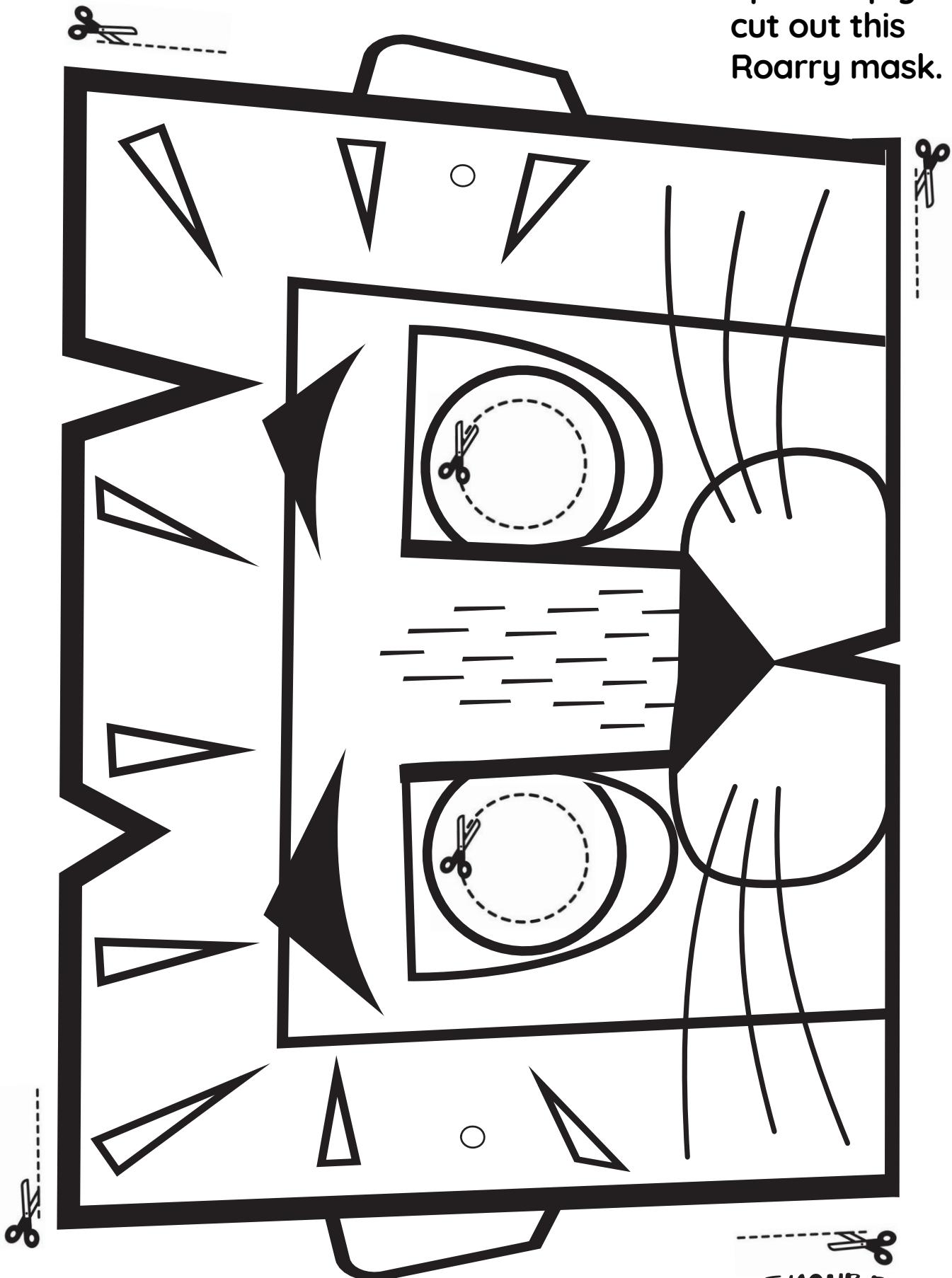


I will speak up

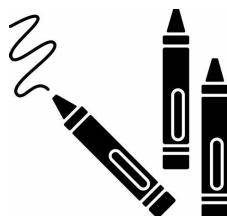
Ask a grown up to help you cut out this Roarry mask.



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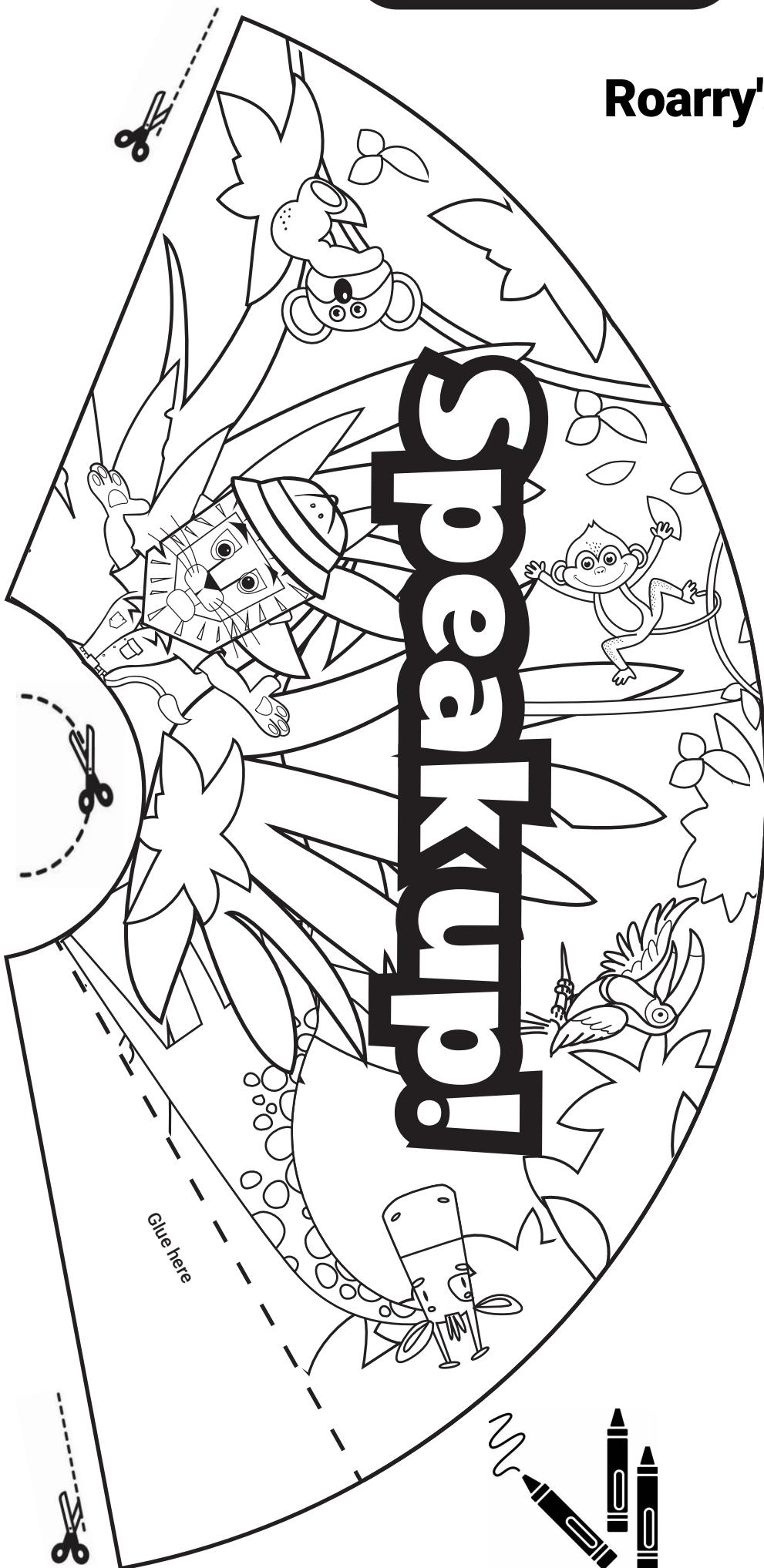
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RAISE YOUR ROAR with
ROARRY

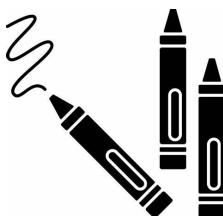
I will speak up

Roarry's Roaraphone



Colour me in.
Then ask a
grown-up to help
you cut it out, roll
it into a cone
shape and glue
along the tab to
create your
Roaraphone.

How loud can
you Roar?



RAISE YOUR ROAR with
ROARRY

I will speak up

Feeling Faces

Draw the faces to make them match the feelings.

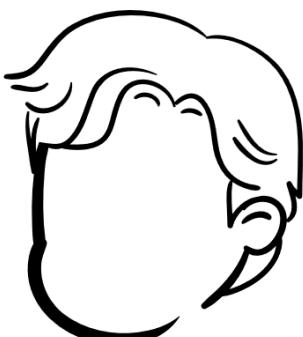
Happy



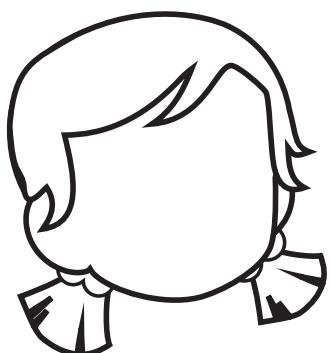
Excited



Angry



Confused



Worried



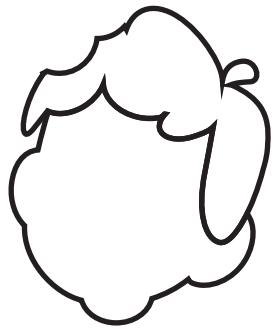
Scared



Calm



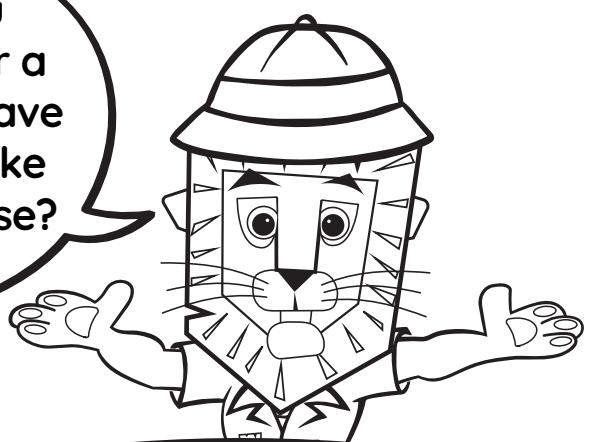
Sad



Here's some ideas
to get you started.



Can you
remember a
time you have
ever felt like
any of these?

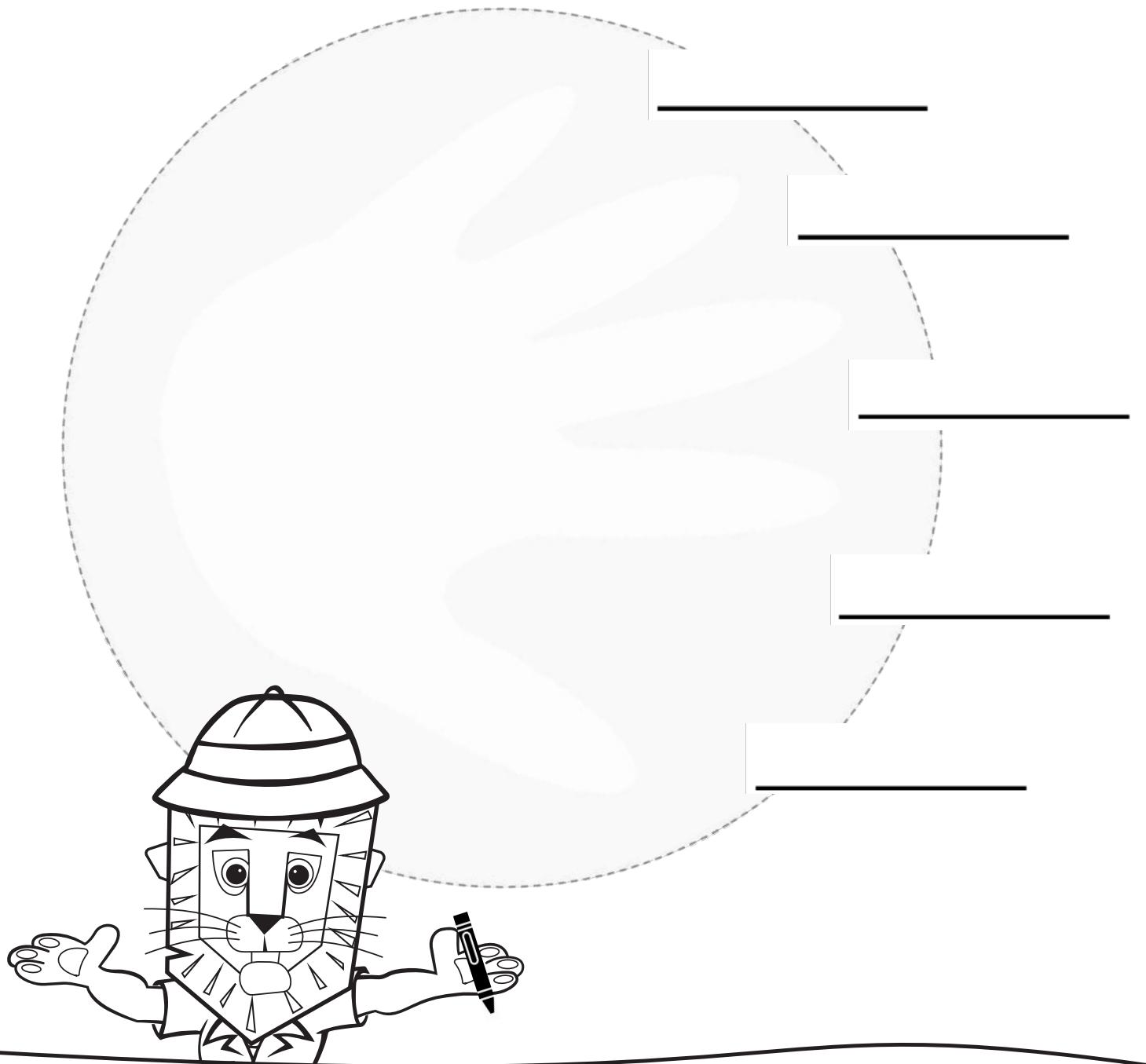


I will speak up



Roarry's high five

In the circle, draw round your hand or use paint to print your hand. Next to each finger write the name of a grown up that you trust or like to talk to. This could be someone in your family, a teacher or group leader.



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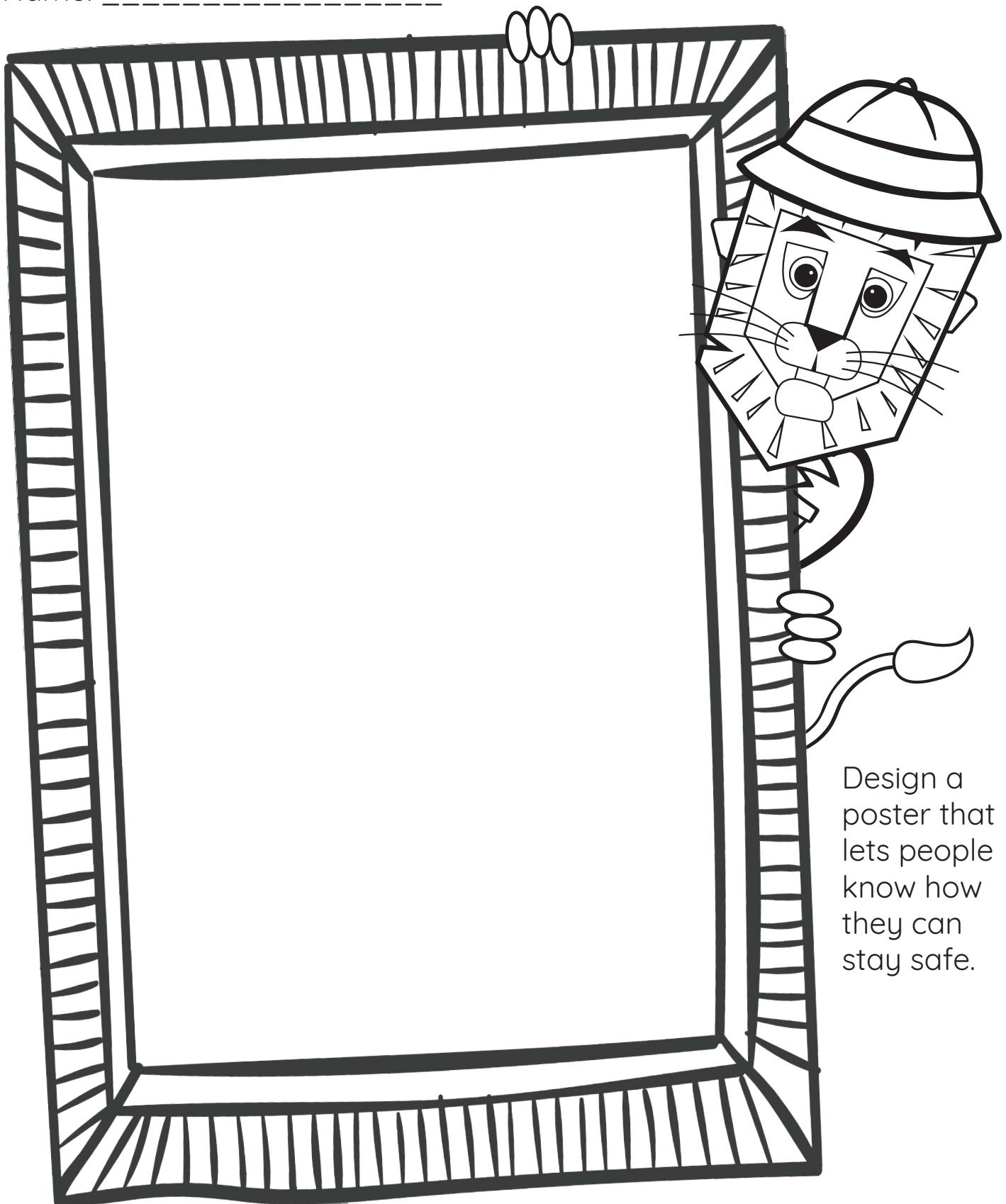
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RAISE YOUR ROAR with
ROARRY

I will speak up

Name: _____



Design a poster that lets people know how they can stay safe.

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RAISE YOUR ROAR with
ROARRY

I will speak up

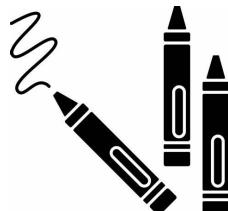
What action will you take this week to keep yourself and others safe? Write or draw it here and put it up somewhere to remind you.

I pledge to...



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RAISE YOUR ROAR with
ROARRY

Roarry's Kindness Calendar

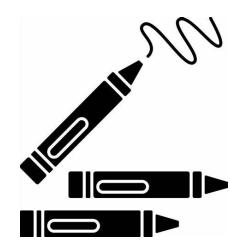
Think of ways you can show God's love by doing something kind each day this week. Write or draw something here to remind you. Roarry has some ideas to get you started.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Draw a picture and give it to someone.	Share something with someone else today.	Tell a friend a joke to make them laugh.	Play with someone who is on their own.	Smile at 5 people today.	Do something helpful for someone.	Pray for someone who needs help.



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RAISE YOUR ROAR with
Roarry

Glitter Jar craft activity

Shake your jar or bottle, watch the glitter swirl and as it settles breathe in and out slowly, calming your whole body.

Time required: about 10 mins

You will need:

- Plastic jar or bottle (holding about 250ml)
- Funnel
- Jug
- Warm water
- Clear glue or baby oil
- Glitter



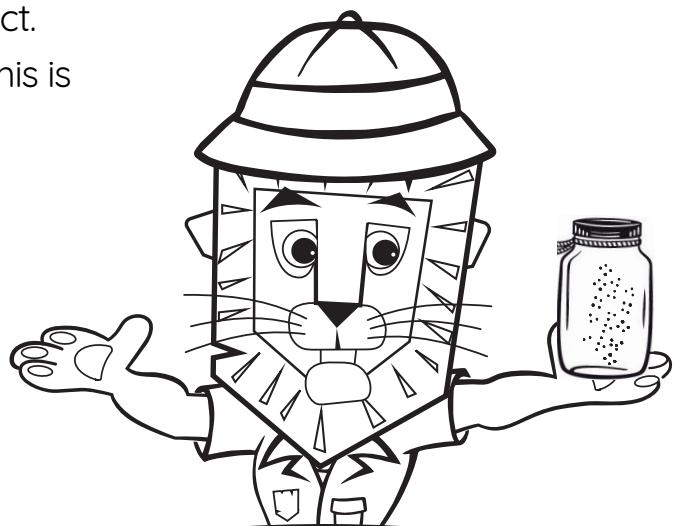
Optional:

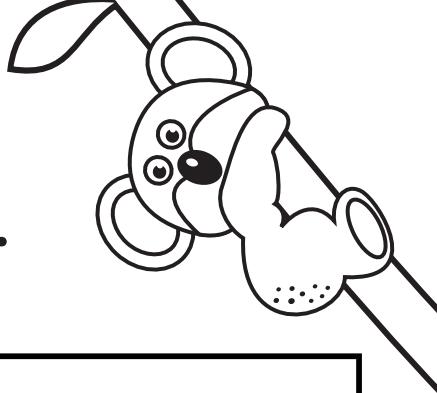
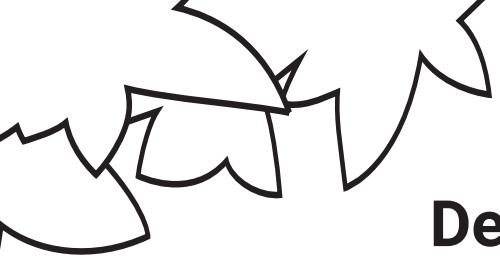
- Food colouring
- Stir stick

What to do:

1. Pour the glue or baby oil to fill a quarter of the container.
2. Top up with the warm water until three quarters full.
3. Add the glitter making sure there is enough to be easily seen and to create a generous 'snow' effect.
4. If using food colouring, add 1 or 2 drops (this is where you can stir!)
5. Fill up the container to the top.
6. Secure the lid – make sure it's tight!

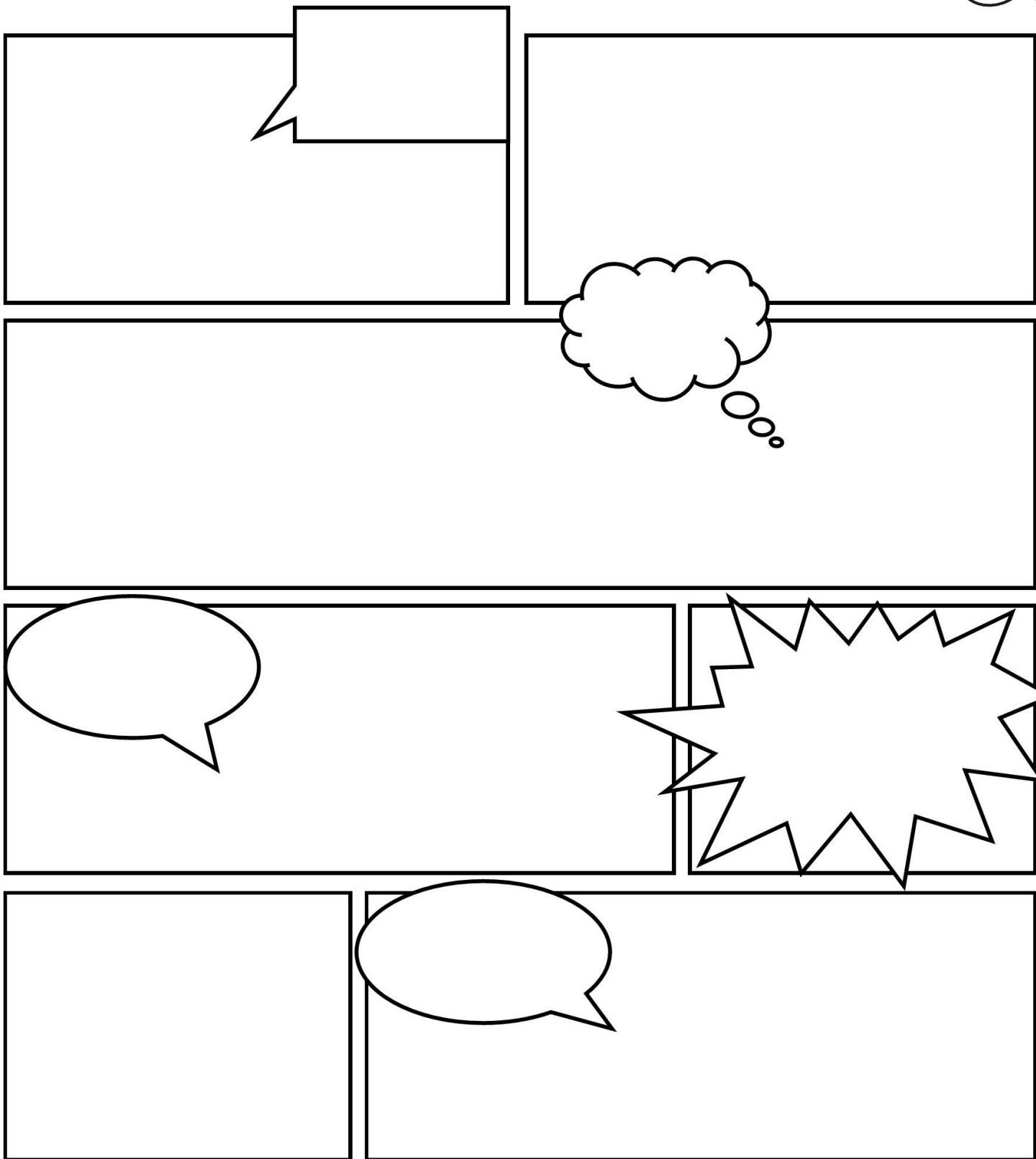
Now you have your calming glitter jar, shake it up and watch as the colours sparkle, spin, slow down and settle.





I will speak up

Design your own cartoon.



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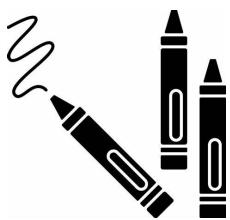
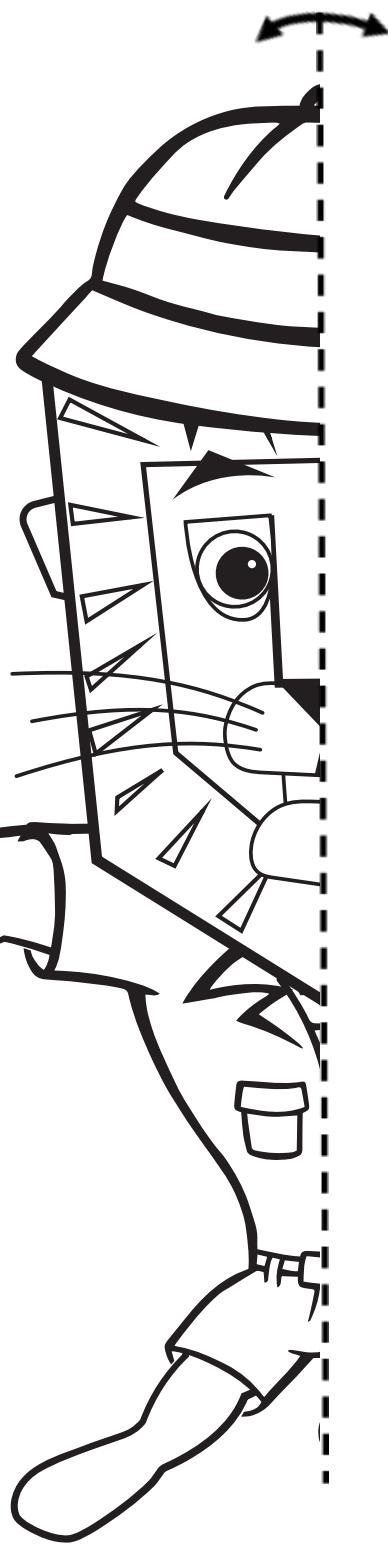


RAISE YOUR ROAR with
ROARRY

I will speak up

Roarry's Reflection

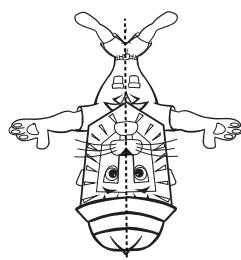
Can you complete the picture of Roarry by drawing the other half? When you have finished, colour me in. Don't forget to add my tail!



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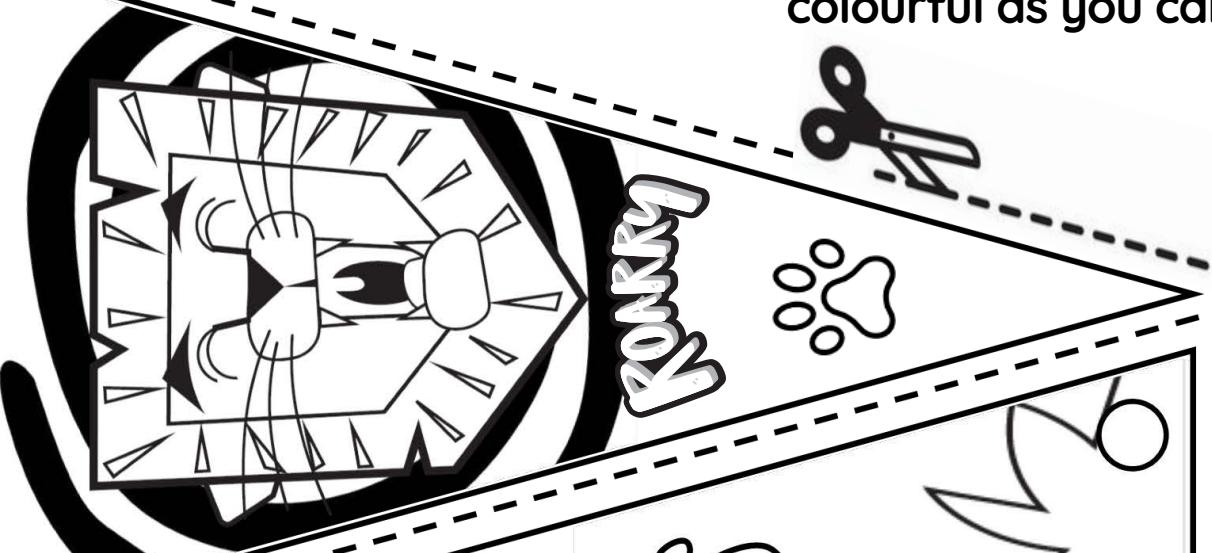


RAISE YOUR ROAR with
ROARRY

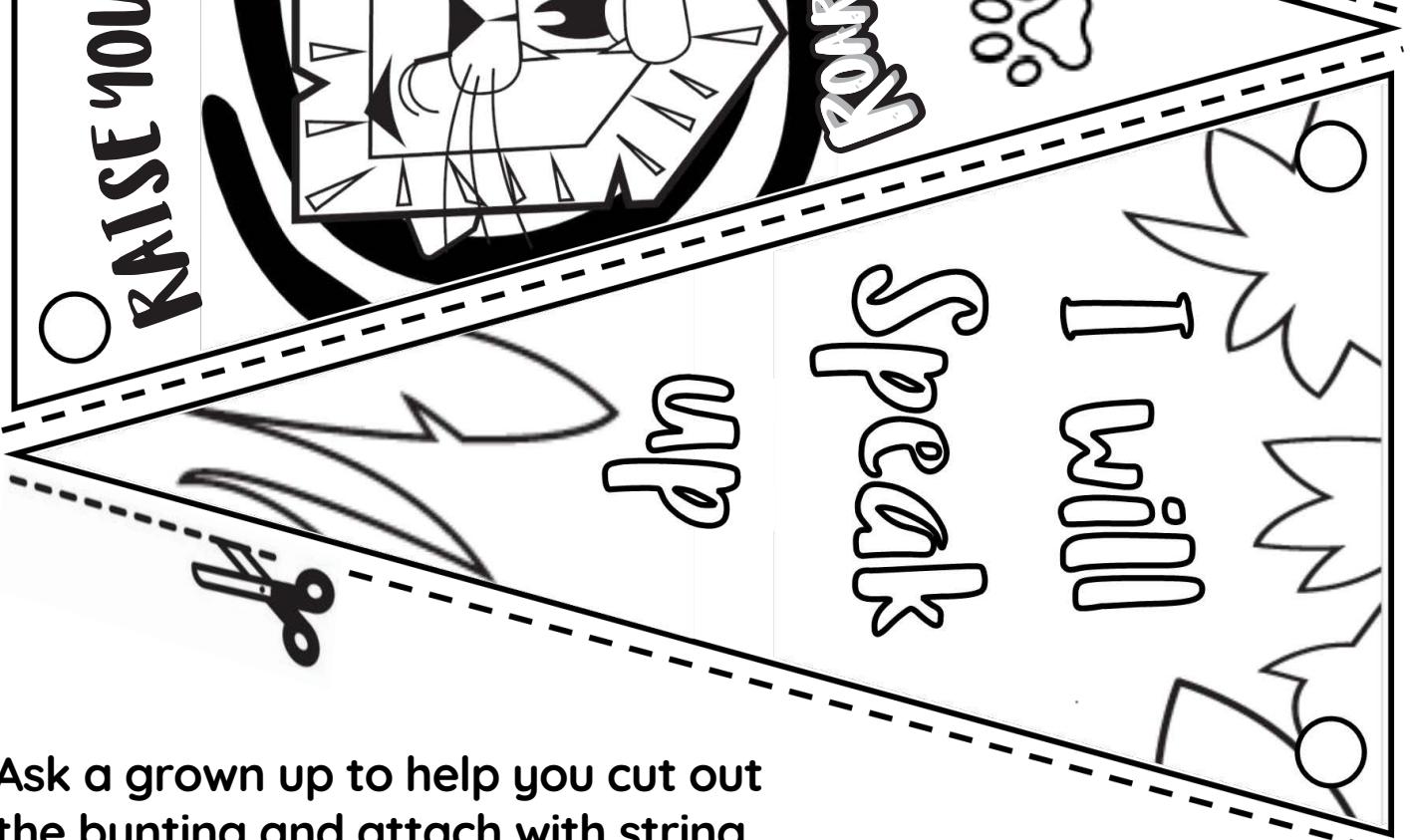
I will speak up

Colour in the Roarry bunting. Make it is colourful as you can.

RAISE YOUR ROAR with



RAISE YOUR ROAR with



Ask a grown up to help you cut out
the bunting and attach with string.