

CHOICE SHIELD

AGE 7-10

THIS ACTIVITY EXPLORES:

Planning, confidence and support

YOU WILL NEED:

Choice Shield sheets
Colouring pencils

HOW TO SET-UP?

Prepare one example shield with four sections: I notice, I can say, I can do and I can ask.

TIME NEEDED: 15-20 MINUTES

HOW TO RUN IT

1. Ask participants to complete four parts of their shield.
2. I notice: what might pressure look or sound like?
3. I can say: one simple line to use.
4. I can do: how to move away or change the moment.
5. I can ask: one trusted person who could help.
6. Decorate the shield and choose one idea to remember.

QUICK DEBRIEF

Which part would be most useful?

Make it easier

Fill in one example shield together as a group first.

Make it harder

Create a shield for a friend who might feel under pressure.

KEY MESSAGE

We do not need a perfect answer. A simple plan can help us notice pressure, respond and get support.