

SAFETY SQUAD

Kids grow through connection. From family members and teachers to coaches, neighbors and family friends, caring grown-ups can make everyday moments more fun, meaningful and memorable. This activity helps children think about the people they enjoy spending time with and celebrate those connections that help them feel supported and connected.



TRY THE ACTIVITY

Aspen the Goat is doing some of her favorite things with her Safety Squad!

Look at each activity together and ask your child who they would enjoy doing it with. Then invite them to draw that person in the empty circles and color the page. Their Safety squad might be a family member, teacher, coach, neighbor, family friend or another caring grown-up in their life.

There are no wrong answers! They can choose the same person more than once or someone different for every activity.

TALK ABOUT IT

As you explore the activities together, try a few questions to get the conversation going:

Who would you like to do this with?

What do you like about spending time with them?

What else do you like to do together?

What is something this person has taught you?

Who else would have fun doing this with you?

Simple conversations about the people and activities children enjoy can help them notice the caring relationships already around them and build even stronger connections as they grow.



LEARN MORE

Visit health.alaska.gov for additional mental wellness resources for families.

