WHEN SOMETHING TERRIBLE HAPPENS
Sometimes the world is a very wonderful place where good things happen. I remember a happy time... and can draw a picture of it.
Things can change suddenly! Sometimes a terrible thing happens. If something terrible happens in nature, it is called a natural disaster. It could be a flood, tornado, earthquake or...

These things don’t happen very often
Other terrible things may happen because of something people do. They may or may not have wanted it to happen.
Something terrible happened in my life...
My life has changed. Some things are different...
The terrible thing happened because...

Sometimes there is no answer to the question, “WHY?”.
People may ask questions. Someone may have acted against the rules of the world and may need to be punished. It can be a very confusing time.
The pain from loss and change is called **GRIEF**.

Grief comes and goes like waves in the ocean.
There will be stormy times...
There will be calm times...
Grief comes and goes.
When something terrible happens, it may not seem real at first. This is called “shock”. Feelings seem frozen and people may act as if nothing has happened... or find it hard to believe something has happened.
Or... people may have strong feelings and do strange things. They may feel and act crazy for awhile!!

This is normal. It will change.
There will be many kinds of feelings. They may show on faces.

Angry      Sad      Afraid
Worried        Happy

But sometimes people put on pretend feelings to hide real feelings.
Sometimes people put on a “mask” to hide feelings they don’t like to show.

(Name and draw 3 feelings you sometimes hide with a different feeling)

___________________________  _________________________  _______________________

___________________________  _________________________  _______________________

___________________________  _________________________  _______________________

Name and draw the feeling “masks” you might use

___________________________  _________________________  _______________________

___________________________  _________________________  _______________________

___________________________  _________________________  _______________________
Feelings are something you feel in your body.

Sad – blue
Afraid – black
Guilty – brown
Angry – red
Jealous – green
Nervous – orange
Happy - yellow

Colour the places you feel your feelings
If feelings are stuffed inside too long they often cause aches and pains.

Lightly colour red where you get little hurts.

Colour bright red where you sometimes hurt a lot. Is this the same place you keep fear or anger?

Exercise, sports, play, music, art, writing and talking are all good ways to let feelings out!
When something terrible happens it may seem that everyone knows about it... or that no-one does!!
Almost everyone feels helpless and alone at certain times...
Many people feel angry when something terrible happens. I get angry at...
When I feel angry I...
It is important to let anger out in ways that will not hurt people or things. Ok ways are:

1. Saying “I am angry because…”
2. Punching a ball or pillow
3. Yelling into a pillow or in the shower
4. Stomping your feet or clapping your hands
5. Writing an angry letter and tearing it up when you are done
6. Writing in your diary
7. Scribbling with a red crayon on an old newspaper (hard!) and scrunch it into a ball to toss at a wall
8. Walking fast
It is **OK** to cry when you feel sad. Crying lets the sadness out. **Everyone** cries sometimes.
It may seem that someone or something could have kept this from happening. Who...or what?

No one can change what happened but it helps to talk about it.
“If only…” Is there something you wish you had or hadn’t done?

Wishes and thoughts can’t make terrible things happen!
I remember where I was and what I was doing when this terrible thing happened... or where I was when I was told about it...
I feel frightened when scary pictures come into my thoughts or dreams.

(Draw these pictures again on a piece of paper. Tear it up in small pieces. Throw it away!)
You can change your dreams. Draw your scary dream again… but add someone or something to make you feel safe.

Now… ask the picture what you can learn from it!
It is very important to have a place that feels very safe. This can be a real place... or a pretend place to think about.
Some people believe they have a higher power, God, or a guardian angel to watch over them. Do you?
I have people I care about... these people are important to me.
Many people care about me and I will **always** be taken care of!
(list names and write numbers in this “caring circle”.)

1. _____________________
2. _____________________
3. _____________________
4. _____________________
5. _____________________
6. _____________________
7. _____________________
8. _____________________
9. _____________________
10. _____________________
There are things I like about me... (list)

There are things I do well... (list)

There are things others tell me I am good at... (list)

No one is perfect... but everyone is good at something.
Those who live through terrible times will often be able to help others, and someday may do something to make the world a better place!

Even terrible things can teach some good things like understanding, caring, courage and how to be ok during difficult times!
This is me... I'm ok

The world can be a happy place again!