

WHEN SOMETHING



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...

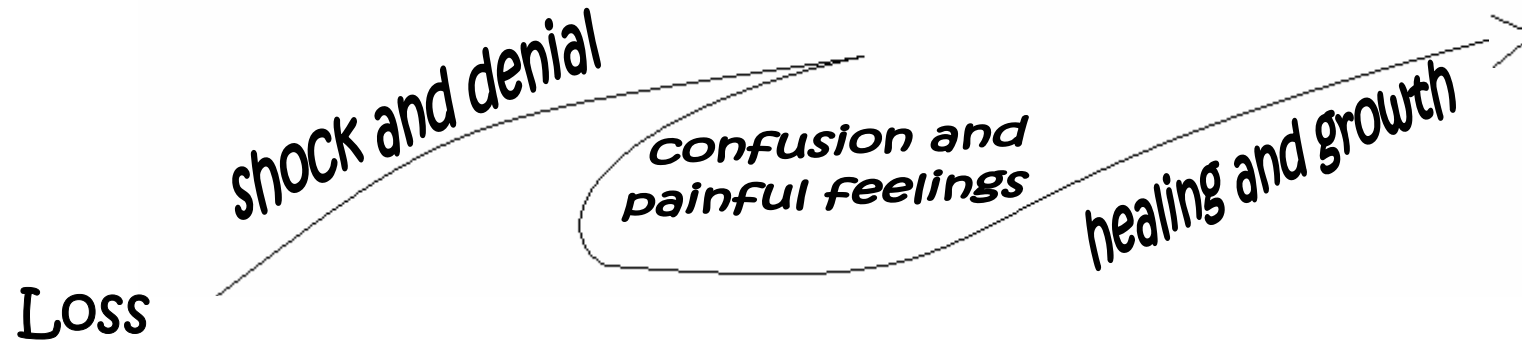
The terrible thing happened because...

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...

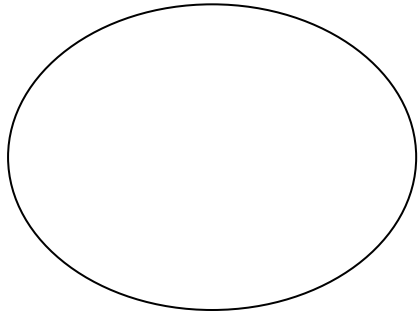
Grief comes and goes.

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.

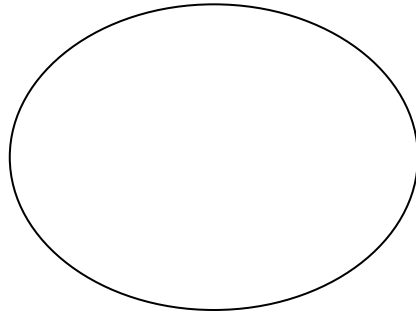
Or... people may have strong feelings and do strange things.  
They may feel and act crazy for awhile!!

This is normal. It will change.

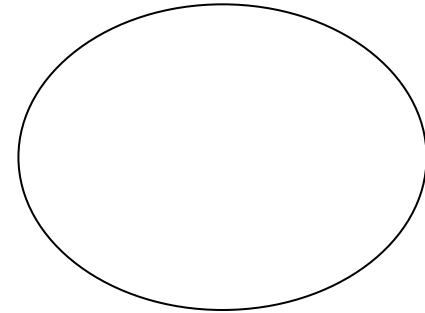
There will be many kinds of feelings. They may show on faces.



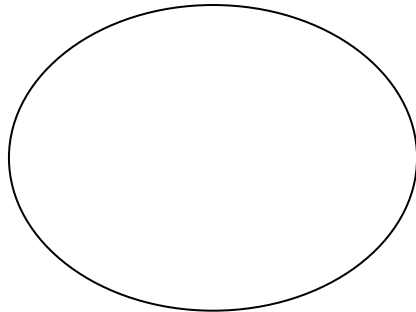
Angry



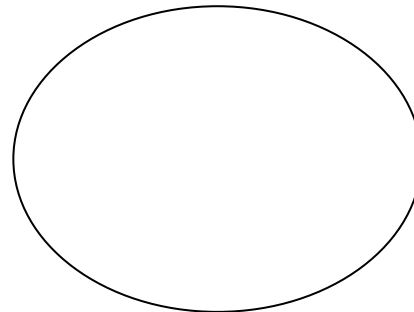
Sad



Afraid



Worried

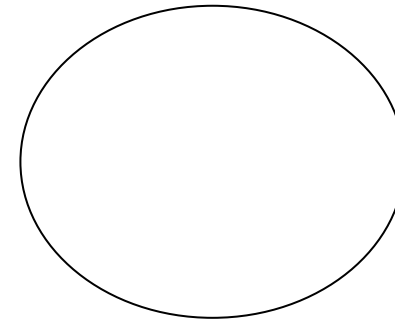
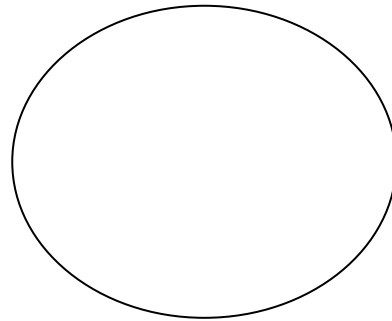
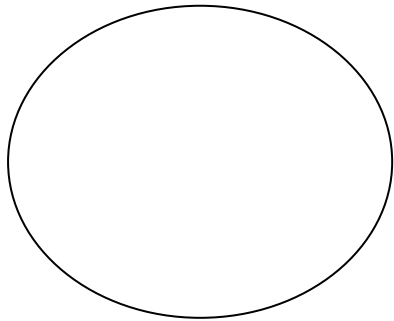


Happy

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)

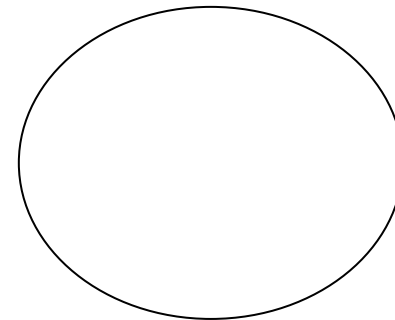
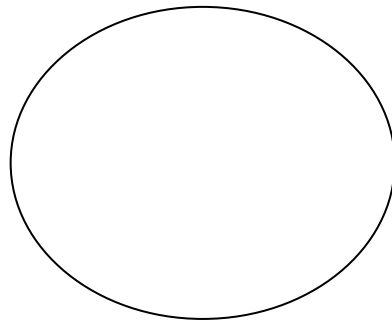
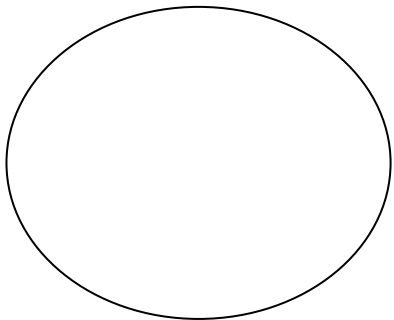


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Name and draw the feeling "masks" you might use

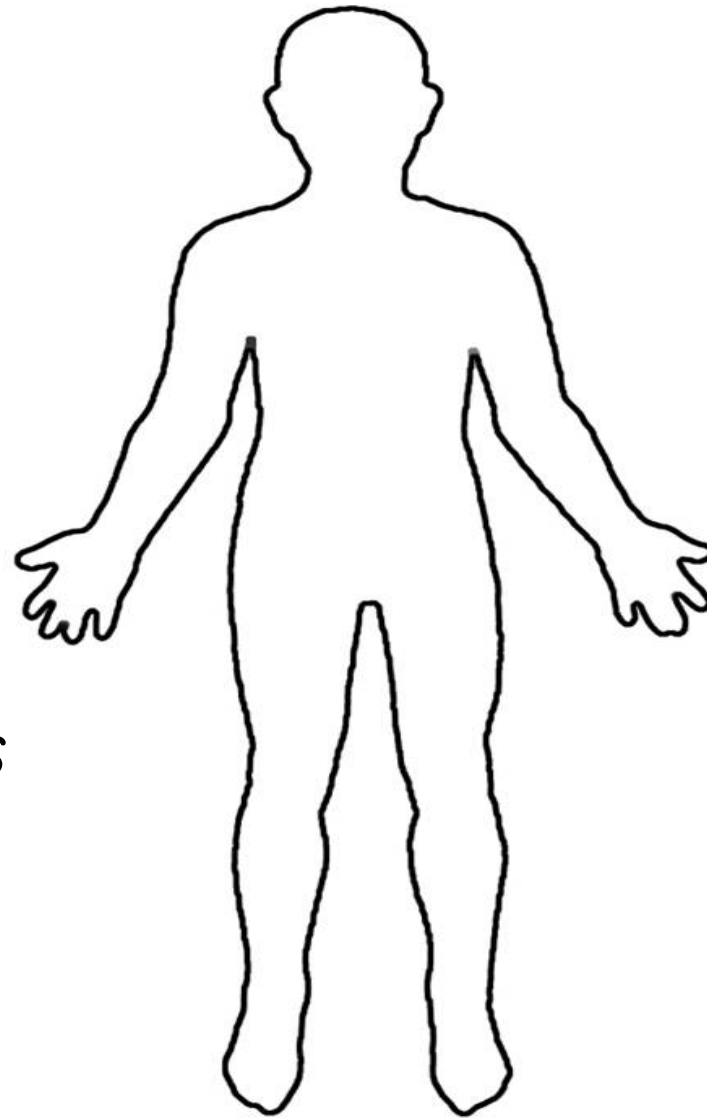


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Feelings are something you feel in your body.



Sad – blue

Afraid – black

Guilty – brown

Angry – red

Jealous – green

Nervous – orange

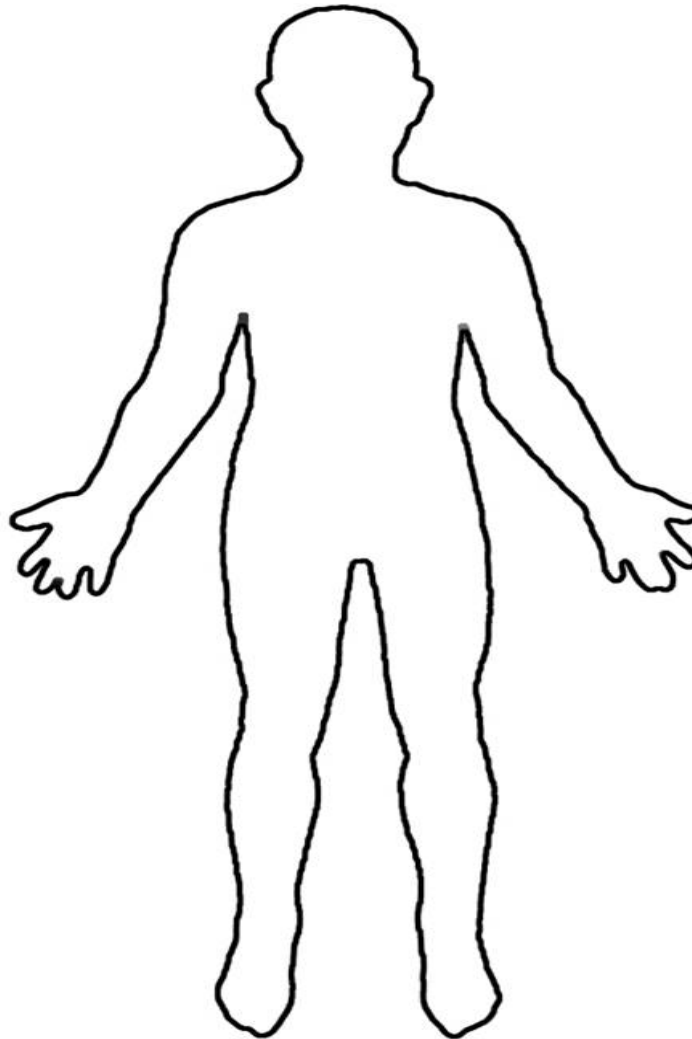
Happy - yellow

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

Exercise, sports,  
play, music, art,  
writing and talking  
are all good ways to  
let feelings out!



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

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

## Something Sad

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.

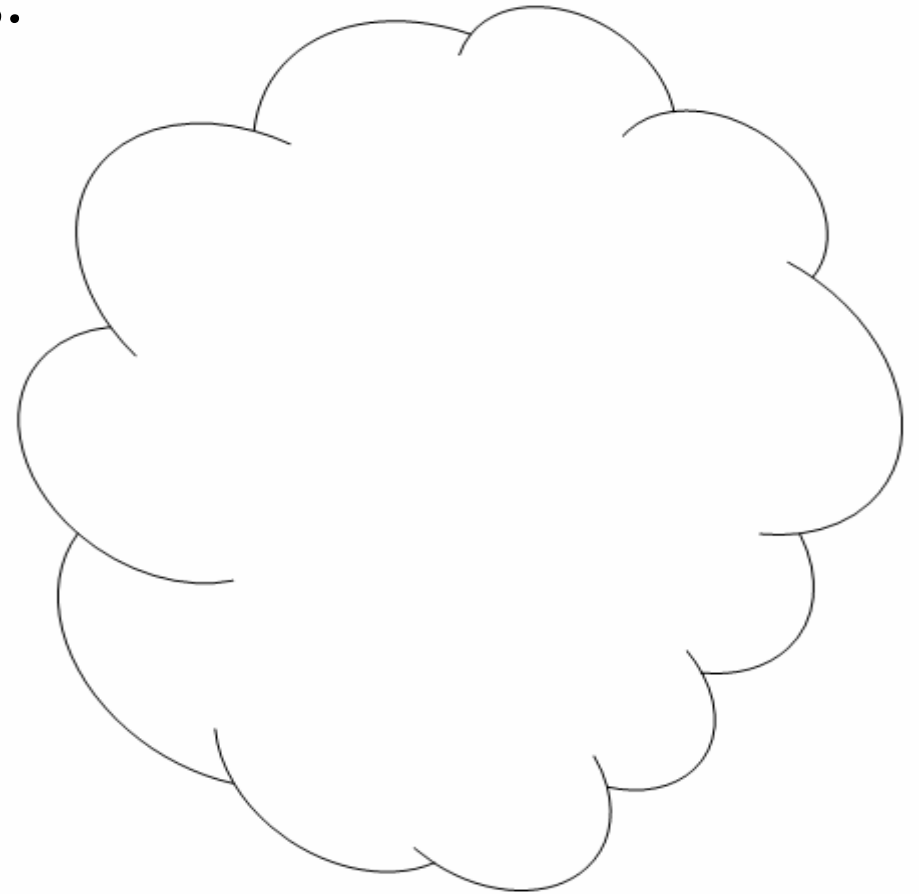
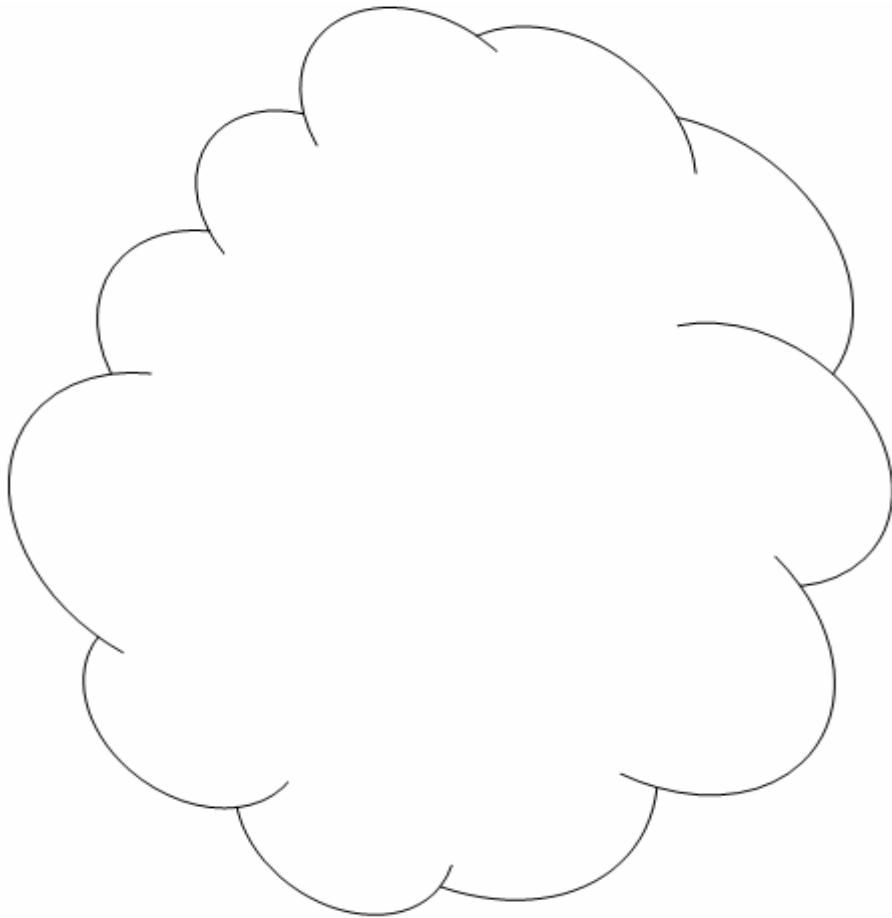
“If only...” Is there something you wish you had or hadn't done?

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.

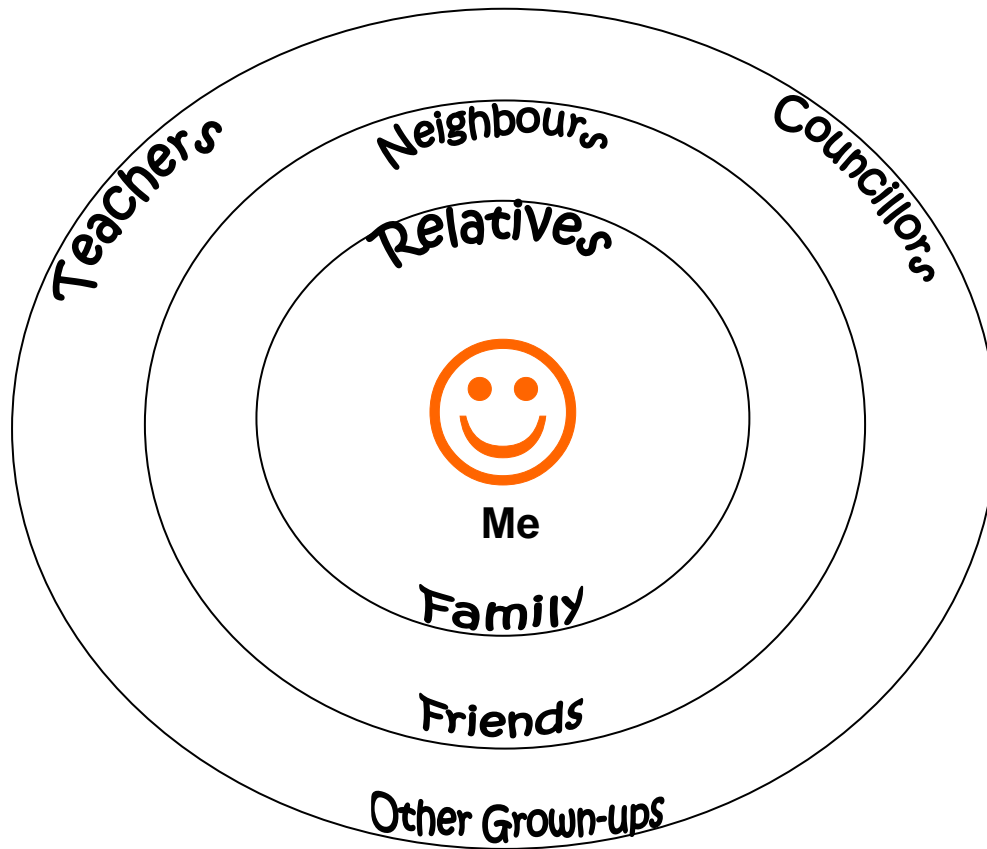
Now... ask the picture what you can learn from it!

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!