

# This is Sam

Sam helps kids and families



How can Sam help  
kids feel safe?

You can draw or write your answers.

Sam wants to know  
what kids think. How can  
Sam be a good listener?

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What should Sam do  
when kids feel sad, scared  
or worried?

You can draw or write your answers.

A promise is when grown-ups tell you that they  
will do something, and they try really hard to do it  
every time.

Sam wants to make a  
promise to all kids.  
What is a promise Sam  
should make?