

MY BOOK

MY STORIES

MY FEELINGS

MY THOUGHTS



CHILD'S NAME

The following pages can be used for children if you want to create individual workbooks.

This book has been designed to allow a caring adult to explore the thoughts and feelings children might have about their experience of the fires. 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. Bushfires are mostly natural disasters.

They don't happen very often.

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

You might like to:

Write a list

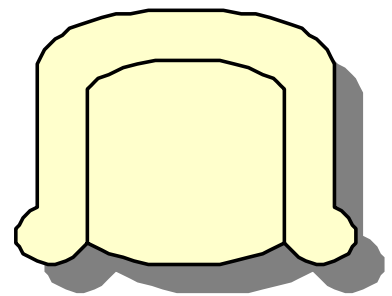
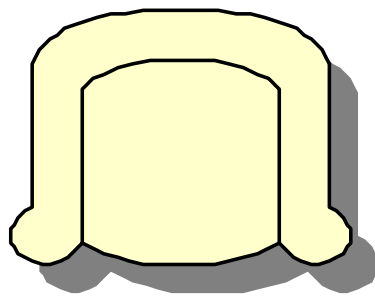
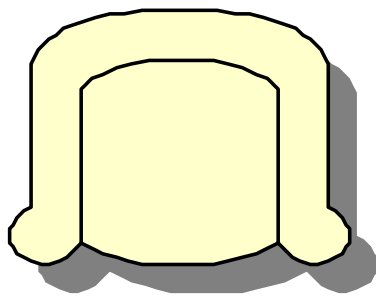
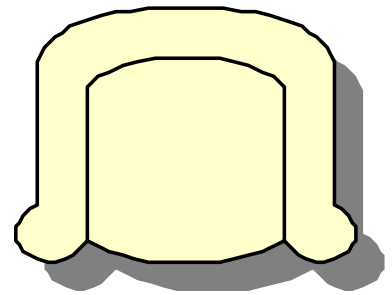
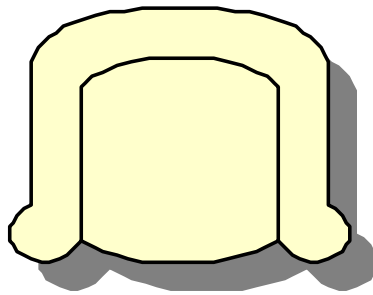
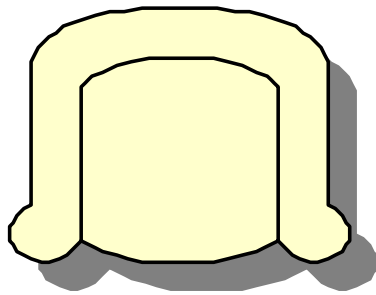
Write a story

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.

**Michelle Roberts and Vicki Trethowan
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These pages are for you to put any extra thoughts or pictures.

