



31st March 2020

Dear Parent,

It's a confusing time for us all right now and feeling safe is one of the most important needs for children. At a time when we're being told to stay home to keep safe, we wanted to share some tools to use with your child while they're at home with you.

Keeping Yourself Safe

Along with this letter, you'll find a Keeping Yourself Safe booklet. Designed especially for primary aged children, the booklet helps children think about things like:

- What it feels like to be afraid
- What to do if they feel afraid
- How to keep safe
- Who to turn to for support

Introducing Monkey Bob

Monkey Bob is a colourful character who helps children to engage with their feelings. He helps children to open up when they're struggling with their emotions. You'll meet Monkey Bob in the Keeping Yourself Safe booklet, but you can visit www.monkeybob.org.uk to find out more about him.

Choose a time when your child seems relaxed to sit down together and read their booklet. Talk about each page as they complete each section. We'd love you to share your pictures or let us know how Monkey Bob helped you. Search @hellomonkeybob on social media or email us at hello@monkeybob.org.uk

Take care,

Beverley Wrighton
Deputy Chief Executive

p.s For some free additional resources for children please take a look at our website www.monkeybob.org.uk

