PREVENTION: IT WORKS!

ACTIVITIES BOOK
TO COMPLEMENT THE CAP-ESPACE PROGRAM
Hello,

Now that you have participated in an ESPACE workshop, here is an activity book that proposes a few games and exercises. It will remind you of the prevention strategies to protect, with the support of adults, your fundamental rights to feel SAFE, STRONG AND FREE.

Enjoy yourself!
MISSING WORDS

• Find, in the box, the missing words in the text and write them in the right place.

Field no kicking right soccer boy

LARA WANTS TO PLAY SOCCER

Lara is in grade two. During recess, Philip, a __________ from her class, plays __________
with older kids in grades 5 and 6. By the way, Philip's older brother is in grade 6 and is also
playing. Lara would very much like to play too but, when she goes on the __________,
Philip starts __________ her feet and legs. Lara is surprised and doesn't know what to
do. Philip's kicks are hurting her so she moves back and tells him: « __________, stop
hitting me, I have the __________ to play too. »

What would you do in a similar situation?

Saying NO is a clear way to show others that I do not agree.
BODY PARTS CROSSWORD

- Write the numbered parts of the body in the grid

1. anus
2. mouth
3. hair
4. neck
5. back
6. buttocks
7. knees
8. belly
9. ears
10. penis
11. feet
12. breasts
13. tibia
14. vulva
15. eyes

Solution on page 12
WORD SEARCH PUZZLE

• Circle the words in connection with prevention strategies in the grid.
• Write the remaining letters one after the other to find the solution.

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Solution:

It can sometimes be difficult to say « NO ». It’s important to ask for help. We feel stronger when we are not alone.
**STORY TO PLACE IN ORDER**

- Color the drawings if you want
- Cut out the squares of the story
- Paste each of them in the appropriate square on the next page, in chronological order.

HEY!

What's the idea of playing ball in the house?

You’re right to tell me. Even if I am mad, I shouldn’t scream.

Come, let’s clean up together.

I was wrong...

It scares me when your scream Mom.
When something happens that makes you feel bad it’s important to talk about it.
**TANGLED FISHING RODS**

- Using a different color for each line, follow the route to find the right association to the words below.
- Write the words on the correct lines below.

**Witness** =  

**Danger** =  

**Self defence** =  

**Yell** = 

**Mutual aid** = 

**Run to get help** = 

Solution on page 12
CROSSWORD PUZZLE
- Write the words in the right places in the grid.

There are many strategies to keep your rights. Self-defense can be used when you are in danger.
LABYRINTH
A neighbor wants to force Paolo to go with him. Paolo tried many times to tell him that he should tell his parents where he was going but the neighbor doesn’t listen. Feeling in danger, Paolo decides to do his self-defence yell to get away. Can you help him find his way home?
He could then explain to his parents what happened to him.
FREE CHILD

- Personalise the ESPACE free child by giving it a face and some clothes.
- Color it and create a décor to your liking

To stay SAFE, STRONG AND FREE, it’s important to talk to an adult when you need to. Who are your trusted adults around you that you could talk to?

1. 
2. 
3. 

CYCLE 1

FREE CHILD

• Personalise the ESPACE free child by giving it a face and some clothes.
• Color it and create a décor to your liking

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1. 
2. 
3. 

CYCLE 1
MISSING WORDS (p. 2)
Lara is in grade two. During recess, Philip, a boy from her class, plays soccer with older kids in grades 5 and 6. By the way, Philip’s older brother is in grade 6 and is also playing. Lara would very much like to play too but, when she goes on the field, Philip starts kicking her feet and legs. Lara is surprised and doesn’t know what to do. Philip’s kicks are hurting her so she moves back and tells him: “No, stop hitting me, I have the right to play too.”

BODY PARTS CROSSWORD (p. 3)

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WORD SEARCH PUZZLE (p. 4)
Solution : ESPACE

STORY TO PLACE IN ORDER (p. 5-7)
Solution : 4 - 1 - 3 - 2

TANGLED FISHING RODS (p. 8)
Witness = Mutual aid
Danger = Run to get help
Self defence = Yell

CROSSWORD PUZZLE (p. 9)

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