

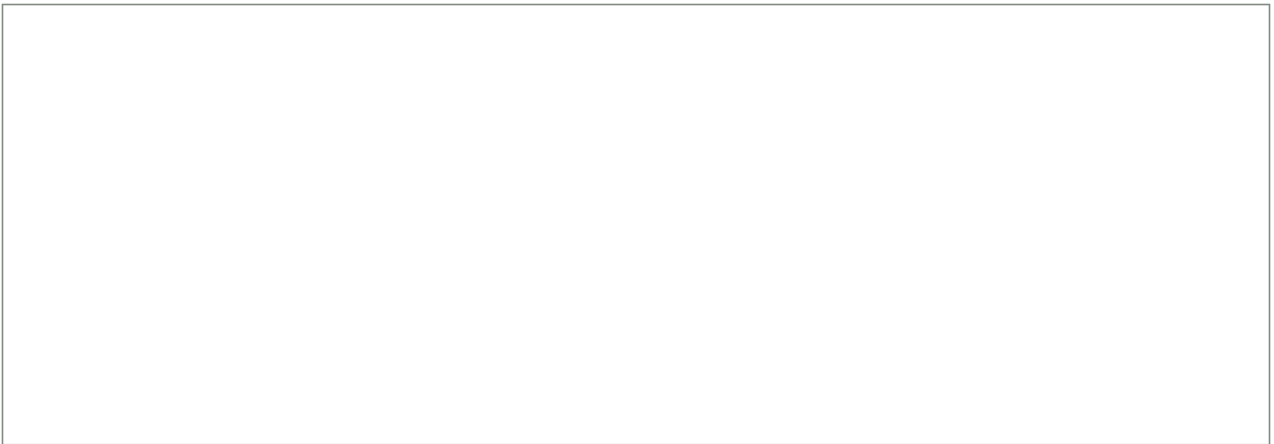
sanatanjr.

A small helping plan

Ask what help is wanted. Choose something safe for you to do with support. Afterwards, find out whether it helped.

The help they said they would like

Draw my safe first step



A grown-up I can ask for support

How will I check that my help is welcome?

Afterwards: what helped or needs changing?

An original family activity, not a ritual or a score. Draw, write or tell a grown-up. Personal, family and classroom printing is welcome; keep the attribution.

<https://sanatanjr.com/en/learn/meet-hanuman>