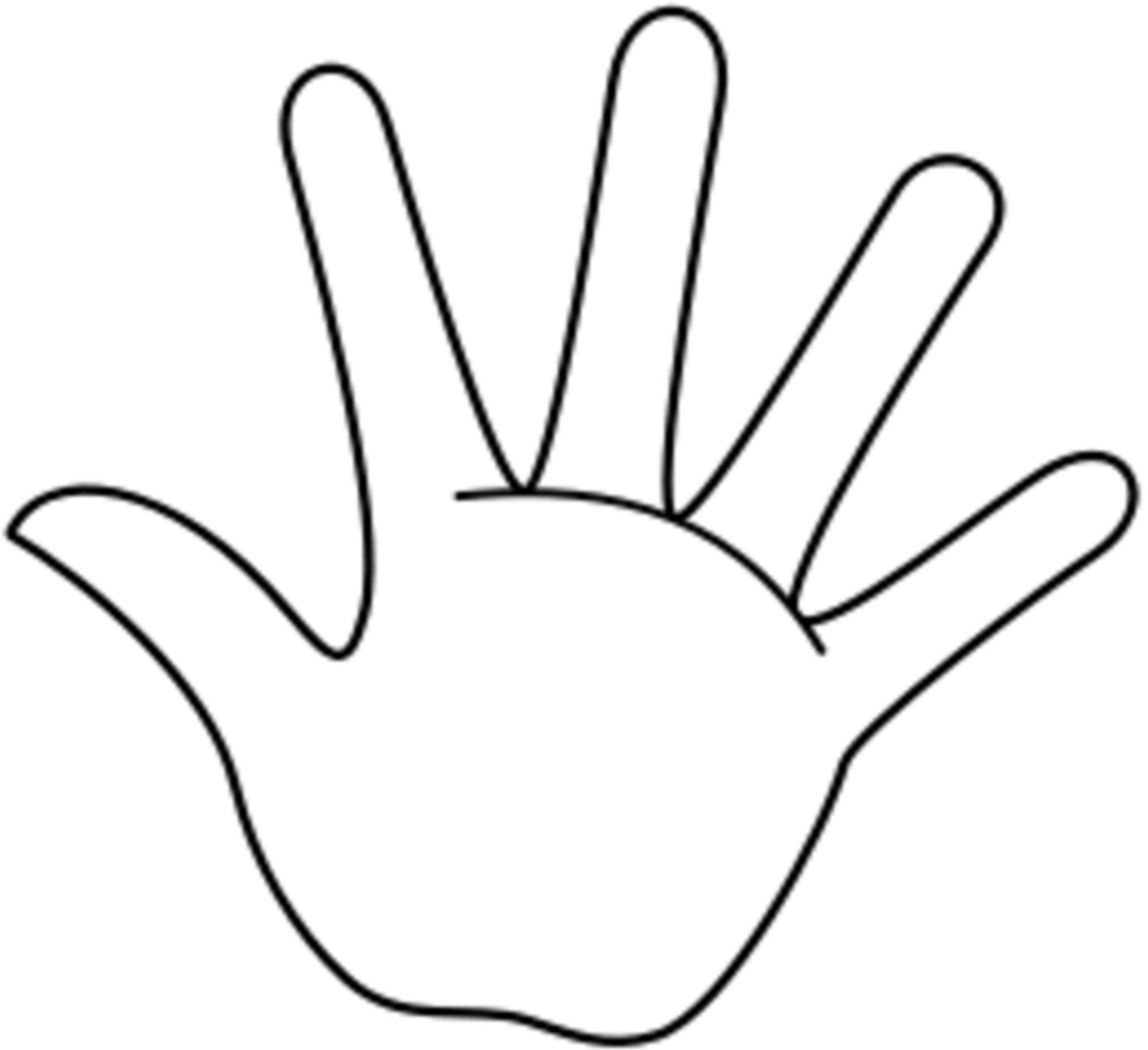


# People I Can Trust



Think about 5 people you trust and write their names onto the hand, one in each finger.

You can colour and decorate the hand if you wish. Keep your hand in a safe spot.

If you have a problem, call on one of the people on your hand to work through Ask Ed with you. They might help you with ideas or help you put your ideas into action.