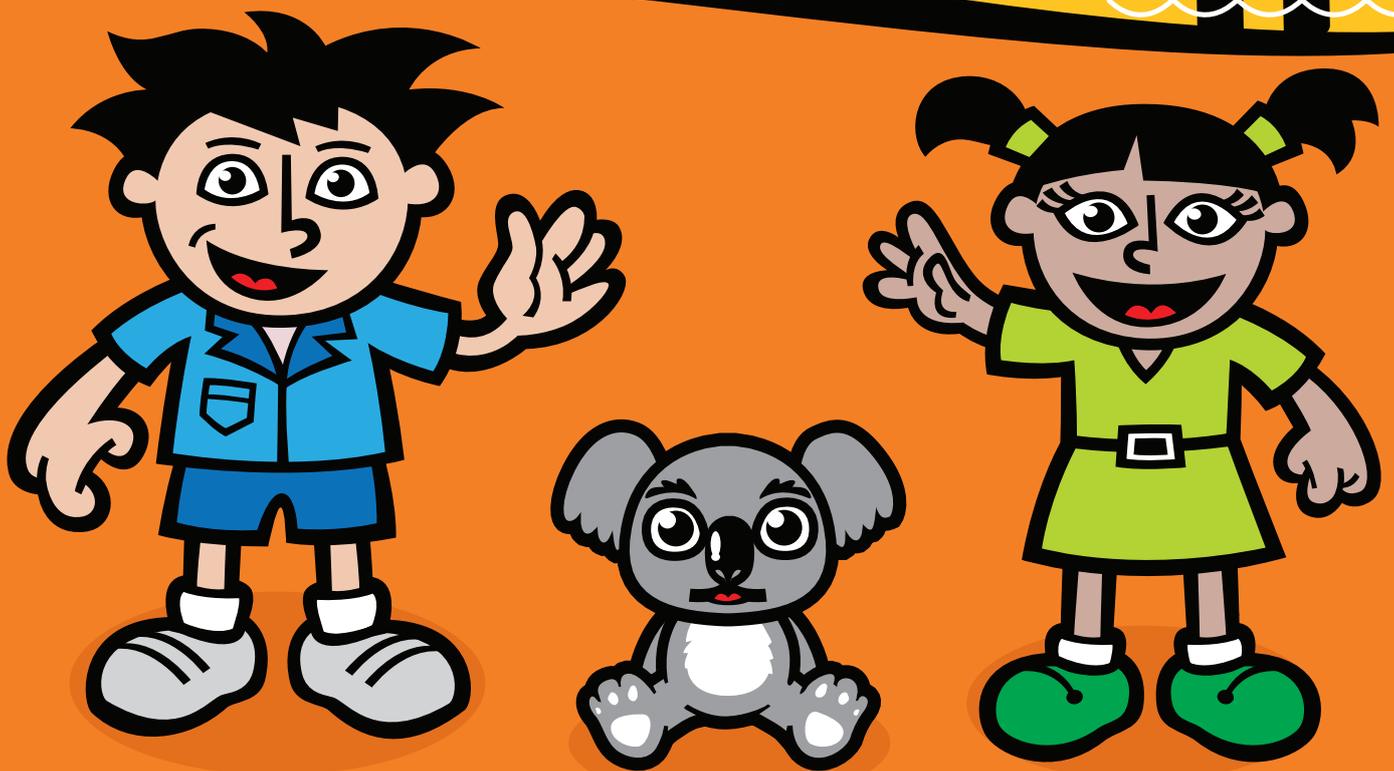


After the emergency



A book to help kids cope with emergencies

Dear Parent, Guardian, Carer or Teacher,

Emergencies – big or small – are destructive and can be very stressful. This book will enable children to think about what has happened and be aware of the feelings they may have after an emergency. You can use this book as a tool to discuss with children how they may be feeling.

Try to calm your own fears first, since children take their cues about safety from the adults around them.

Answer questions honestly and age-appropriately, in simple words. Reassure them that what happened is not their fault and that adults will do their best to keep children safe.

Follow the child's lead. They may not want to talk about their emotions and experiences right away. If they prefer not to talk, spend time doing what they like to do. If they express sadness, anger, or fear, tell them it's OK to feel this way, and encourage them to continue sharing their feelings with words or pictures.

Try to avoid dismissing their issues as trivial – this can create a belief that the events were too awful to talk about. You can acknowledge their concerns and correct any misconceptions they may have.

Try to minimise the distressing images or verbal media reports children are exposed to. If children are watching or listening to reports of emergencies, be with them to help them make sense of the situation – they need your perspective, guidance and reassurance. Be aware of what children are being exposed to at school, both in the playground and the classroom, or outside school in social networking internet sites, emails or with text messaging – these are powerful instant communication tools. If you have any concerns, talk to a doctor, other health professional or school-based support service.



He K

Book Illustrator **Sarah McNamara**

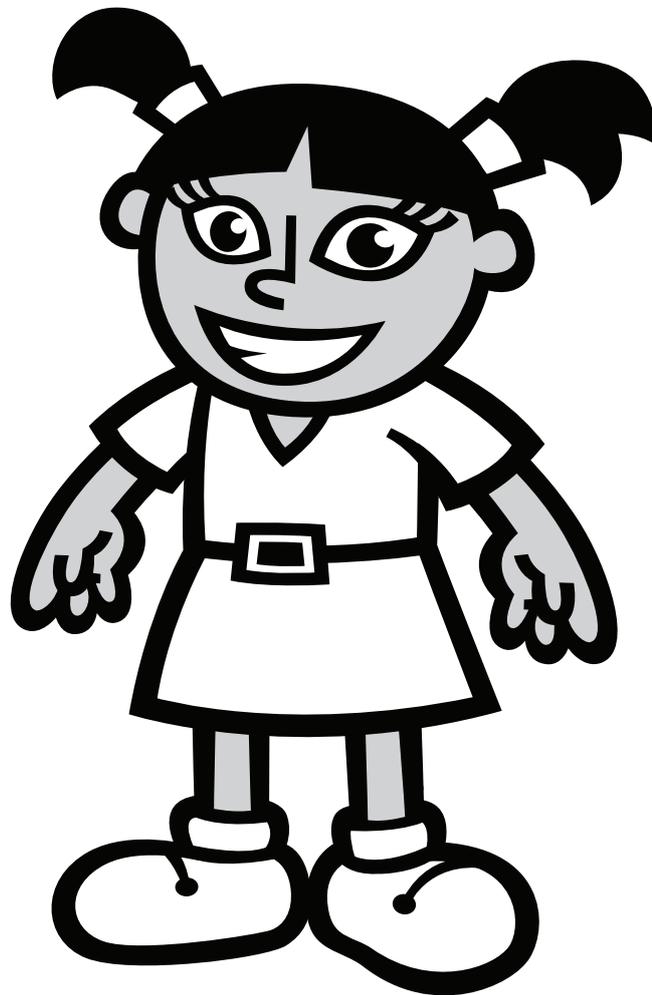
Character Illustrator **Shaun Britton** from **Squidinc** www.squidinc.com.au

Content Developed by **Michelle Roberts**

Sometimes
scary things happen,
like fires, floods or storms.
We call these emergencies.
These can be big or small, and they
can change our lives.

This book talks about emergencies,
and gives you some ideas of things
to do if you've been in one.

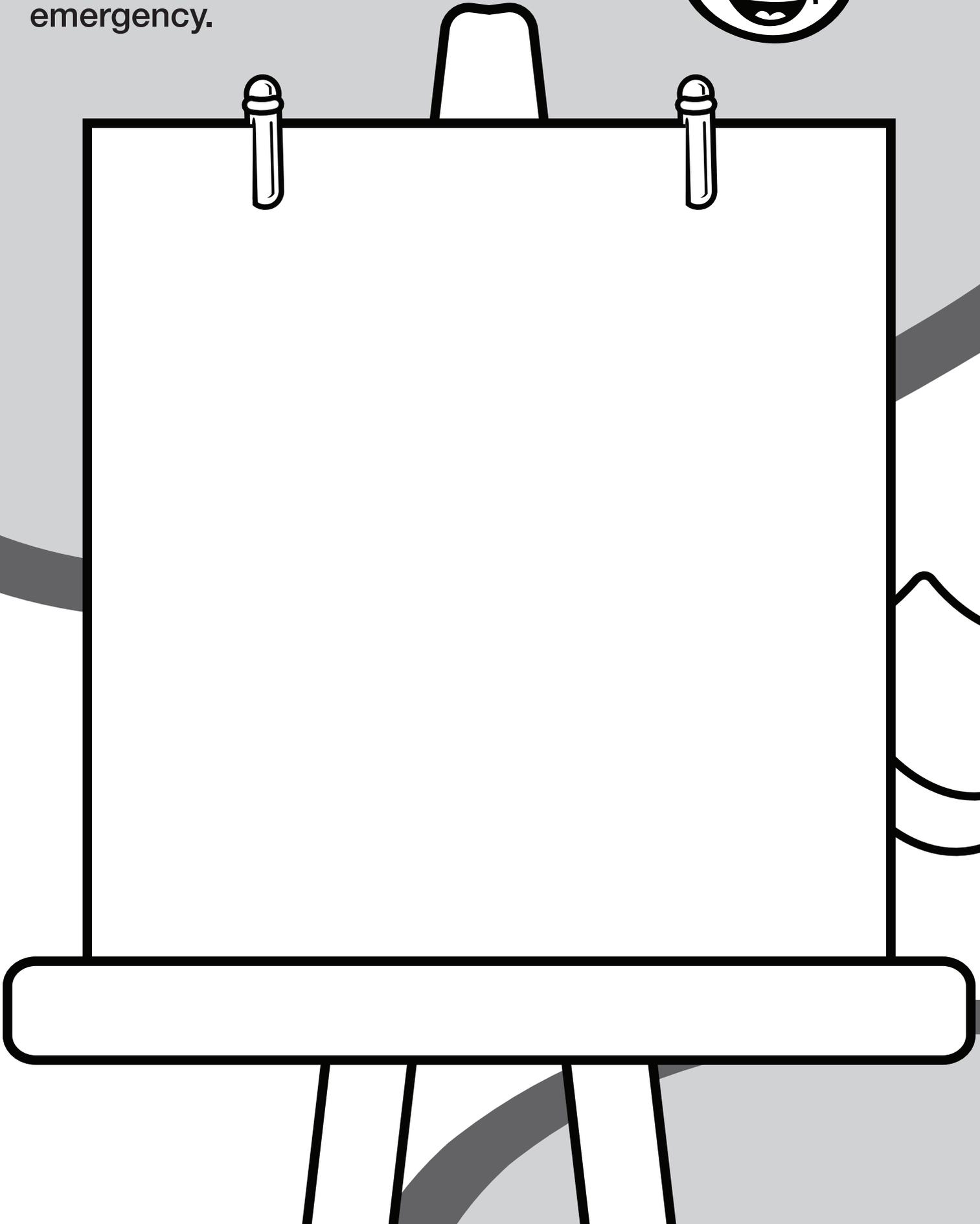
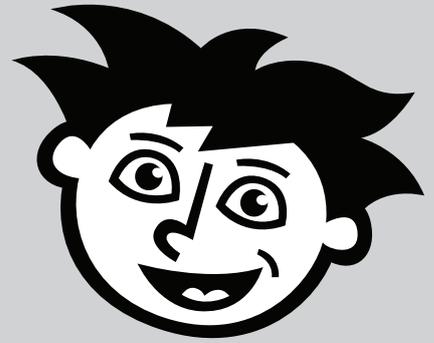
My
Kids



4

Before the emergency

Draw a picture of yourself before the emergency.





We think if we're good, good things will happen to us. But even when we've been good, emergencies can happen to us and to people we love. An emergency can affect you, your family, your animals, the people you know and the place you live.



Getting ready

Sometimes, people have time to get ready before an emergency.

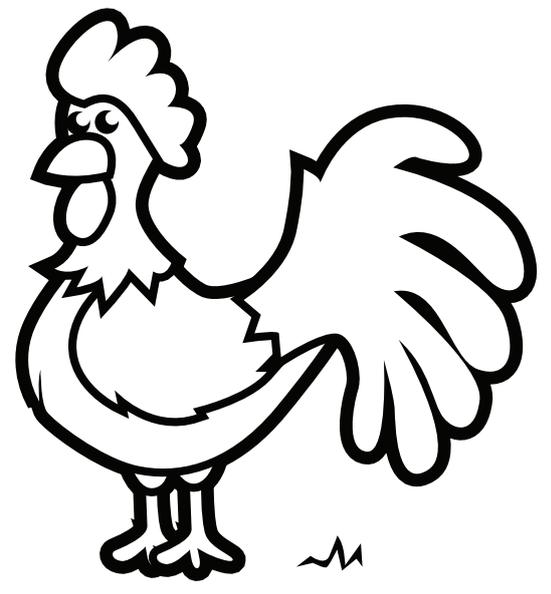
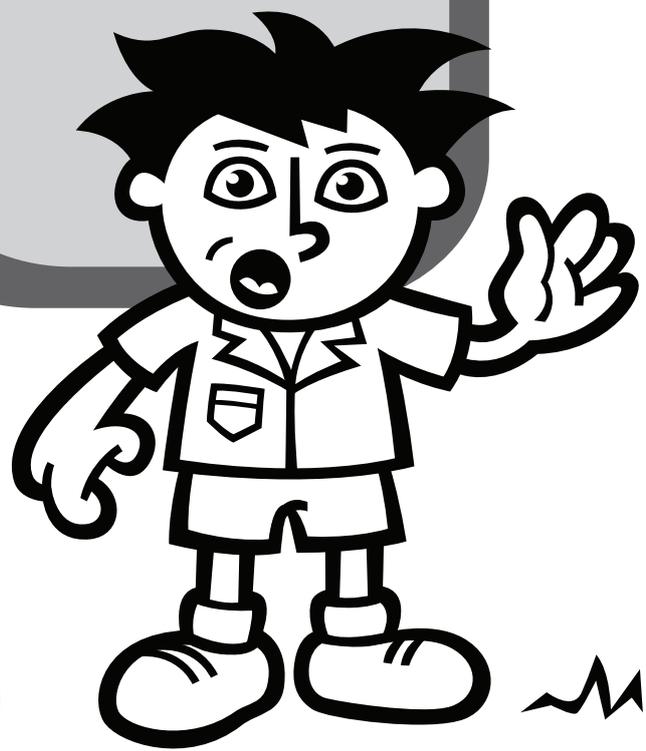
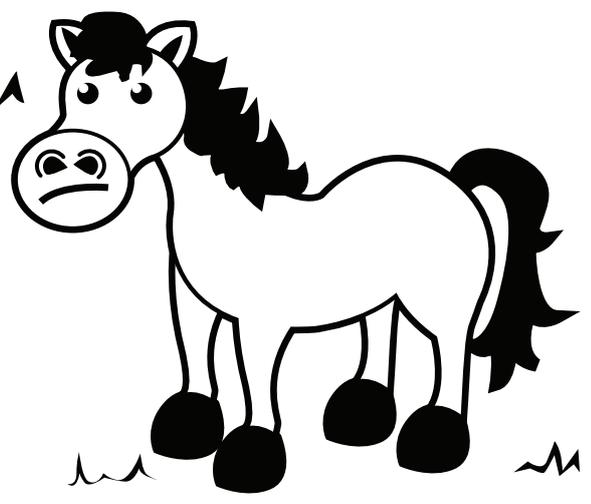
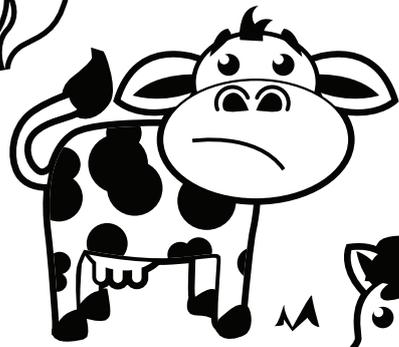


Write a list or draw pictures of what you did to get ready.

A large spiral notebook page with a dashed line for a writing line. The spiral binding is on the left side.



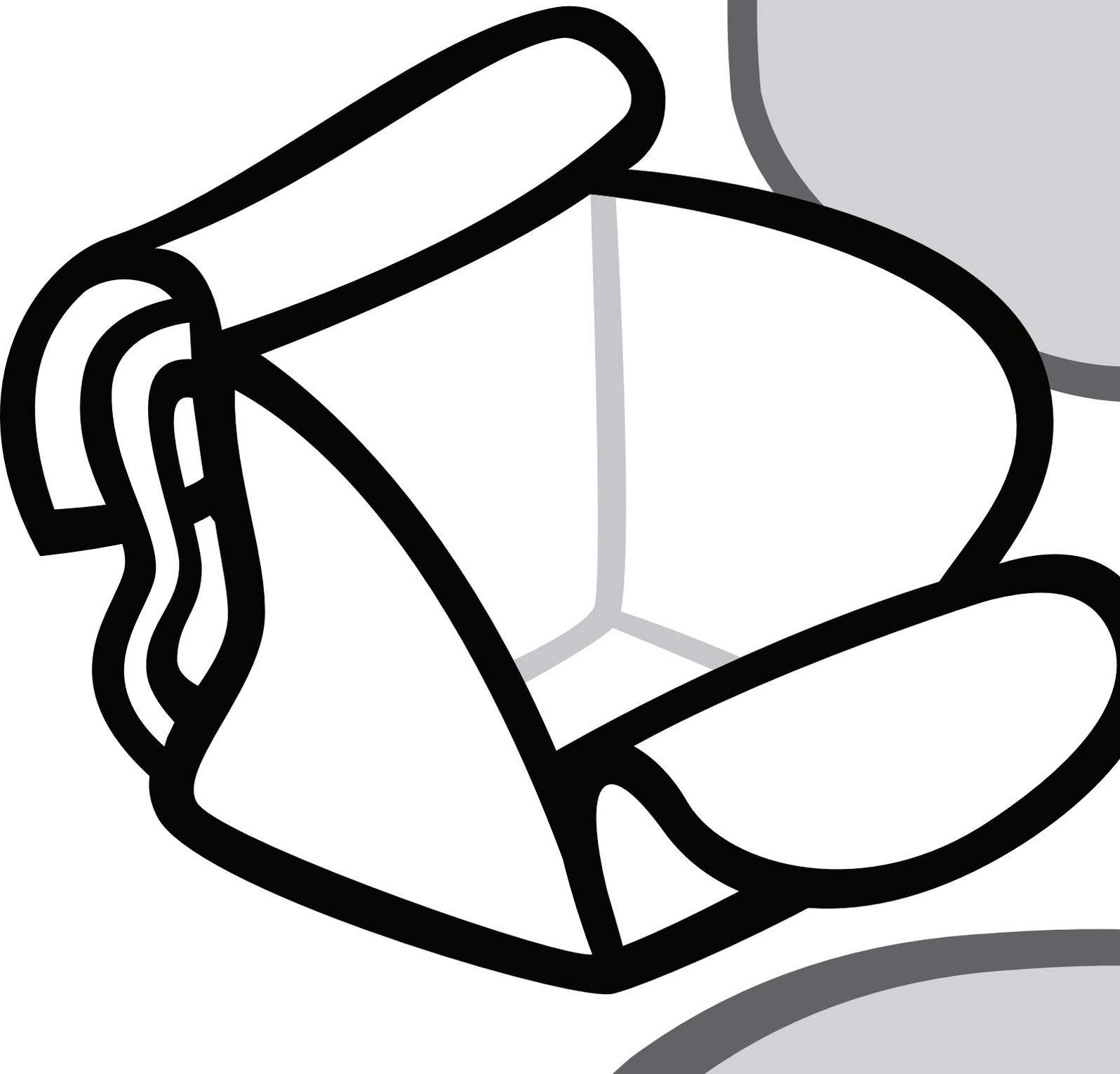
But other times,
there may have
been no warning
and no time
to get ready.



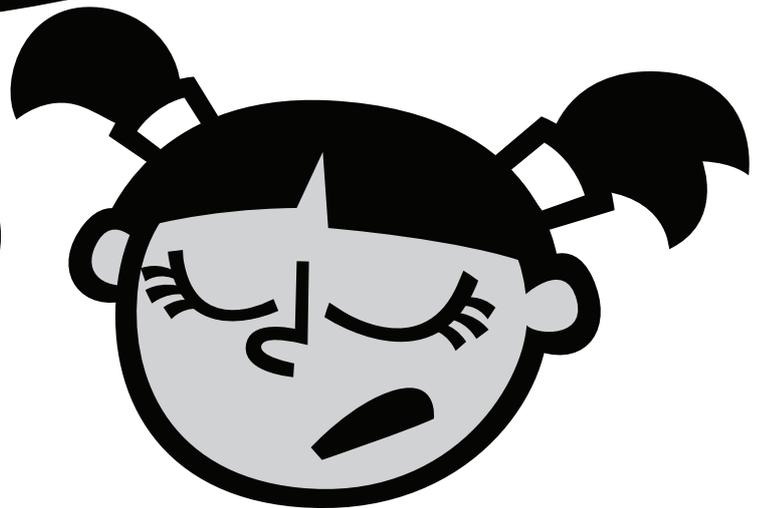
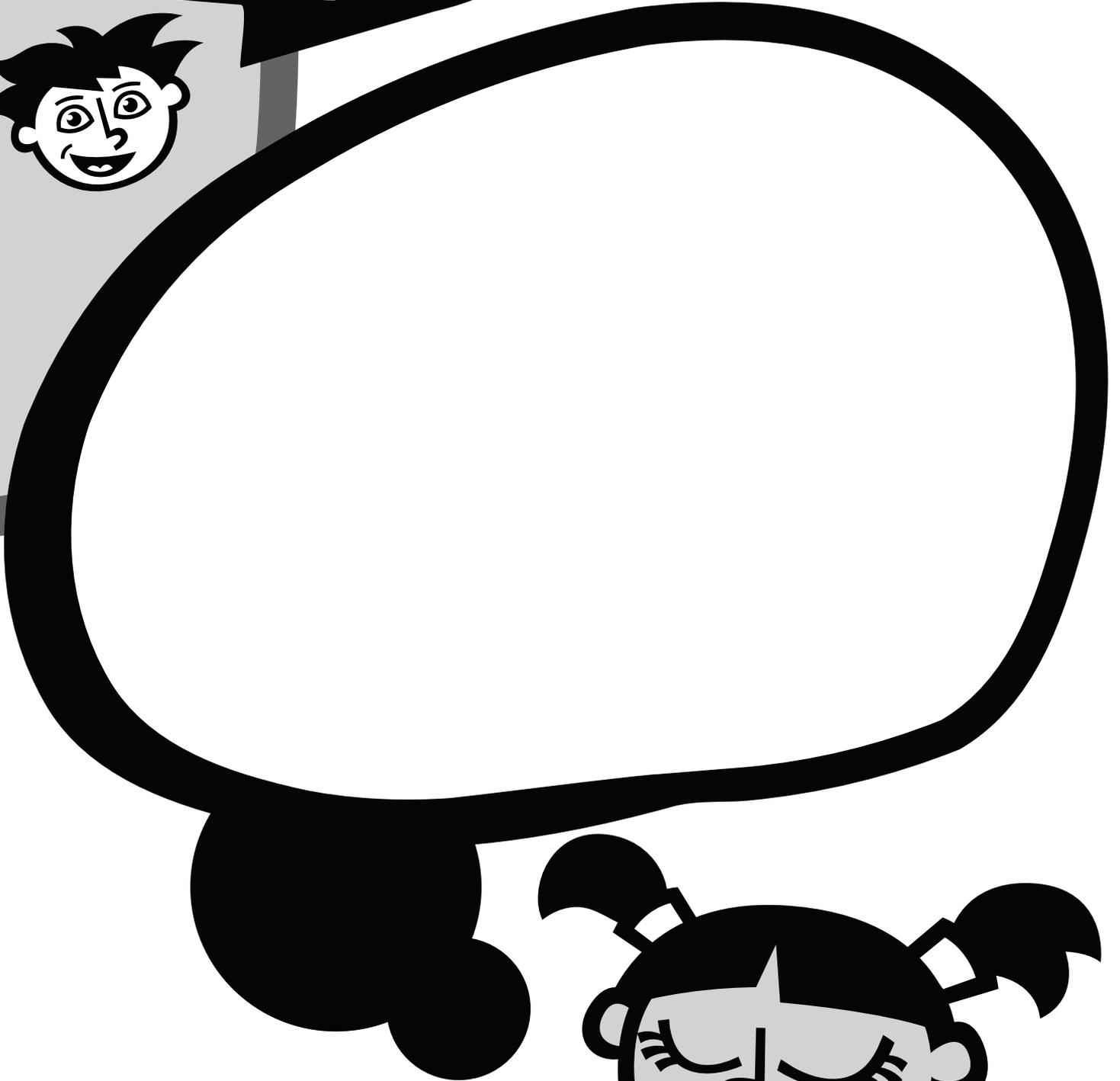
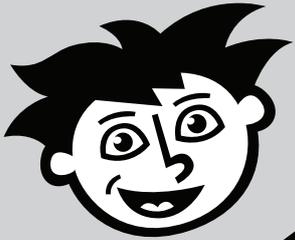
Your special things

What did you take with you
in the emergency?

You can draw pictures of the
items in the backpack and in the
thought bubble.



What do you
wish you had
taken with you?

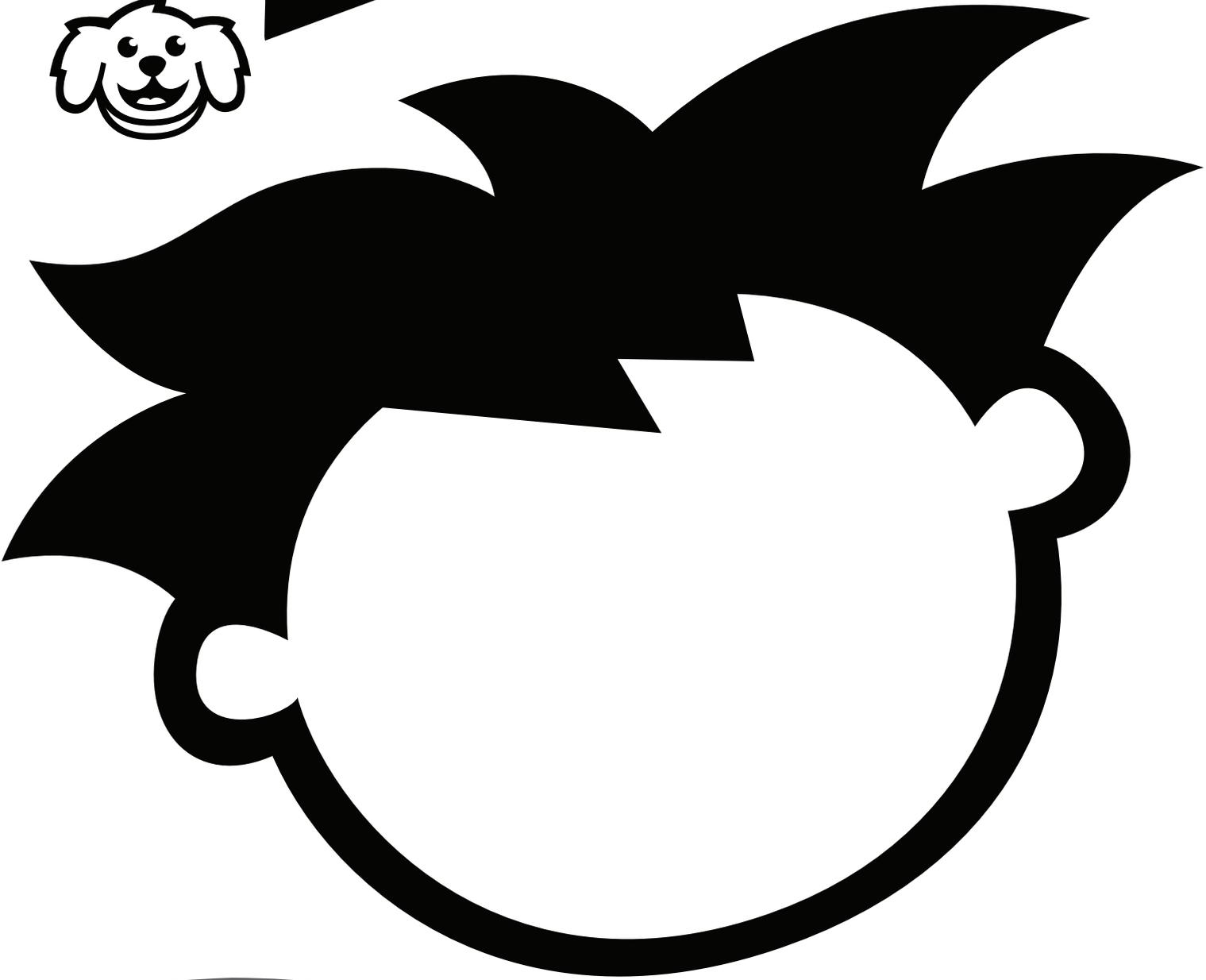


In the emergency

Some people
went to a safer place
during the emergency.
Where did you go?
Draw a picture of where
you went and what
it was like.



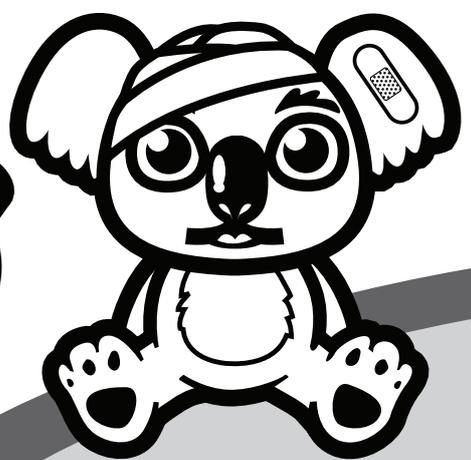
Draw how you
felt during the
emergency.



It's sad when someone is hurt or dies.
It's hard to see animals injured.



Feelings



E	E	E	L	J	C	A	A	O	C	R
Q	A	M	H	M	G	G	T	P	O	N
O	A	I	O	F	A	U	Q	R	D	A
E	F	J	P	U	F	I	I	E	G	N
I	E	C	E	S	R	I	K	L	L	G
O	G	A	F	N	A	C	T	I	T	R
E	P	Q	U	P	I	D	T	E	X	Y
M	O	O	L	N	D	D	I	V	O	A
W	H	E	A	S	C	A	R	E	D	N
F	B	P	O	I	E	A	E	D	U	O
A	Z	J	B	T	P	V	D	O	P	E

It's normal to have different feelings after an emergency. Can you find some of the ways people feel?

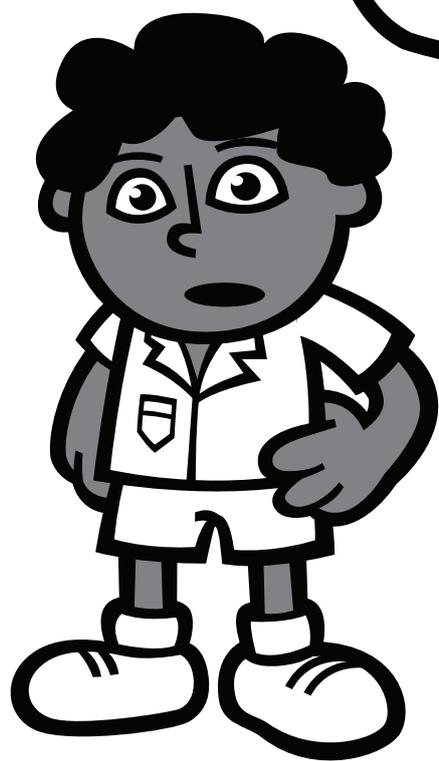
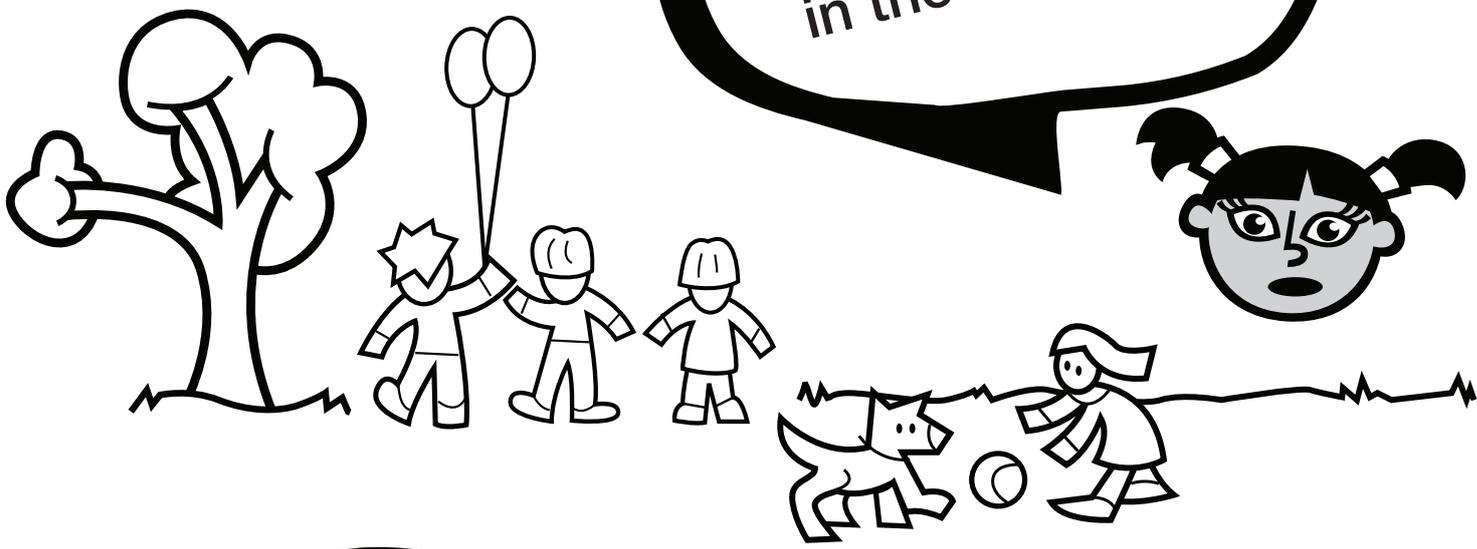
You can look down, across or on an angle.

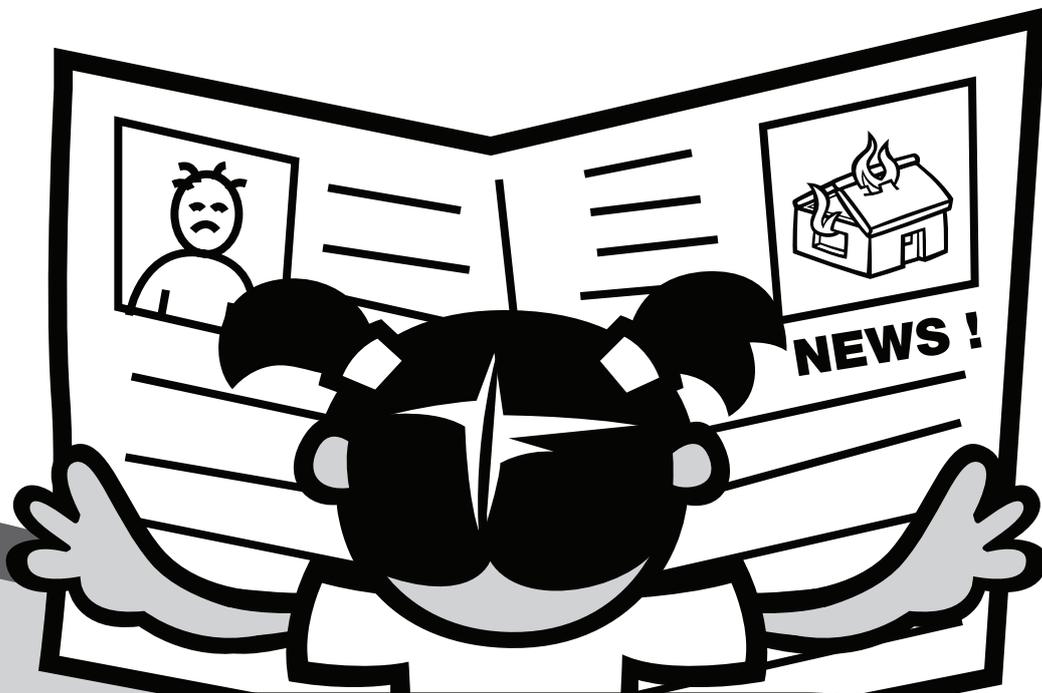
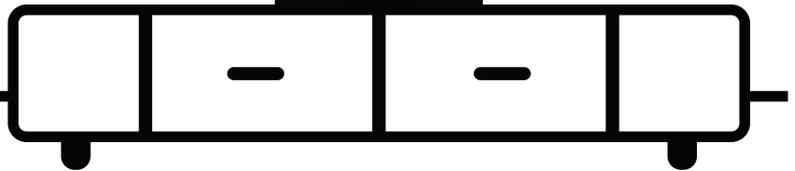
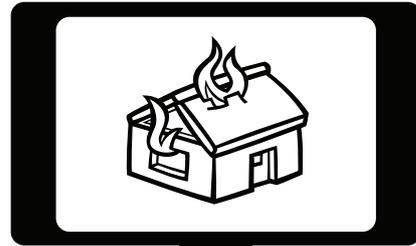
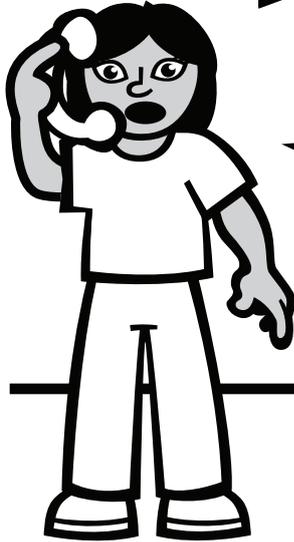


scared
angry
sad
afraid
tired
guilty
relieved
panicked
hopeful

After the emergency

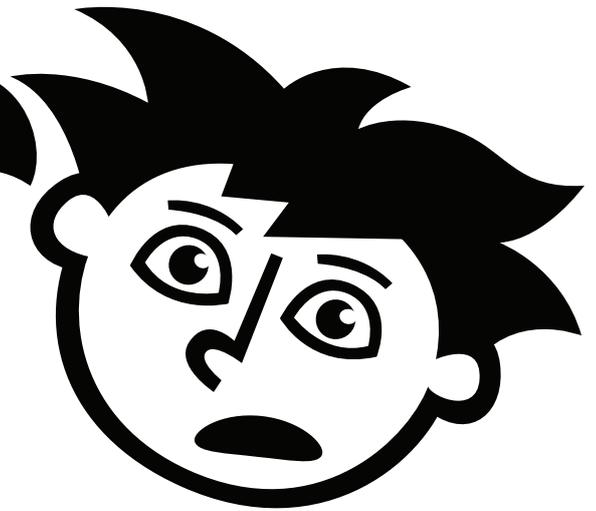
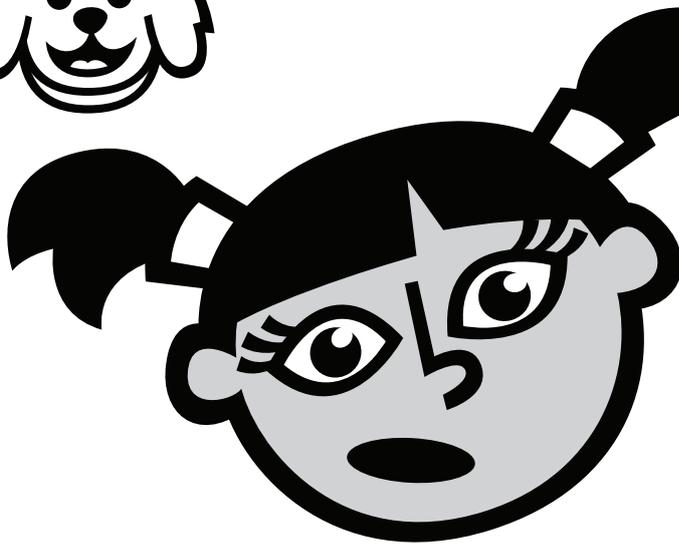
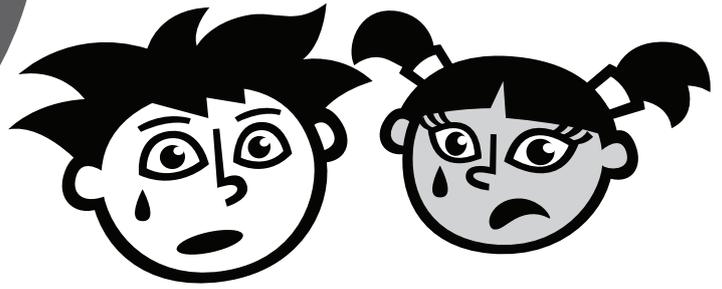
Sometimes it's hard to be with others who weren't in the emergency.





You might have scary dreams, feel sick or find it hard to concentrate and want to stay close to your family – that's normal too.

Everyone is different
and everyone's feelings are
different too.
It might take some time,
but you will start to feel
better.



Feeling better

MONDAY

TUESDAY

WEDNESDAY

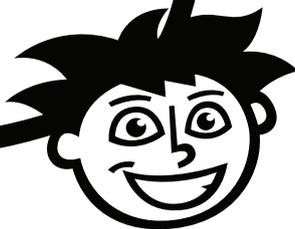
THURSDAY

FRIDAY

SATURDAY

SUNDAY

What makes
you feel better?
Draw pictures of the
activities to help you plan
what you would like to do.

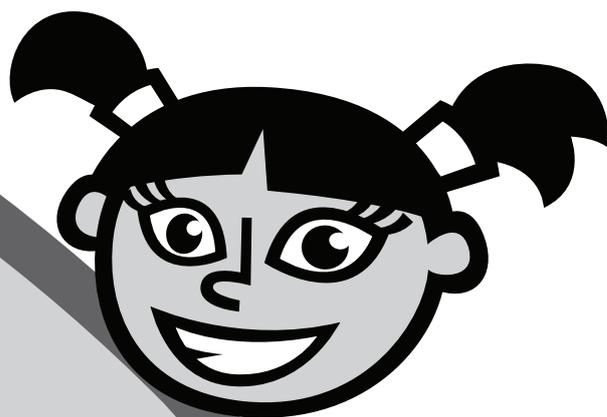


Talk about your feelings and thoughts with someone you trust – like your parents, a favourite teacher or a counsellor.

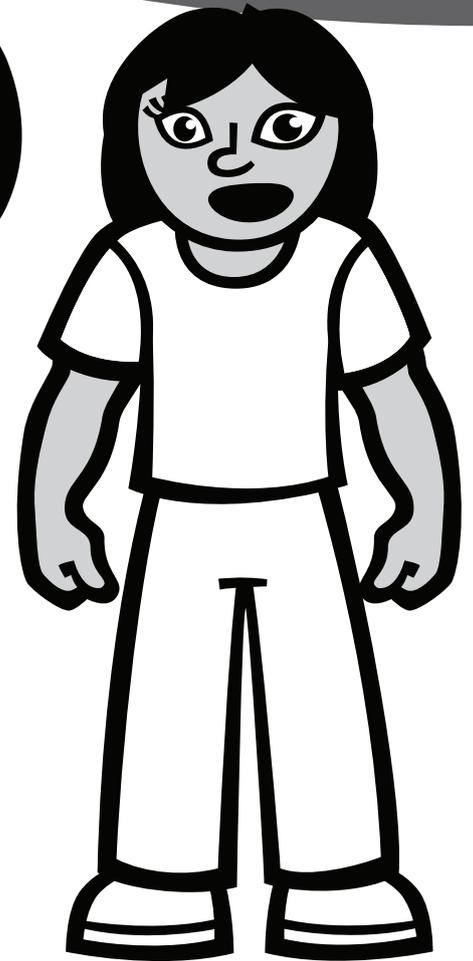
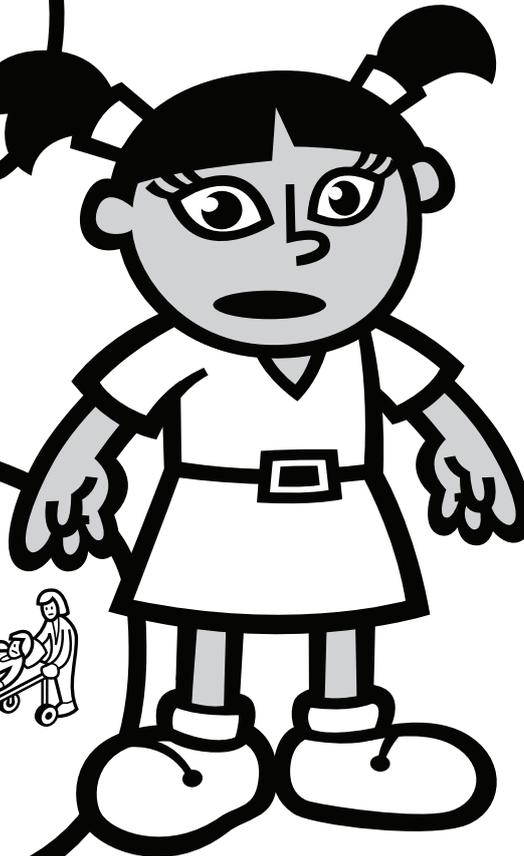
Getting help



Write the names of people you could talk to about your feelings on the tips of each finger.



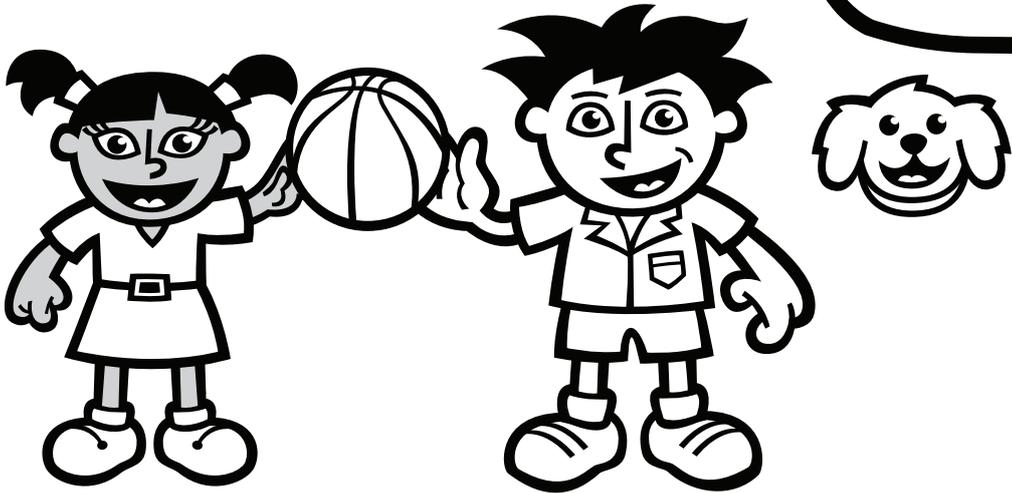
Speak to your parents about how you feel. Ask them or your teacher to find someone you can talk to.



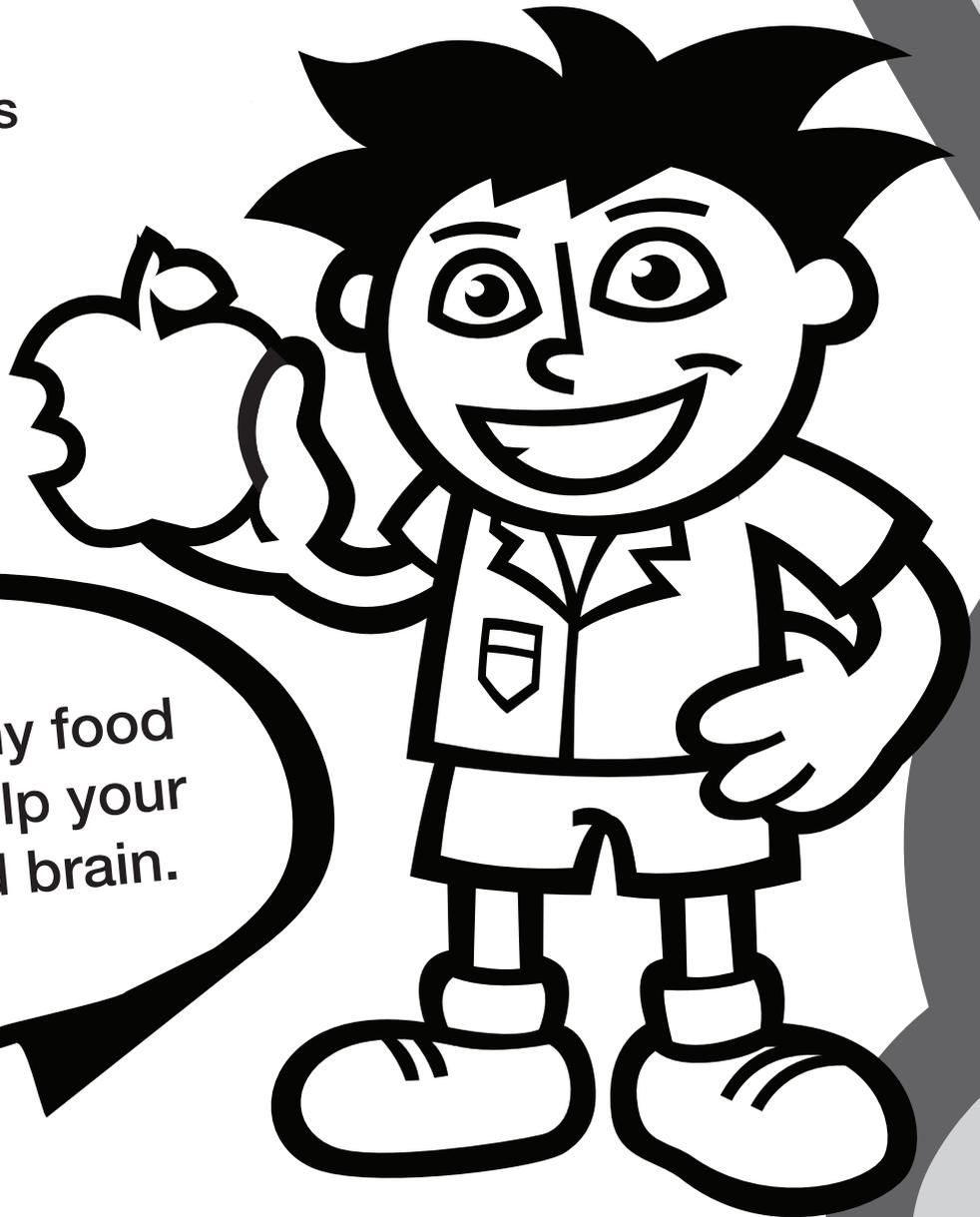
Ask for help!

If you still have scary dreams, feel sick or are worried or frightened, don't be afraid to ask for help.

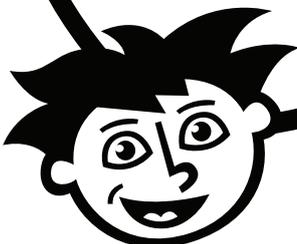
What can you do?

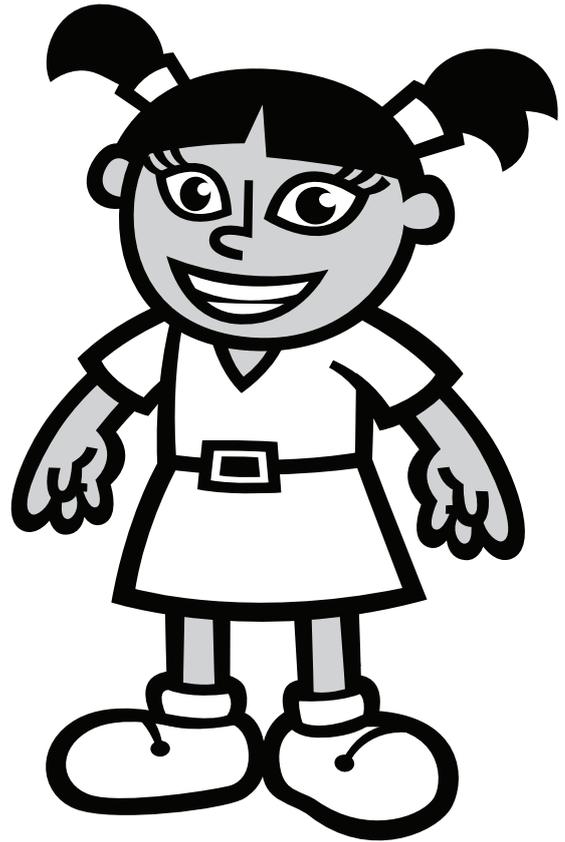


Be kind to others
and to yourself.



Eat healthy food
– it will help your
body and brain.



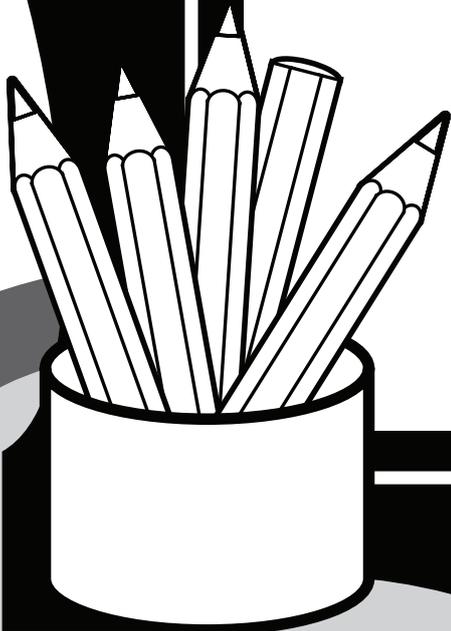
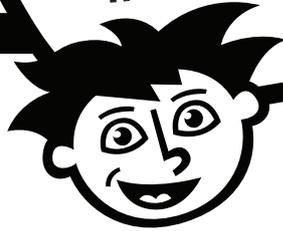


Spend time
with people
you like.

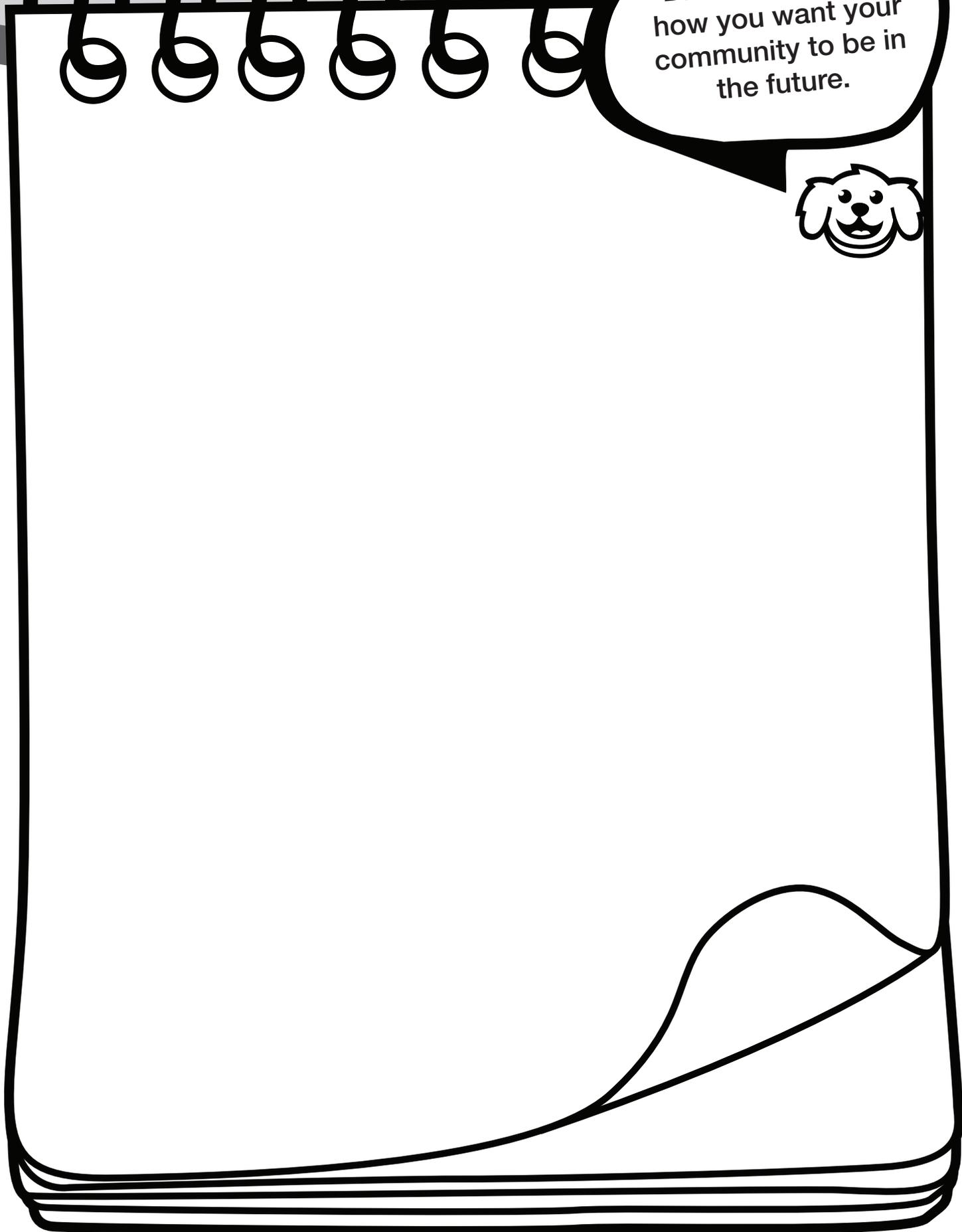


The future

Draw a picture of yourself with family and friends in the future.



Draw a picture of how you want your community to be in the future.



*Emergency REDiPlan
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