheet, create a key or a list together** of the healthy behaviours you have discussed

Eg/  = Kind and friendly

If you enjoy baking together, you could choose to bake your own gingerbread people, or buy a decorating kit from the supermarket and use food decorations instead.



If your child is pre- or non-verbal, a gingerbread person can still be made with them! Your child can decorate it to represent their trusted adults, with a focus around being able to practice saying "I need help!" or using a 'Help' symbol to communicate this. The symbol can be cut out so your child can give it to a trusted adult when they need help. Make sure those trusted adults know what the symbol means and how to respond.



## Prompts for discussion

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### Ask your child:

To feel comfortable talking to this person about your worries and problems...

- What would their voice sound like?
- What would their facial expressions look like?
- What would they be doing with their hands and feet?
- What would they be doing with their ears?

### Here are some ideas to get your started

- A nice smile might represent kind words and a gentle voice
- Ears could represent a good listener. Older children could talk about what makes someone a good listener
- Hands might show someone who offers them a high five or a friendly wave
- The speech bubble can be used to show the kind of things that their adult might say

### Taking the conversation further

#### Ask your child:

- If you are feeling sad, who are the people you could talk to?
- What sort of things might these people say or do to make you feel better?

- What's your favourite TV show? Can you think of a trusted adult in this show? What makes them feel like someone you could talk to if you had something you were worried about?

### About Trusted Adults

A trusted adult is someone over the age of 18 in a child's life that they can talk to if they are feeling unsafe or need support. They are chosen by the child as a safe figure that listens without judgment, agenda or expectation, but with the sole purpose of supporting and encouraging positivity within a child's life. A child's trusted adult can range from a parent, grandparent, carer, adult sibling to a teacher, youth worker or sports coach.

### A Note on Safety

If during this activity you begin to feel worried about your child's wellbeing you can contact the following services:

NSPCC Helpline: 0808 800 5000

Young Minds Parent Helpline: 0808 802 5544

If you feel worried about a child being harmed please contact your local social services by searching your postcode on Report child abuse to a local council - GOV.UK. If you or your child is in immediate danger you can call the police (999).





**HELP**



**HELP**



**HELP**



**HELP**



**HELP**



**HELP**

