

MY HELPING BOOK

A Guided Activity Coloring Book for Children

A Message to Grown-Ups:

For children, the vivid scenes of random disaster that they witness can break their trust and view of safety in the world around them. While it is natural for adults to want to protect children from the difficult realities of life around them, we are unable to prevent the emotional and psychological impact traumatic experiences have on the children.

My Helping Book is a children's activity book that can be used to help encourage children to communicate their feelings that come from fear, loss and change. The material in the activity book is specifically designed to help children gain mastery over events and their feelings, and develop coping skills for the future.

It is our hope that My Helping Book will help children as an emotional guide during times of crisis or disaster, as well as in the future.

It would be helpful for the caregiver, parent or teacher to sit with the child and review with the activity book together. While many children will not need further emotional support other than this activity book, some children may need additional assistance. Seek out the help of a psychologist or counselor if your child's reactions are different or bigger than usual.

Changes

Many changes happen to us. The weather changes, our bodies grow and change, and there can be changes around us. Some changes are BIG and some are small. Some are easy and some are hard! Some happen slowly and others are fast. Some come one at a time, others can happen a lot. Some can be upsetting and confusing to everyone involved. Sometimes upsetting changes can take time to recover from.

Draw or write about some of the changes that have happened to you.

Some big changes and events can make children feel scared and worried or confused. Someone you know may have been hurt or even died. You may have lost your home or things you owned. Grown-ups around you may be upset. All these changes can be upsetting – especially for kids! It can make you have many different kinds of feelings, and even have different physical reactions.

Draw or tell your own story about what has happened.

Feelings

Change makes us have many different feelings. Feelings are part of us. They are inside of you and even though you cannot see, touch, or smell them – they are there. There are no right or wrong feelings. All feelings are okay. People who care about you want to know how you are feeling.

Circle the feelings you have now:

hopeful

excited

sad

surprised

angry

afraid

trouble falling asleep

not hungry

worried

confused

loved

curious

helpless

lonely

hard to think

stomachache

nervous

tired

scared

thankful

happy

numb

having nightmares

headache

Feelings are meant to be shared. Keeping them inside can cause all kinds of aches and pains and worries. Sharing your feelings with someone who cares about you is a good idea! The good thing is that most people feel better as time passes and there are lots of things you can do to help feel better.

Here are some ideas for sharing and letting out your feelings:

- Draw a picture of how you feel
- Kick a ball with a friend outside
- Write in a journal or diary
- Pray or attend services
- Sing a song
- Give someone a hug
- Laugh out loud
- Exercise
- Take a deep breath and relax
- Write a poem
- Play a game with a friend

Anger

Anger is a strong feeling that most people feel when something big happens to them that hurts or scares them or someone they care about. Some people even feel angry at God – but that is okay because God understands your anger. All feelings are okay. That goes for anger too. It is important to find good ways to let your anger out without hurting yourself or others.

Here is a list of ways to help you let out your anger:

- Yell into a pillow
- Hit a pillow (but not another person or animal)
- Draw an angry picture with a red crayon
- Tell someone when you feel angry!
- Run around outside – it is a good way to let out feelings
- Listen to music
- Write about how you feel

What other ideas do you have for getting your anger out without hurting another person?

REMEMBER – all feelings are okay, but it is never alright to hurt yourself or others to feel better.

Inner Strength

Even though big changes and events happen to us we are able to use our inner strength to help us deal with them. We find that we are able to do some things that we could not do before. We learn that we can deal with more things than we thought we could before. We are stronger than we think we are!

Here are some ways that can help us use our inner strength:

- Play
- Talk
- Write
- Draw or paint
- Ask others for help
- Think up ways to solve a problem
- Talk with your teacher, friend, parent or caregiver
- Return to your usual routine
- Find a way to help someone
- Laugh
- Listen to favorite music
- Play sports
- Tell or make up stories
- Remember that the firemen, police and hospitals are doing everything possible
- Spend time with your family

**Think of times when you were afraid and what you did to feel better.
What are the ways that help you feel better?**

Playing can help you feel better. Color in the picture.



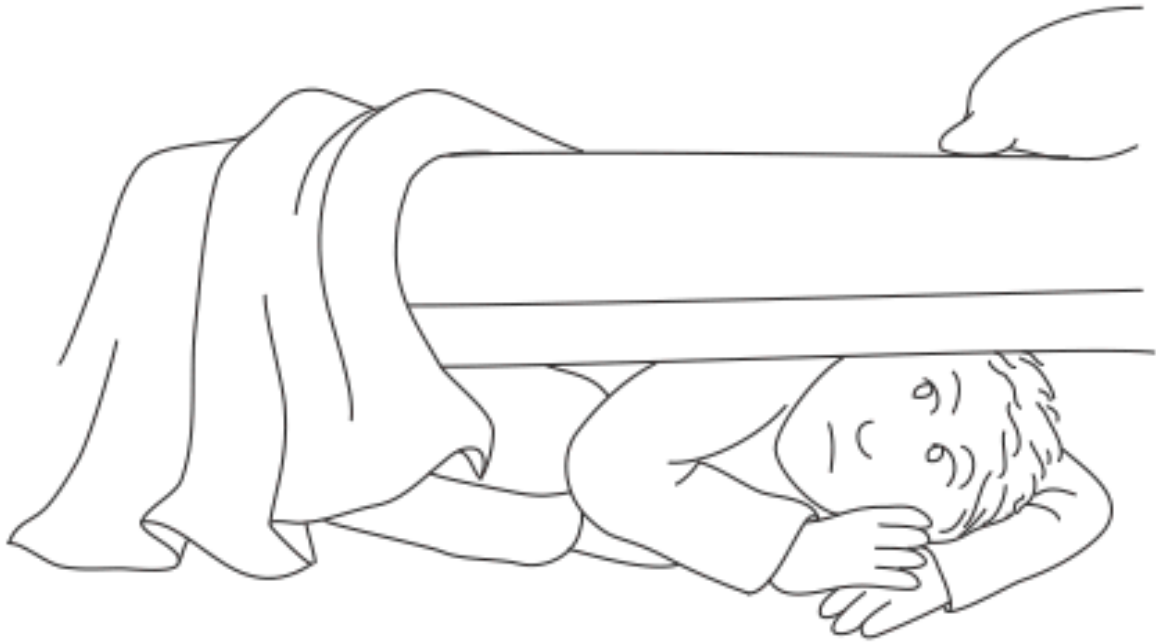
Sometimes children have dreams about their worries. Write about your dreams. Color in the picture.



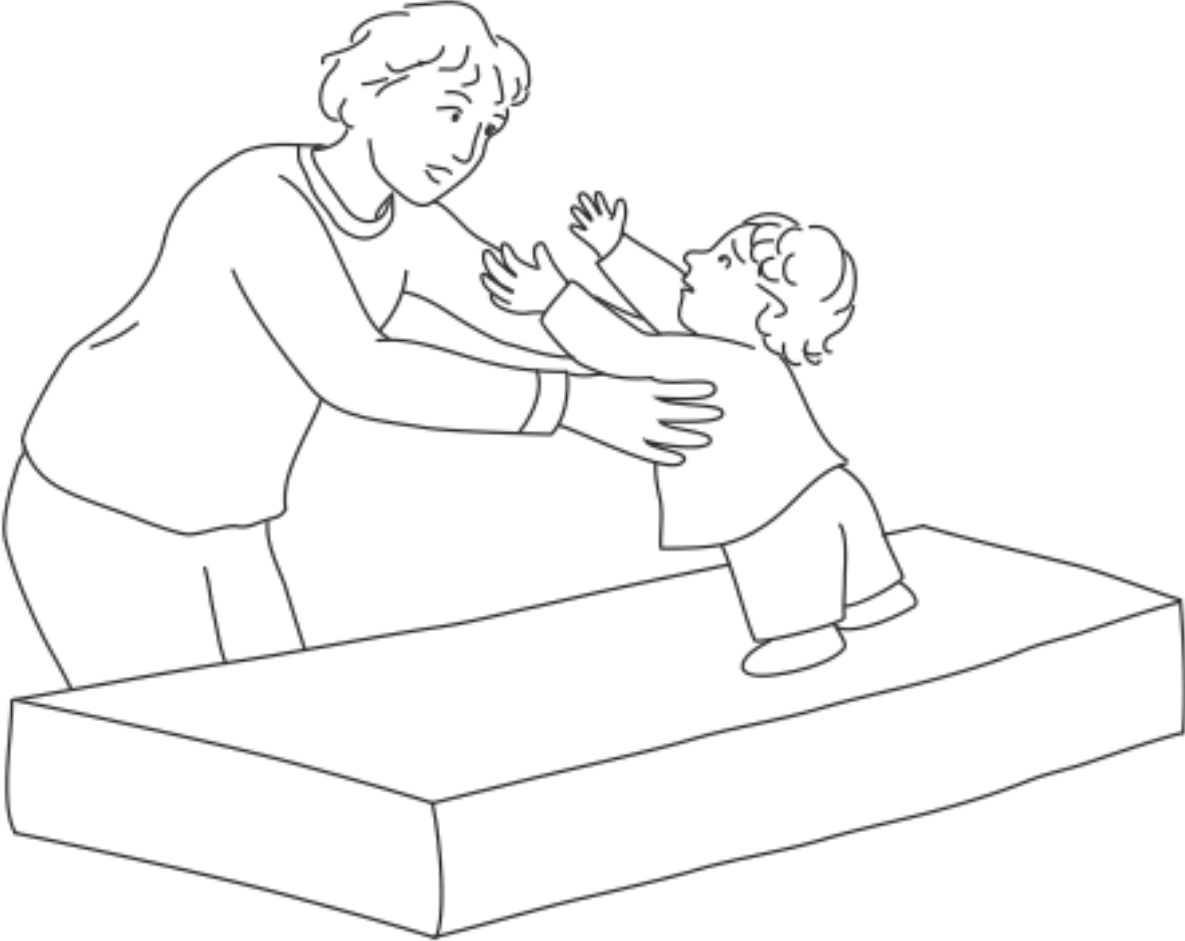
Children sometimes feel sad or scared. These are normal feelings.
What are you feeling? Color in the picture.



Loud noises and sounds can make children want to hide. These are normal feelings. Color in the picture.



Getting a hug can help us feel better. Color in the picture.



Helping Tree:

Trees are able to handle strong storms and dangers. They are able to stay rooted in the ground until the storm or danger passes. Children are like trees in a forest. Children also have dangers and troubles that come into their lives. It is not the child's fault that these events happened. What do children do when these problems and storms come into their lives? How do children hold onto their dreams and hopes for their lives during these storms? What are the things that children can do? Children have inner strengths they can use to help them in handling problems and worries, and help to hold onto their dreams and hopes for the future.

In the tree below, write in:

Roots: Inner strengths you have used before

Branches: Difficult tasks you have been able to do

Leaves: Important people in your life

Trunk: Things you like to do

Color the picture.



Put your tree in a place where you will see it a lot! And share what you drew and wrote in this booklet with a teacher, parent, friend.

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