

# PREVENTION: IT WORKS!



**ACTIVITY BOOK**  
TO COMPLEMENT THE CAP-ESPACE  
PROGRAM

A SAFE  
CHILDHOOD FREE  
FROM VIOLENCE

CHILDREN ABLE  
TO PROTECT  
THEMSELVES

INFORMED  
AND SENSITIZED  
ADULTS



Hello,

Now that you have participated in an ESPACE workshop, here is an activity book that suggests 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!



Pour une enfance  
en sécurité et sans violence

[www.espacesansviolence.org](http://www.espacesansviolence.org)

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## SAME OR DIFFERENT?

- Draw a line to link together the drawings that are identical.

NO!



NO!



NO!



NO!



NO!



NO!



**COMPETENCIES TO DEVELOP:** Physical and cognitive domains.

Use of fine motor skills.

## THE FUNDAMENTAL RIGHTS

- Colour Maude, who motions the right to feel **SAFE**.
- Cut along the outline of the silhouette on the dotted line.
- Ask an adult for a stick and some glue to make a puppet.



**COMPETENCIES TO DEVELOP:** emotional, social and physical domains.  
reinforce self-esteem. Use fine motor skills.



# THE FUNDAMENTAL RIGHTS

- Colour Lara, who motions the right to feel **STRONG**.
- Cut along the outline of the silhouette on the dotted line.
- Ask an adult for a stick and some glue to make a puppet.



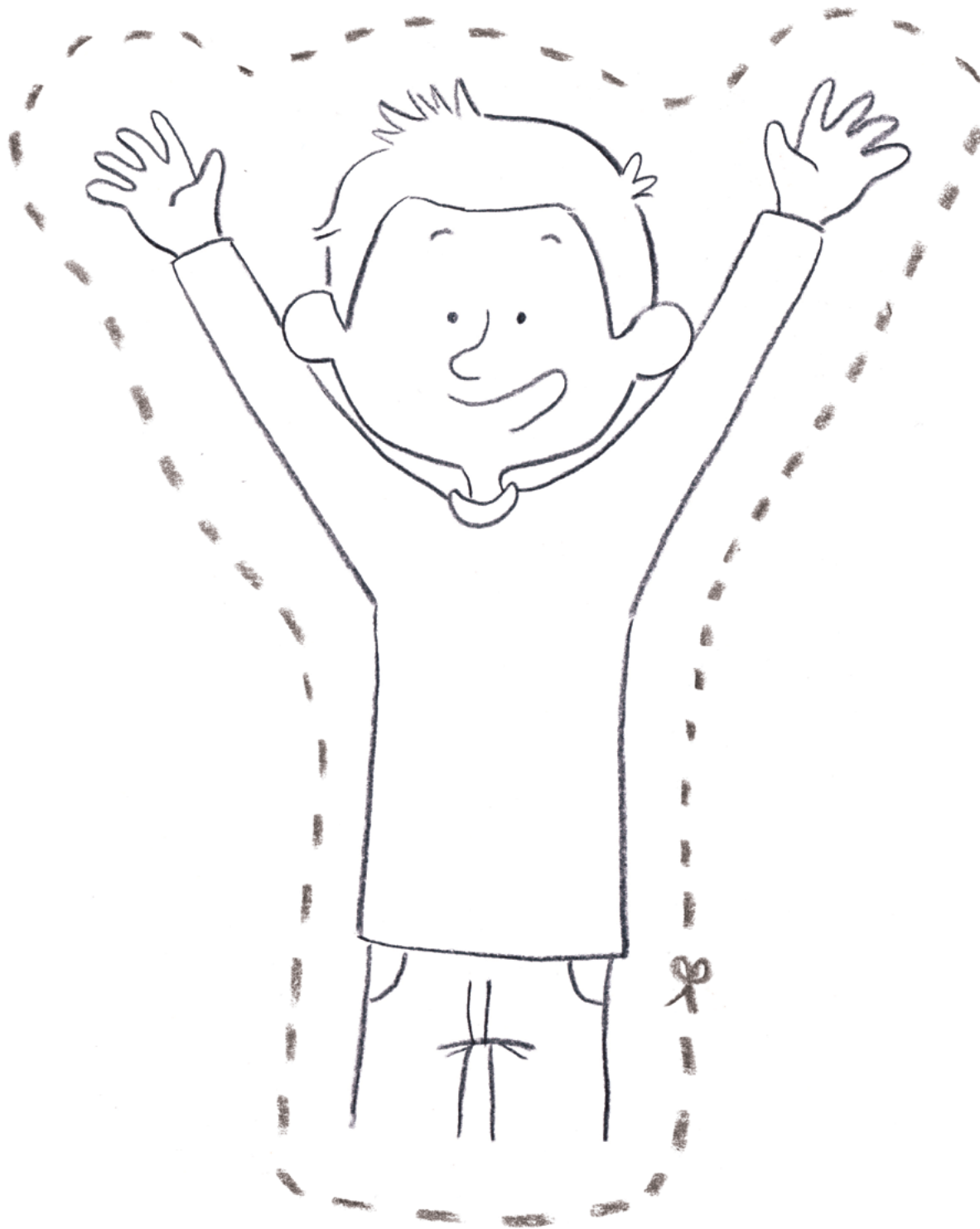
**COMPETENCIES TO DEVELOP:** emotional, social and physical domains.  
Reinforce self-esteem. Use fine motor skills.



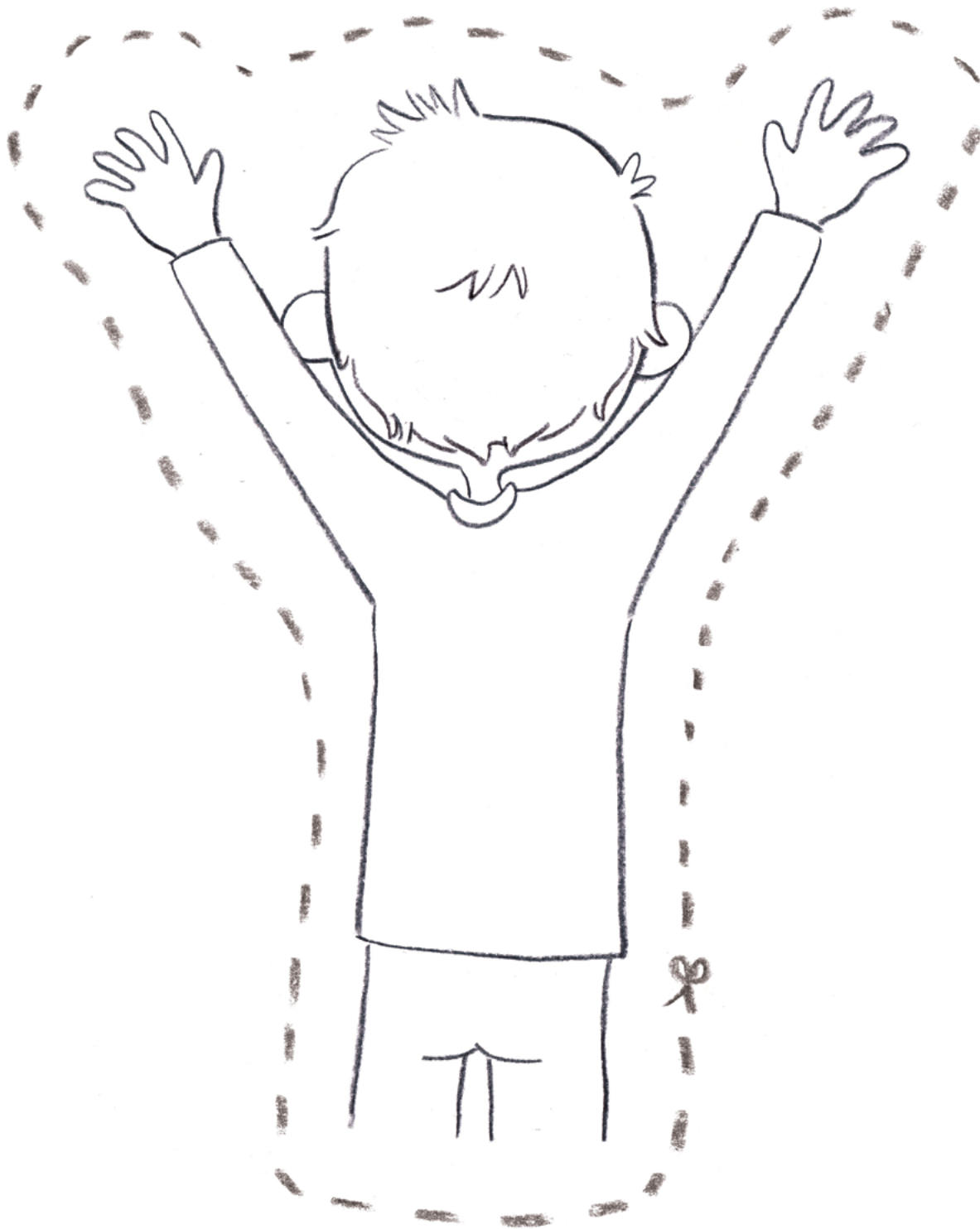


# THE FUNDAMENTAL RIGHTS

- Colour Joey, who motions the right to feel **FREE**.
- Cut along the outline of the silhouette on the dotted line.
- Ask an adult for a stick and some glue to make a puppet.



**COMPETENCIES TO DEVELOP:** emotional, social and physical domains.  
Reinforce self-esteem. Use fine motor skills.



# THE SEQUENCE OF EMOTIONS

- Draw in the empty circles the emotions presented in the drawings above and the colour all the faces.
- Copy the letters from each emotion on the dotted lines.



happy



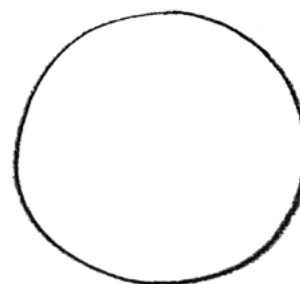
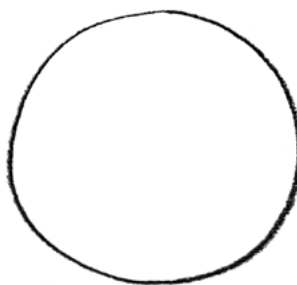
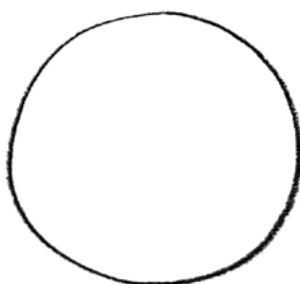
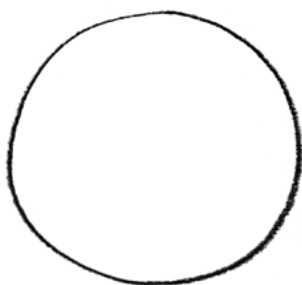
sad



angry



afraid



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How many faces are there in total in the end?

With another person, play the mirror game. Facing each other, imitate, at the same time, the facial expression associated with each emotion.

**COMPETENCIES TO DEVELOP:** emotional, social, physical and written language domains.

Express and regulate personal emotions.

Reinforce self-esteem. Use fine motor skills.

## STRATEGIES TO PROTECT YOUR RIGHTS

- Reproduce the pattern on Lara's clothes and have fun creating new ones.
- Colour the illustrations.

# Say NO

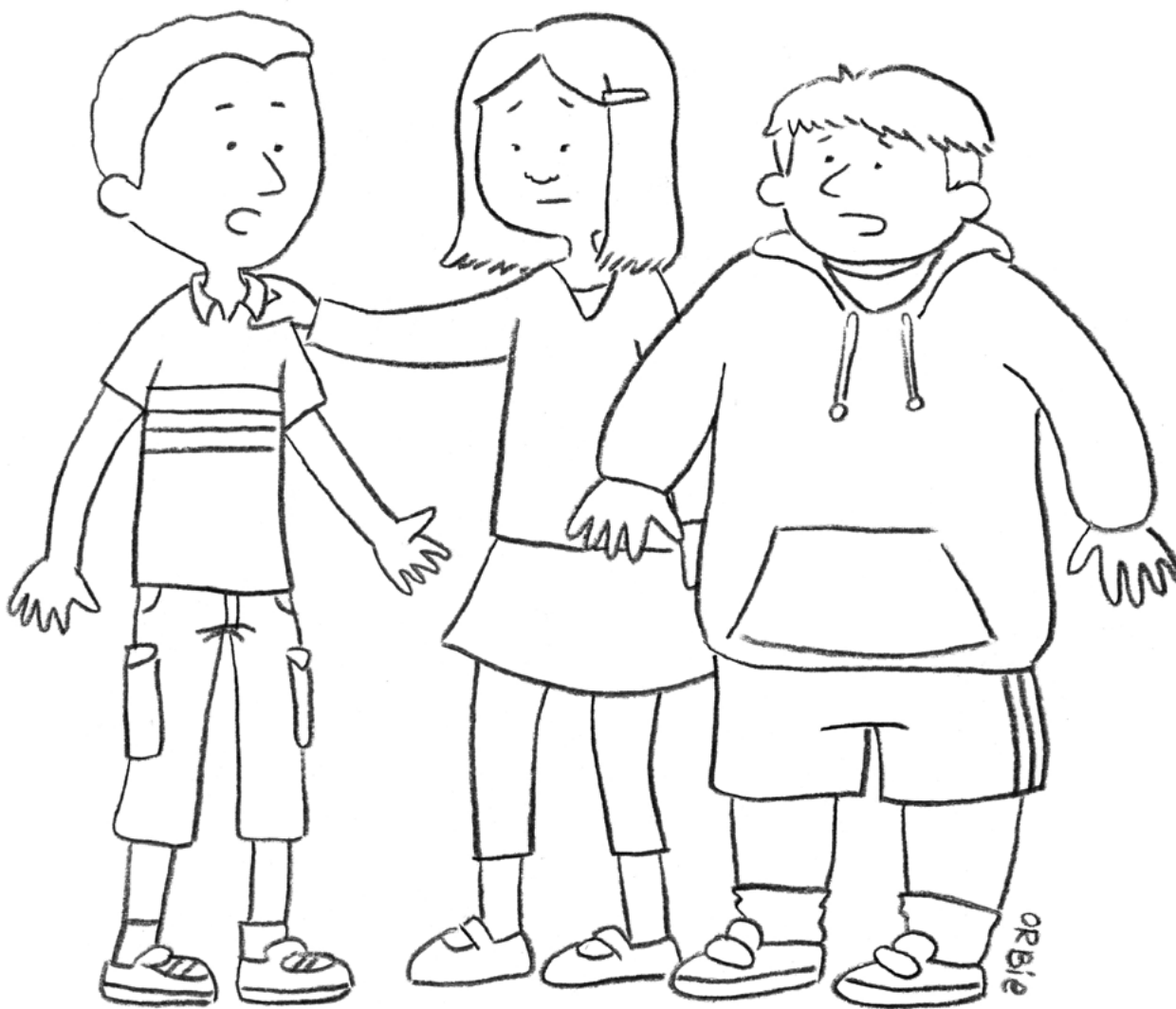


**COMPETENCIES TO DEVELOP:** emotional, social, cognitive and physical domains.  
Exchange positively with others and reason. Use fine motor skills.

## STRATEGIES TO PROTECT YOUR RIGHTS

- Reproduce, on the characters' clothes, the patterns that you see in the squares below and have fun creating new ones.
- Colour the illustrations.

# Ask for help

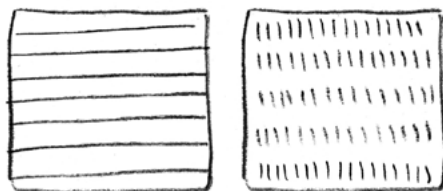


**COMPETENCIES TO DEVELOP:** emotional, social, cognitive and physical domains.  
Communicate positively with others and reason. Use fine motor skills.

## STRATEGIES TO PROTECT YOUR RIGHTS

- Reproduce, on the characters' clothes, the patterns that you see in the squares below and have fun creating new ones..
- Colour the illustrations.

# Tell an adult



**COMPETENCIES TO DEVELOP:** emotional, social, cognitive and physical domains.  
Communicate positively with others and reason. Use fine motor skills.

## STRATEGIES TO PROTECT YOUR RIGHTS

- Reproduce, on the characters' clothes, the patterns that you see in the squares below and have fun creating new ones. .
- Colour the illustrations.

# Self-defense



**COMPETENCIES TO DEVELOP:** emotional, social, cognitive and physical domains.  
Communicate positively with others and reason. Use fine motor skills.

## LET'S PLAY TOGETHER AND SHARE OUR TOYS

- Joey invited Kimi to come play at his place. The two friends take out their favourite toys to share.
- For each friend, count the number of toys that they want to share and write that number in the box below.
- Circle the name of the friend who has the least toys.



Joey



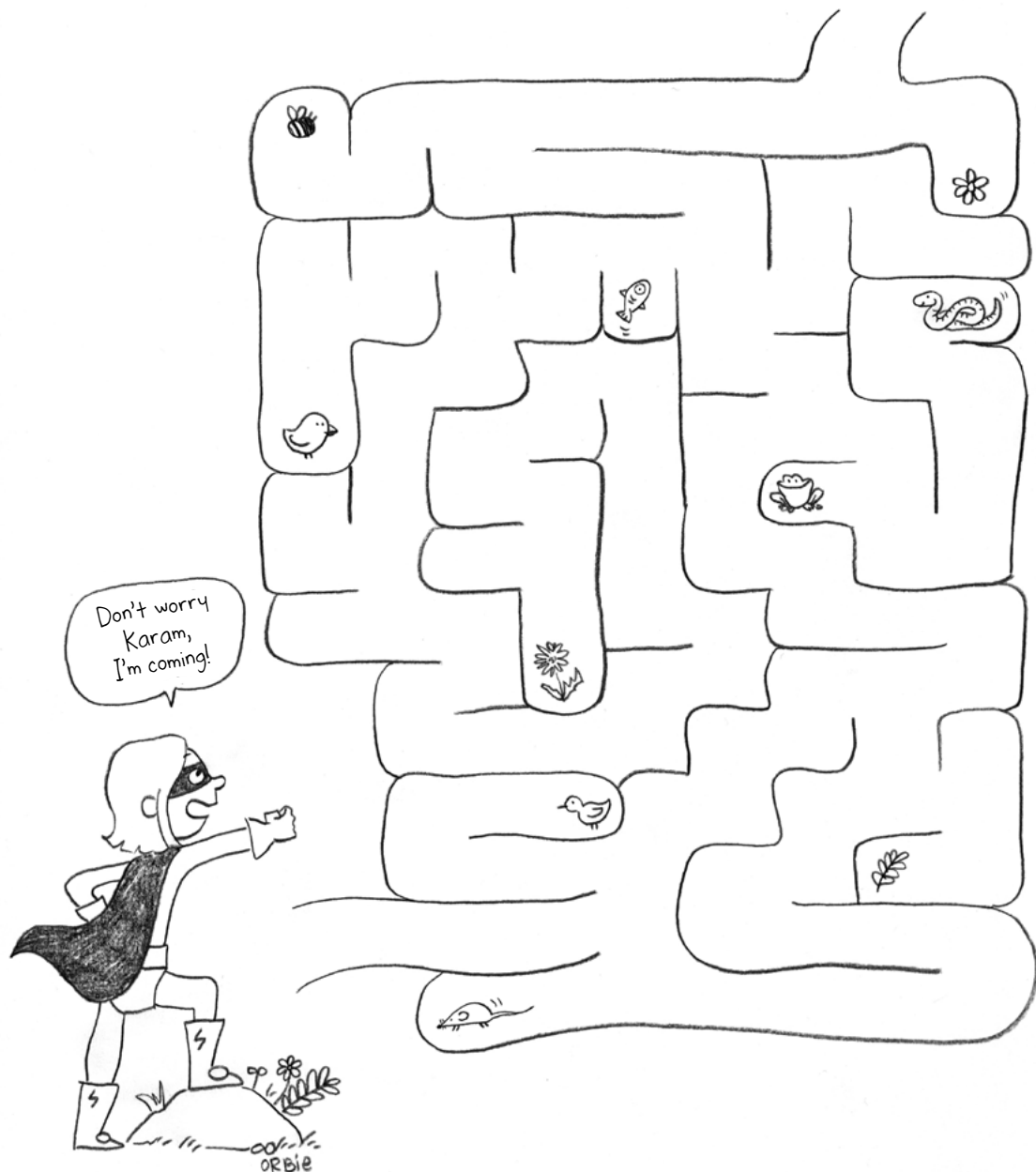
Kimi

**COMPETENCIES TO DEVELOP:** emotional, social and cognitive domains.  
Communicate positively with others and reason.



# LABYRINTH

- Karam is hurt and asked his friend Maude for help. Could you show him the right way?



**Congratulations! Karam feels stronger with his friend Maude.**

**COMPETENCIES TO DEVELOP:** emotional, social and cognitive domains.  
Communicate positively with others and reason.

# CONNECT THE DOTS THE HIDDEN PICTURE

- Connect the numbers from 1 to 23 and you will discover who Paolo is with.



Paolo feels safe with this person.  
How about you? Who do you feel safe with?

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

**COMPETENCIES TO DEVELOP:** emotional, social, spoken and cognitive domains.  
Communicate positively with others and reason.



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