



Safer, Smarter  
FAMILIES

# GRADES K-2

PRESENTED BY:  LAUREN'S KIDS



## STEPS TO SAFETY: TFA: THINK, FEEL, ACT

A **Guiding Voice** is the little voice inside each person that helps us decide if something is safe or unsafe. **Think, Feel, Act (TFA)** is the process we use to help us Think about a situation we face, decide how we Feel about that situation, and determine how we will Act in that situation to make sure that we are safe. Your child should be encouraged to always tell you about any situation makes them feel unsafe, not quite right, icky, or confused.

### HOW TO USE THINK, FEEL, ACT WITH YOUR CHILD

**Step 1:** Help your child understand each step of TFA and why it is important for them to Act by telling a trusted adult about any situation that makes them Feel confused, threatened, icky, or unsafe.

**Step 2:** Play the TFA “what if?” game with your child by reading the following situations to them and asking them what they Think about that situation, how the situation makes them Feel, and how they would Act to stay safe.

**Situation 1** - You are trying to cross the monkey bars, but your classmate keeps pulling on your legs and making you fall. You asked him to stop, but now he is doing it to your friend. What does your Guiding Voice tell you? For example:

*Think: I think this is not safe, and I don't like it.*

*Feel: I feel scared, mad, frustrated.*

*Act: I should go find my teacher and tell her what is happening.*

**Situation 2** - You are at the mall with your friend, and her mom says that the two of you can look around in the store across the way without her. However, she says that you cannot tell your parents that she let you be in the store on your own. What does your Guiding Voice tell you?

Think: \_\_\_\_\_ Feel: \_\_\_\_\_ Act: \_\_\_\_\_

**Situation 3** - After your baseball game, your coach pulls you aside and gives only you a piece of candy. He says he's giving you candy because he is proud of how you played, but he said not to tell anyone - not even your parents. What does your Guiding Voice tell you?

Think: \_\_\_\_\_ Feel: \_\_\_\_\_ Act: \_\_\_\_\_

**Step 3:** Ask your child what they Think and how they Feel about situations that may arise, whether at the grocery store, home, or during extracurricular activities. Ask your child how they, and how you, should Act based upon the thinking and feeling answers.

**Step 4:** Whenever your child asks, “Mom, Dad, what about...?” ask them what they Think and how the situation makes them Feel first, before you give an answer. Allowing your child to tell you how they would Act gives you insight into how they are processing situations and making safe decisions. Also, ask if their Guiding Voice has told them anything lately and ask if they have listened to it.