

# STARS of safety

5 ways to help  
a child feel  
safe

## Transitions

Many children find it very challenging to move from one activity to another. It is important to plan our transitions well and give clear warning a few minutes before an activity will end. Sandtimers can be a useful tool to visually help a child prepare to change activities

## Anchor

Having a familiar anchor can help a child feel safe within their environment.

Being in the same small group of children each week or sitting in the same space can be a brilliant way of helping a child 'anchor' in their surroundings.

## Routine

As adults we often worry children will become easily bored of doing the same things every week - but children often love routine! It can help them predict what is coming next which can help them feel safe!

## Structure

Having a clear plan that is well communicated is very important for many children.

Visual timetables can help a child navigate activities well - remember to refer to them regularly and remove activities that have already taken place

## Sensory

Our senses are a brilliant part of how we are fearfully and wonderfully made - they are crucial for healthy brain development, engaging with the world around us AND in helping us remain regulated and feeling 'just right' - safe! It's important to consider the sensory environment.

Check out the WM! [Soothing the Senses](#) training to find out more



wonderfulme.org.uk