

# Listening to My Instincts



My body has an inner siren called instincts  
that I can feel in my belly, or my gut.

When something is unsafe, my instincts tell me  
to slow down and be careful.

All secrets can be told to a trusted adult.  
My trusted adults are \_\_\_\_\_ and \_\_\_\_\_ .

*(Names of two trusted adults.)*