1. Introduction
Say Hello! | 1
Same Yet Different | 2

3. Choosing
Toss A Coin | 7

5. Body Ownership
Arm Wrestling | 14
Private Parts | 17
Not To Share | 18
Taking Help | 19
Kisses | 20
Yoga Is Good For Health | 23

7. It Is Not Your Fault
Keep Your Hands To Yourself | 26

2. Self-Esteem
Doing My Home Work | 3
The Squirrel And The Fox | 5

4. Touches
Sana Loves To Hug Her Grandma | 10
Safe And Unsafe Touch | 11

6. Feelings
What Am I Feeling? | 24
A Shoe That Pinches | 25

My Third Safety Workbook

10 life skills as per World Health Organisation (WHO)
Self-awareness & Empathy; Critical thinking & Creative thinking; Decision making & Problem Solving; Effective communication & Interpersonal relationship; Coping with stress & Emotions
8. It Is Ok To Be Scared
Shadows | 28

10. Strangers
A Message From Santa | 33

12. Bullying
Murali Is A Good Swimmer But... | 47

14. Emergencies
Sana’s Homework | 58

9. Secrets
A Secret Poem For Mummy And Papa | 30
Safe And Unsafe Secrets | 31

11. Safety Rules
Crossing The Road | 34
A Letter From Principal | 35
The 5-Step Safety Rule | 40
See-Saw | 45

13. Growing Up
Oops! Sana Breaks A Mobile Phone | 50
When Auntie Was Sick | 51

15. Child’s Info
Share With Pocso | 60