

BOOK COMPANION



Family of Secrets by Alexis & Alyssa Cino
Book Illustrations by Lisa Blakeborough

This book companion lesson was created with written permission from the author.

Companion lesson to the story "Family of Secrets" by Alexis & Alyssa Cino.

Click [here](#) to purchase the book.

10 Activities Included

This product is a supplemental educational resource intended to be used with a legally obtained copy of the book. Purchasers are responsible for obtaining their own copy of the book. This resource is not a replacement for the original text.

What is a TRUST SECRET?
A trust secret is important confidential information that keeps you, your family, and your things safe and secure.
EXAMPLES: Family passwords, Garage alarm codes, They keep you, your family and your things safe. You should keep them safe.

What is a CREATE SECRET?
A create secret is something special you are making that you aren't ready to share yet because it's a surprise and you want to share it later.
EXAMPLES OF CREATE SECRETS: Writing a story or a poem, Making a card or writing.

What is a SURPRISE SECRET?
A surprise secret is a secret that is meant to make someone happy! It is okay to keep until the surprise happens.
EXAMPLES: A holiday surprise, Birthdays, Surprises are meant to spread joy!

What is a MISTAKE SECRET?
A mistake secret is when you hide a mistake or something you did wrong because you don't want to get in trouble.
EXAMPLES OF MISTAKE SECRETS: Breaking something and not telling anyone, Getting a bad grade and hiding it, Taking something that isn't yours, Making a mess and not telling anyone, Saying something unkind and keeping it a secret.
WHAT TO REMEMBER: Hiding mistakes can make us feel worried and alone. It's always better to tell a safe adult and get help. Taking responsibility helps us learn and grow. Being honest helps keep you safe and builds trust.

What is an UNSAFE SECRET?
An unsafe secret is something that makes you feel worried, scared, confused, or uncomfortable.
CLUES IT MIGHT BE AN UNSAFE SECRET: You are asked to keep it from a safe adult, It involves someone hurting you or someone else, You are told not to tell, It makes you feel uneasy, worried, scared, or confused, It is meant to stay secret.
WHAT TO DO: Tell a safe adult, Keep telling, You did the right thing, You can get help and be safe, You are never in trouble for telling an unsafe secret.

Teaches students the difference between safe and unsafe secrets.

Story Map

NAME: _____ DATE: _____

Story Map

Setting: **Family of Secrets by Alexis & Alyssa Cino** Characters: _____

Beginning: _____ Middle: _____ End: _____

Problem: _____ Solution: _____

NAME: _____ DATE: _____

Think & Discuss

Read the situations and decide if it is a safe or unsafe secret to keep and why.

Lily's dad bought a birthday gift for her grandma. He asked Lily not to tell because they wanted it to be a surprise until Grandma's birthday party next week.

Sophia's uncle has been doing things that make Sophia feel uncomfortable and worried. He tells her, "Don't tell your parents about this. It will just cause problems, and nobody needs to know."

Mia and her friends are making a gift for their teacher. They are keeping it secret until they can surprise the teacher on Friday.

Jackson's friend told him that someone has been hurting him and made him promise not to tell any adults. Jackson notices his friend looks worried and sad every day.

NAME: _____ DATE: _____

Think & Discuss

Put a checkmark on each action, determining if it is a safe or unsafe secret to keep.

	SAFE Secret	UNSAFE Secret
Your dad bought your mom a birthday gift.		
Someone says not to tell if they touched your private parts.		
A child says they are being hurt but makes you promise not to tell.		
Your friend is planning a surprise card for the teacher.		
Your family is planning a surprise party.		
An older child asks you to keep a secret that makes you uncomfortable.		
Someone says, "This is our special secret. Don't tell your parents."		
A friend asks you not to tell anyone who her crush is.		
Hiding Easter eggs before a hunt.		
A friend says they are planning to hurt someone and wants you to keep it secret.		
Someone shows you something inappropriate and tells you not to tell.		

NAME: _____ DATE: _____

Think & Discuss

What makes a secret safe?

What makes a secret unsafe?

Who are trusted safe adults?

What should you do if an adult doesn't help right away?

Why is it never tattling to tell about safety concerns?

Why might someone be afraid to tell?

Think & Discuss

NAME: _____ DATE: _____

Story Questions

The Family of Secrets

Where does the family of secrets live?

Which secret loves birthdays and events, and is a secret that will soon be told?

Which secret collects gadgets and gizmos, his end goal is to craft something just for you?

Which secret is holding passwords and garage codes, secrets that are okay to keep?

Story Questions

NAME: _____ DATE: _____

Story Questions

The Family of Secrets

Which secret is a little nervous because he lied about something he did?

Which secret is unlike the rest, sitting alone and tucked away, not wanting to talk about what happened?




What is the family of secrets rule?

What helped Unsafe secret feel better?

Cut & Paste Activity

NAME: _____
DATE: _____

Cut and paste the situations into the correct spot if they are safe or unsafe secrets.

<p>Safe Secret</p> <p>Secret family recipe.</p> 	<p>Safe Secret</p> <p>A gift you are giving someone.</p> 	<p>Unsafe Secret</p> <p>It makes you feel yucky or scared.</p> 
<p>Safe Secret</p>	<p>Safe Secret</p>	<p>Unsafe Secret</p>
<p>Safe Secret</p>	<p>Safe Secret</p>	<p>Unsafe Secret</p>

©Heart and Mind Teaching

Someone threatens you not to tell.

Creating something new and exciting.

Hidden house key secret

Hidden house key secret

Hides bad behavior.

SEL & Perspective Taking activities

NAME: _____
DATE: _____

Draw & Write

Sometimes doing the right thing is difficult. Draw about a time when someone had to be honest, ask for help, or tell an adult to keep themselves or someone else safe.

NAME: _____
DATE: _____

Draw & Write

Sometimes doing the right thing is difficult. Draw and describe about a time when someone had to be honest, ask for help, or tell an adult to keep themselves or someone else safe.

NAME: _____
DATE: _____

Draw & Write

Sometimes doing the right thing is difficult. Write about a time when someone had to be honest, ask for help, or tell an adult to keep themselves or someone else safe.

NAME: _____
DATE: _____

Draw & Write

Sometimes doing the right thing is difficult. Write about a time when someone had to be honest, ask for help, or tell an adult to keep themselves or someone else safe.

Draw & Write

NAME: _____
DATE: _____

Social Emotional Learning

We have a responsibility to respect privacy while also knowing when safety comes first.

We have a responsibility to seek help when someone is being hurt.

We have a responsibility to keep ourselves safe.

We have a responsibility to be honest with safe adults.

Responsible Decision-Making

Ethical Responsibility

What situations do you struggle to know what the right thing to do is?

What can you do to help make a decision in these situations?

Ethical responsibility means:
Acting in ways that are morally right, just, and considerate of the welfare and rights of others.

©Heart and Mind Teaching

NAME: _____
DATE: _____

Character Perspective

Think about the different perspectives that each character from the book might have. Write in the boxes below what you think their perspectives might be.

Unsafe Secret

Mistake Secret

Perspective means:
A way of thinking about and understanding something; a point of view.

©Heart and Mind Teaching



Writing Craftivity

©Heart and Mind Teaching

the difference between a **safe** and **unsafe** secret?

What is the difference between a **safe** and **unsafe** secret?

is the difference between a **safe** and **unsafe** secret?

Writing Craftivity

UNSAFE & UNSAFE SECRETS

SAFE SECRETS

Are surprises that make people happy and are told later.

It's never tattling to keep myself or others safe.

Safe adults help keep me safe.



UNSAFE SECRETS

Make you feel worried, scared, or uncomfortable and should be told to a safe adult.

My feelings matter and it's okay to ask for help!

I will keep telling until someone helps.

UNSAFE & UNSAFE SECRETS

Safe secret examples

Safe secret examples

- A surprise birthday party for a family member.
- A surprise gift for a friend.
- Planning a special thank-you card for your teacher.
- A surprise celebration for a grandparent.
- Making a homemade present for someone.
- Planning a surprise sleepover party.
- Secretly decorating a room for a celebration.

Unsafe secret examples

- Someone tells you not to tell if they hurt you.
- Someone asks you to keep a secret about touching private body parts.
- A friend says they are being hurt at home but tells you not to tell anyone.
- A friend says they are planning to hurt someone and wants to keep it secret.
- Someone asks you to keep a secret that makes you feel scared.
- Someone shows you something inappropriate and tells you not to tell.
- Someone threatens you if you tell a secret.

Makes for a great Bulletin Board.

3 different writing templates included.

Creative Activity

The Key to STAYING SAFE

Write your safe adults inside the keyhole image.

These are the people who help keep me safe:

By: _____

meet the creator

I am an Elementary School Counselor, Curriculum Author, Blogger, and Boy Mama! I specialize in all things Counseling & SEL.

questions?
contact me!



Heartandmindteaching@gmail.com

FOLLOW ME!

@HEARTANDMINDTEACHING



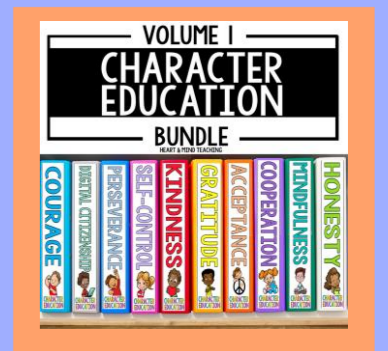
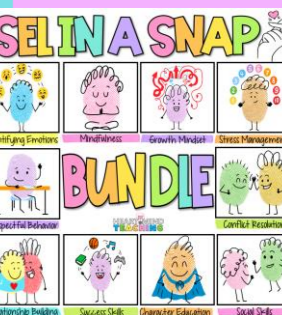
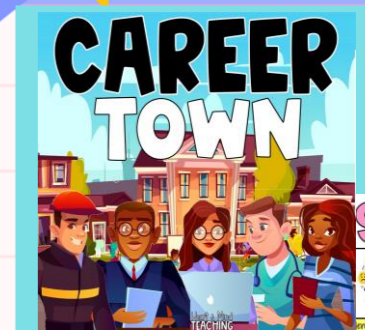
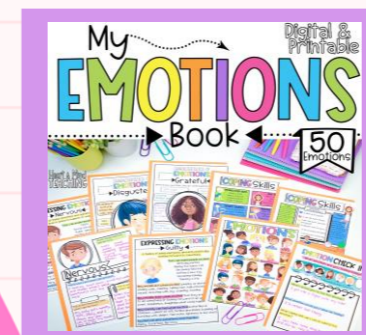
HEY, I'M
ASHLEY!



terms of use

© Heart and Mind Teaching, 2026. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA).

shop more



Save more with Bundles!

Join my newsletter [here](#) to unlock access to freebies!

Check out my website: HeartandMindTeaching.com

Contact me: HeartandMindTeaching@gmail.com

THANK YOU
for supporting a small business

THE CURRICULUM
*YOU HAVE BEEN
SEARCHING
FOR

Counselor Collab Prek-8th grade Membership
www.counselorcollab.com