

Playing with friends

Learning to ride a bike

Organising a charity
event at school or in the
community

Being a good friend

Asked to be class
monitor

Helping at sport club

Learning to read

Having a trustworthy
adult to be with

Taking themselves to a
new place

Attending a youth club

Feeling confident to ask
for help

Knowing they are not
responsible for parent
drinking

Being read to at
bedtime

Understanding they
cannot change parent
drinking

Being invited to a
community club

Joining a community
orchestra, choir, steel
band, brass band

Being part of the school's sport's team – football, hockey, netball etc

Learning a musical instrument

Having a school buddy

Adults who help children to make their good ideas happen

Join the library

Adults who help children recognise their strengths that will help them to cope in a new situation

Choose to keep fit

Playing hide & seek