

**SAFE
TOPLAY**

Say Something if you See Something

British 
Equestrian

Safe to Play Beginner Workbook

Name:



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Notes for Parents and Carers

This workbook has been designed to help your child understand their feelings, explore ways to calm down, learn about personal space and identify trusted adults they can go to for help.

These are important first steps in helping children stay safe and feel confident speaking up if something doesn't feel right.

Please support your child by working through the activities together where needed, encouraging open conversations and creating a safe space for them to ask questions or share thoughts. There are no right or wrong answers - this is all about helping your child explore and understand their own experiences in a gentle and age-appropriate way.

This resource has been created by **British Equestrian** as part of their **Safe to Play** campaign to help educate and empower young people across the equestrian community.



British Equestrian would like to thank CFSS WA, Child Focused Safety Services WA and Parkerville Children and Youth Care for providing some of the content and images featured in this workbook.

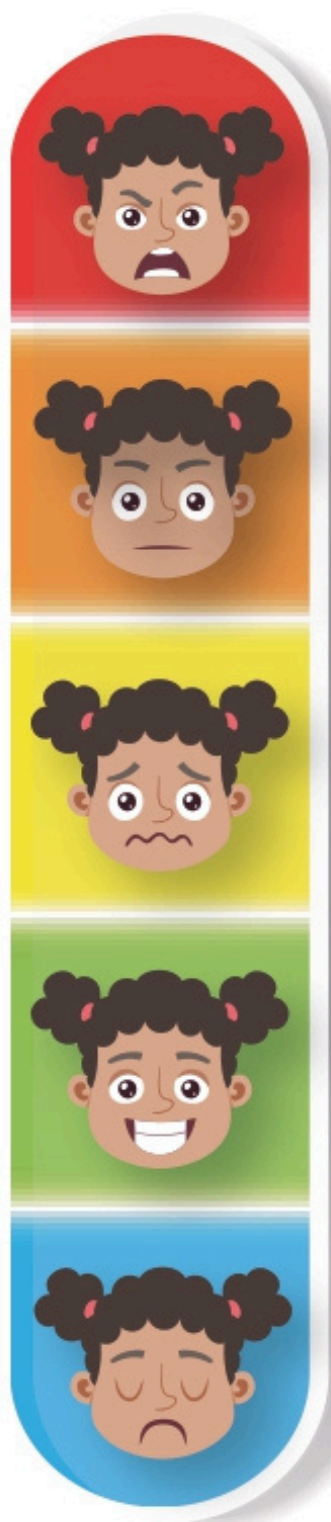


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Understanding feelings

Feelings are something we all have, and they help us know when we are happy, sad or when something doesn't feel right. It's important to talk about your feelings and know what to do if you feel that way.



I'm feeling **ANGRY** because my favourite pony stopped at a jump and I want to scream and shout. I can ask for help to calm down.

I'm feeling **STUCK** and **FED UP** because I am trying to put my favourite pony's bridle on but it's not working. I can ask for someone to help me.

I'm feeling **NERVOUS** about my lesson. I can take some deep breaths and talk to someone about how I'm feeling.

I'm feeling **HAPPY** when I'm spending time grooming my favourite pony. It makes me smile.

I'm feeling **SAD** because my friend at the stables is being unkind to me. I can talk to an adult about this.

Understanding feelings



Think of a time when you have felt **angry, fed up, nervous, happy** and **sad**. Write or draw a picture about it, showing how you felt and what made you feel better.



I feel **ANGRY** when...



I feel **FED UP** when...



I feel **NERVOUS** when...



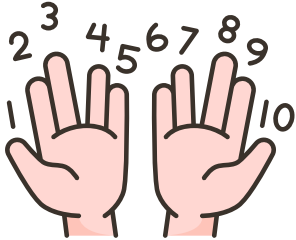
I feel **HAPPY** when...



I feel **SAD** when...

Ways to calm down

When we feel upset, angry or scared, there are things we can do to help ourselves feel calm again. Here are some ideas:



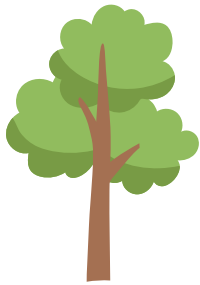
Count to 10

Take it slow and focus on each number



Talk to a grown up

They can help you calm down



Find a safe, quiet place

Make sure you tell an adult where you're going



Spend time with your favourite pony

Grooming can be very relaxing



Listen to music

Choose a song that makes you feel happy



Wiggle your fingers and toes

Wiggle out your nerves



Drink some water

A cool drink can help you feel refreshed



Deep breaths

Take some deep breaths like you're blowing bubbles

What helps YOU feel calm?

Try a few ideas and see what works best for you!

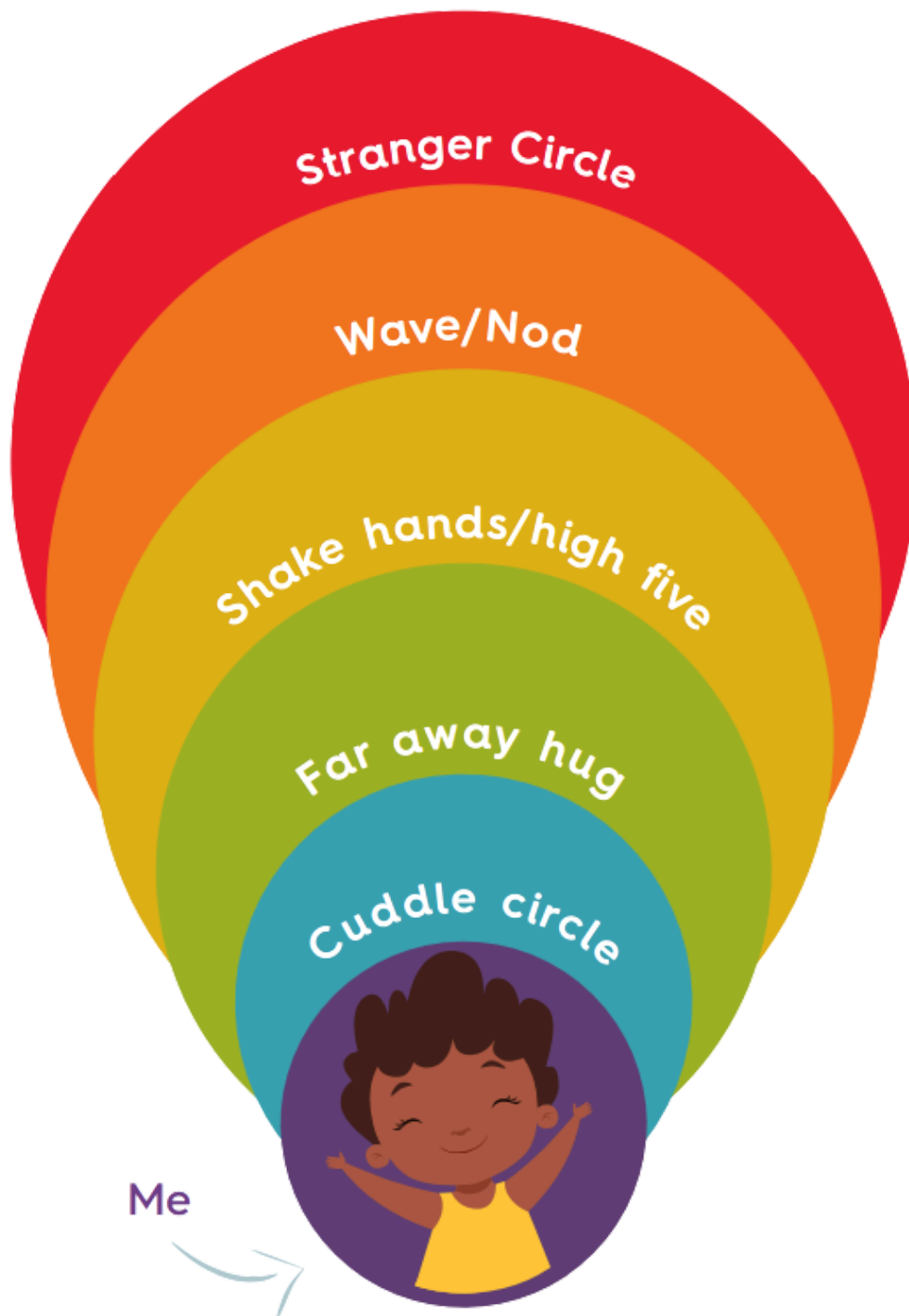
Ways to calm down poster



Choose your **top five ways to calm down** and make a poster about them to put up at the stables or at home. It will remind you of ways to feel calmer when you need it.

Your personal space

Personal space is like your circles around you. Sometimes you want people close, like for a hug, and sometimes you want them to stay out of your circle. It's okay to say "no" or "stop" if someone comes too close and you don't like it.

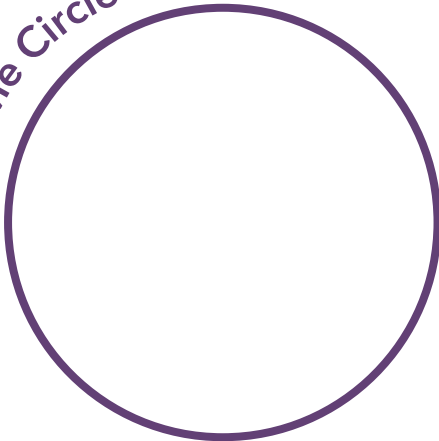


Your personal space

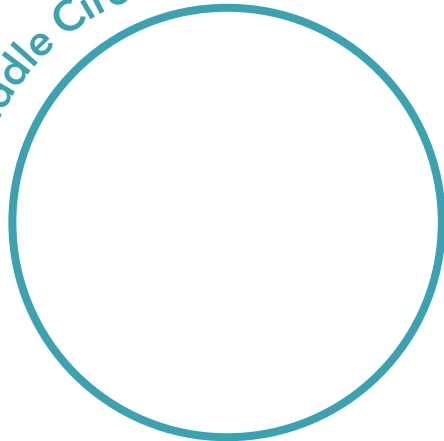


We all have different circles for how close we want people to be. In the circles below, draw or write who you would let into each one. Everyone's circles are different, and that's okay!

Me Circle



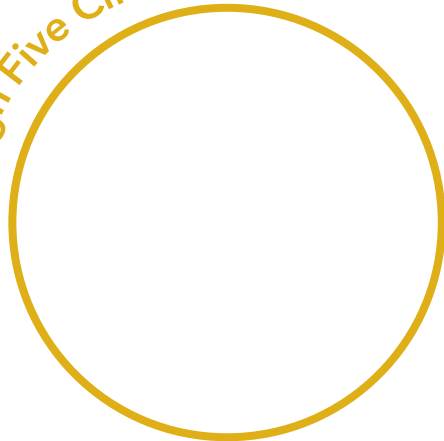
Cuddle Circle



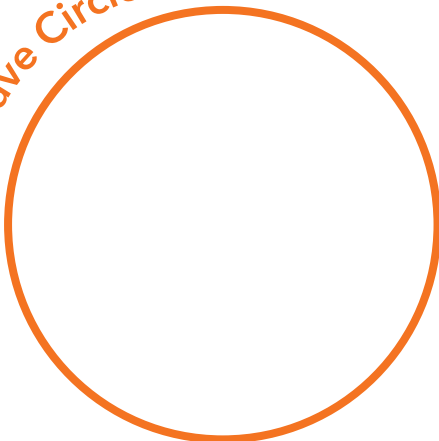
Far Away Hug Circle



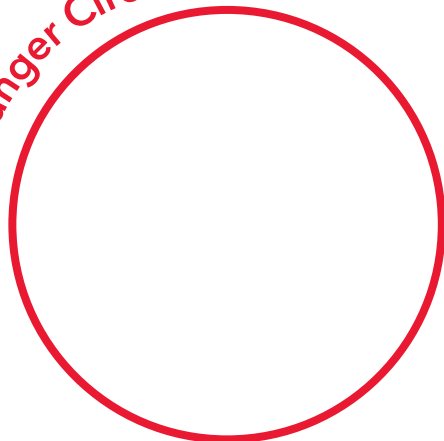
High Five Circle



Wave Circle



Stranger Circle



Who can help you?

Everyone needs help sometimes, and that's okay! If you ever feel **worried**, **upset** or **unsafe**, there are people you can talk to who will listen and help you, such as your parents, coach or your older siblings.



In the hand below, write the name of someone you trust and can go to for help on each finger. Keep this safe, so you will remember who's on your **Helping Hand**.



Well done!



You've finished your workbook and learned lots of important things about feelings, staying safe and knowing who can help you.

Remember...



Everyone has feelings and it's okay to talk about them



Your personal space is like your circles around you and it's okay to say no if someone comes too close



It's always okay to talk to a grown-up you trust if you are worried, scared or feel unsafe



You are never alone - there are always people who care and want to help you



**Give yourself a big high five -
you've done a great job!**