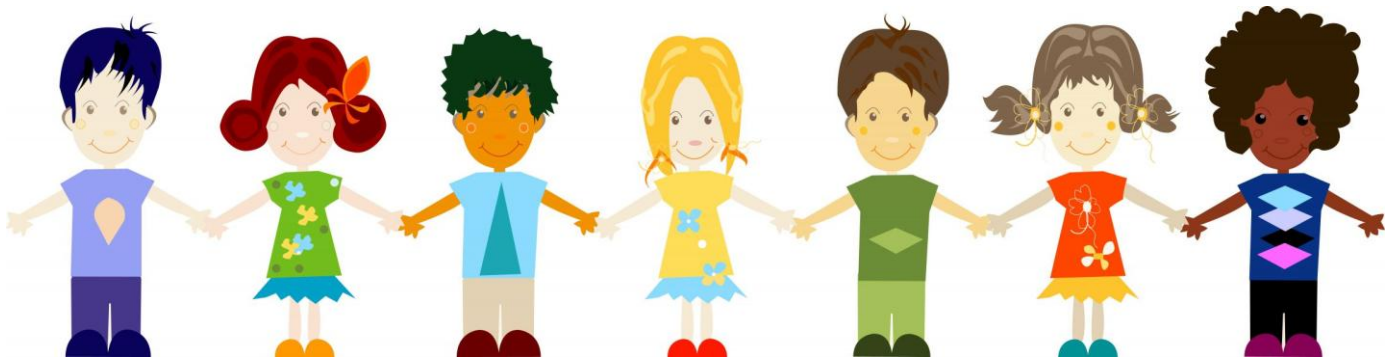


**My Book**

**My STORIES**

**My FEELINGS**

**My THOUGHTS**



This workbook can be used with children to support their recovery.

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**CHILD'S NAME**

**This book has been designed to allow a caring adult to explore the thoughts and feelings children might have about their experience of the disaster. It is best used in a one to one situation.**



**This is only provided as a guide and a starting point for talking/drawing with each child about their thoughts and feelings.**

**Our world is a nice place where good things usually happen**

**I remember a happy time – this is my picture**

**Things can change quickly. Sometimes something scary can happen. Things that happen in nature are called natural disasters. They don't happen very often.**

**Draw your picture of what happened**

**Something has happened in my life –  
some things for me have changed.**

**You might like to:**

**Write a list**

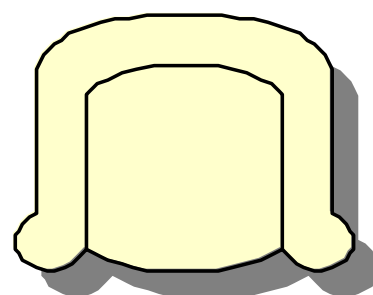
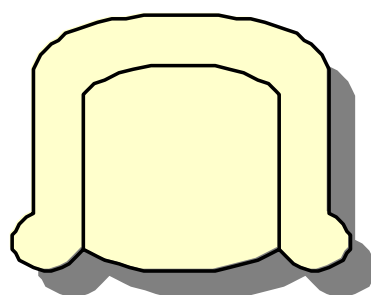
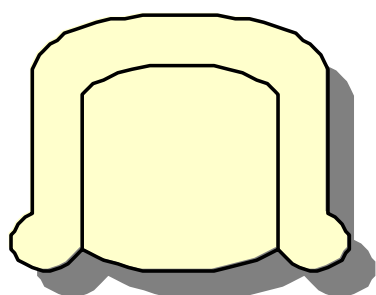
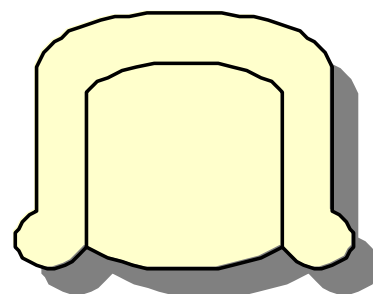
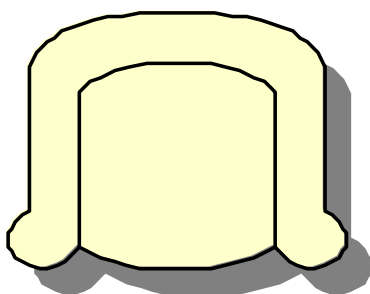
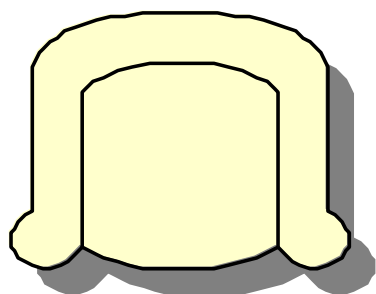
**Write a story**

**Draw a picture**

**Sometimes there is no answer to why  
these things happen.**

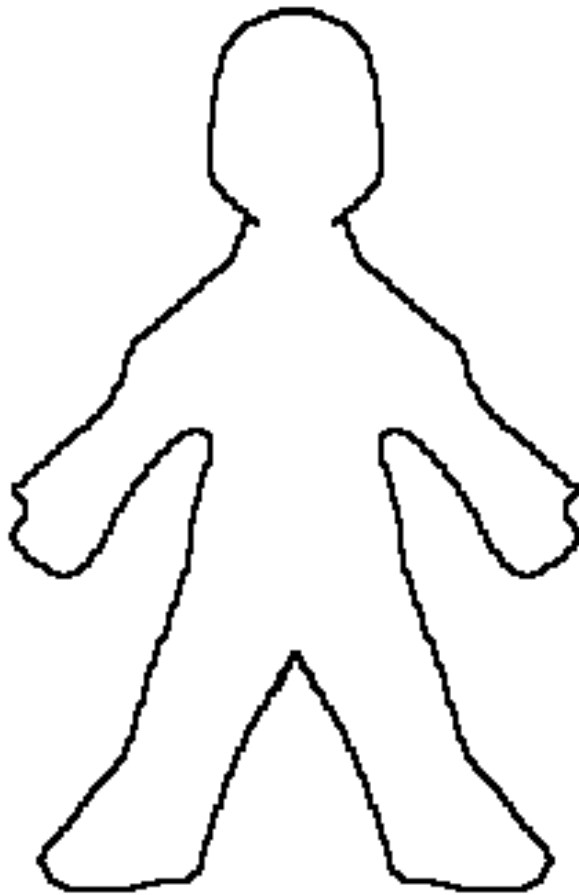
**I have many kinds of feelings about what has happened.**

**Draw your feelings using the Faces.**



**Feelings are sometimes felt in your body.**

**Use colours and words to show the feelings in your body.**



**I have people who help me when I'm sad, angry or scared.**

**Draw the people who help you.**



**People who have a scary experience will sometimes be able to help others.**

**Sometimes scary things can help us understand, be kind and caring. Sometimes scary things show us how to be okay when times are tough.**

**Draw how you are different.**

This resource has been developed by Vicki Trethowan & Michelle Roberts, 2010

**These pages are for you to put add extra thoughts or pictures.**

