

The background of the entire page is a complex, abstract pattern of wavy, concentric lines in various shades of blue and white, resembling ripples in water or a textured surface. The lines are dense and layered, creating a sense of depth and movement.

WHEN SOMETHING TERRIBLE HAPPENS



Dear reader


Something has happened in your life - something terrible, shocking, awful. There are so many words that can be used to describe sudden terrible events. However sometimes words, are not enough or can be really hard to find.

These pages in this book give you a chance to draw or write about your own feelings or experiences.

It is yours to keep - to yourself if you want to - or share if you want to.

You may want to work on your own or with someone else to support you.

Make it as you want it.



Sometimes the world is a wonderful place where good things happen. Draw or describe some of the good things in your life at the moment.

A decorative blue wavy pattern at the top of the page, resembling water or a stylized sky.

But we know that terrible things happen too. What terrible thing has happened in your life?



Do you know what caused this thing to happen?

Was it an act of nature?

An Accident?

Something someone did on purpose?



Your life might have changed in lots of ways since this happened. Write or draw some of the ways that you think your life has changed.

When terrible things happen it can feel as though your world is thrown into chaos.

People's normal coping with what life throws at them can be overwhelmed and they may behave very differently.

Here are some images that try to capture 'chaos'.



Which ones most closely match your idea of chaos?



How would you try to draw it?



**Why! Why did this happen to me? To my family?
To my community?**

**So many questions and often no clear answers. This can be a
very confusing time. What unanswered thoughts or questions
have been going through your mind?**





People react in many different ways to terrible events. These reactions are all normal reactions to something which has happened which is not 'normal' at all.

Some feelings and reactions last a short time - others can go on. For a long time.

Lets think about some strong feelings.

- Shock
- Anger
- Guilt
- Sadness
- Worry
- Fear
- Helplessness

Sometimes feelings come and go - you might go from sunny and cheerful to cold and miserable - with a range of feelings in between or all mixed up together.

Shock! Many people feel this early on and feelings can seem 'frozen' - people feel numb.

Have you felt this?





Anger - its natural to feel angry - what happened is awful and no one wanted it to happen.

**There may be someone to blame or many people to blame.
There may not be.**

Angry feelings may be hard to manage and express.

How are you getting your anger out and letting off steam?



Sometimes we take our anger out on the people who love us the most and we show it through how we behave.

Are there other ways to express your anger?

Here are some simple techniques that can help.....

- **Talk about how you feel with a trusted friend or adult**
- **Use self talk....such as saying to yourself “I can cope with this” “I can handle this” “It’s normal to feel angry about this” “It will pass”**
- **Do something creative....write down or draw your feelings and create an ‘anger collage’. Use clay to sculpt what you imagine your anger looks like. Write lyrics for a song or some poetry to express yourself**
- **Do something physical.... Run, cycle and pound it out!! Use a punch bag at the gym, tear up paper or scrunch it up, pummel clay and then create something from the shapeless lump**
- **Go to a safe place, somewhere you feel safe, for example a bench, a quiet space in the garden, a quiet room in school or at home - somewhere that is calming for you and you associate with peacefulness**
- **Sometimes it is hard to find a physical safe space, so create a mental one - see page 29 in this booklet for guidance on how to go about this**
- **Write down or draw what you feel angry about and then tear it up into little pieces. Throw them in the bin saying “I’m throwing this anger away”!**
- **Use breathing techniques such as 5,2,5 breathing. Breathe in to a count of 5, hold for 2 and then out to a count of 5. Tell yourself “Be calm” and then do this 3 times. Count to 10 and then do it again. This strategy lowers your arousal level and should help you relax physically so that that you can relax mentally**

All these techniques can be used to manage feeling stressed too and can help if you feel overwhelmed at times by what you have gone through.



Guilt - Did I do something to make this happen?

Could I have done more when it did happen?

No you didn't do something to make this happen - nothing anyone thinks or says can make someone die.

No you couldn't have done more when it happened even though you might wish you could have.

Guilt is such a difficult emotion and can eat away at you. People can sometimes even feel guilty about having fun and forgetting for a moment but it is really important to get absorbed in doing things that are interesting and enjoyable.



Has guilt affected you in some way? Draw or write some of your wishes here...





Sadness -

This is a natural emotion when you are grieving over what has happened; what has been lost, people may have died, everything feels as though it's changed. Why wouldn't you feel sad?

Allow yourself to feel it - don't always push it away.

Try and express it - tears - music - artwork, writing, talking - whatever works for you. Can you remember anything you have done in the past that has helped you to express sadness?

Maybe you could draw it here as a reminder.




Worry - What is going to happen now?

Will this happen again? It's so hard to know - often no one can be sure, no-one can know for sure.

Worried that everything has changed or feels different.

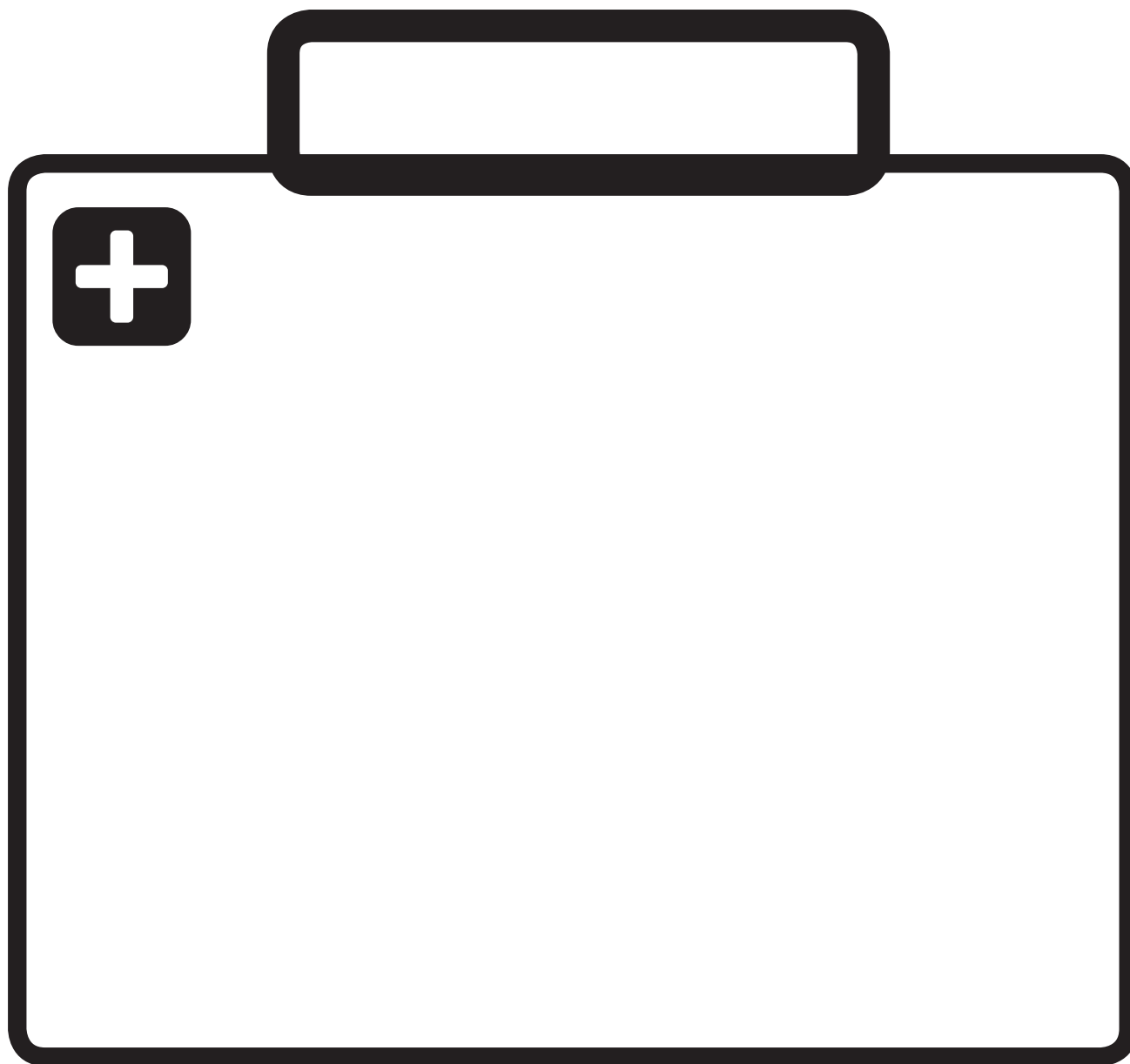
**What are the things that are worrying you right now?
Making a list can be the beginning of discovering ways of managing your worries.**


You might find that in a few weeks time some of the worries will no longer be big worries or you may have different things on your mind.



Often finding things that you can do and action you can be part of helps with these worry feelings.

What could you put in the box to help you tackle your worries?






Helplessness - what happened to you came out of the blue, it wasn't in your control - feelings of helplessness can go on for a long time when something happens which shakes your world.

Again this is normal. Try and make some plans and do some little things that you can control. Every little thing can help.

What plans (no matter how small) have you been able to make since this event?



Fear - fear can hang around in the background for ages. It can also be very much 'there' to begin with and stop you going near places that remind you of the event. This is normal too. Try and find a fear / trauma mate / friend to help you gradually face your fear.

Is there something / anything you need help to 'face' at the moment?

Who could help you? Telling someone you trust can help the fear seem to grow less and less writing or drawing our fears can make them less powerful.

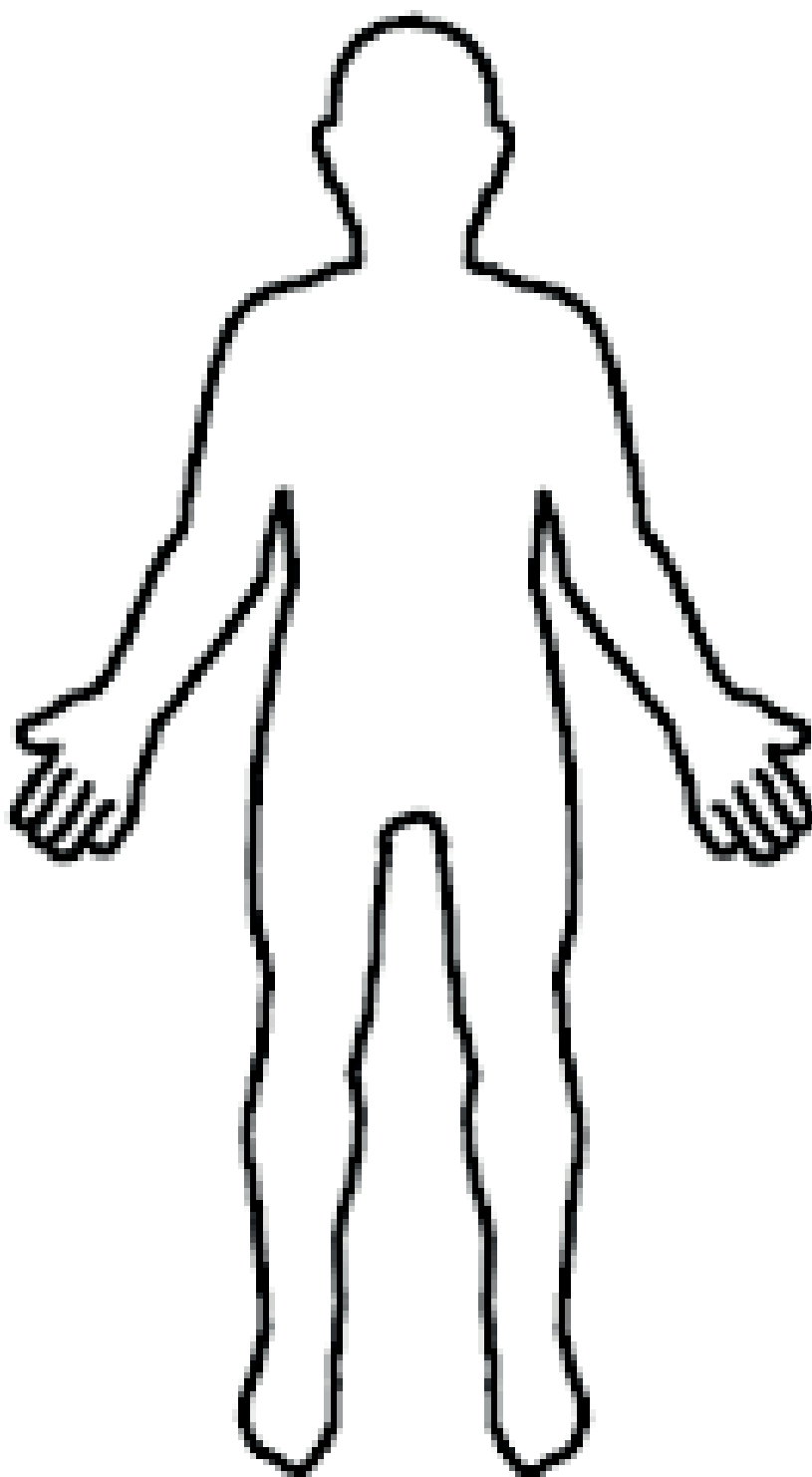



It's natural to hide feelings after trauma. Often people feel ashamed of seeming out of control of their feelings or think they are 'going crazy' as their feelings are so strong.

It can feel like being on a rollercoaster of emotion.

Sometimes we hide our feelings from those who love us the most, because we don't want to upset them more. It is easy for friends and family to misunderstand and get angry with each other.

Or we bury our feelings and they come out in other ways -
through actions or aches and pains in our body.





Everyone else knows about it! - but no one who wasn't there really knows about it. It can be hard can't it - everyone seems to have a view to express on the media, social media etc.

How have you been able to cope with the different views represented in the media and on social media?


What has helped?

What has been difficult?



People who were there can end up feeling lonely at times - as though no one really understands.

Others may try to help but they don't know how it is for you and that can make you feel even more lonely.



There is a little phrase which you can use to help you remember some of the things you can do to help support yourself at times of crisis.

BE FIT

Each letter stands for a way of coping.

It's best to use two or three ways of coping and not just rely on one.

Often in **CRISIS** times we forget all the things we can do to help ourselves get through.



B- Beliefs.

What do you believe in? Is this helping you to get through this difficult time?

What helps or what has helped you in the past to believe in yourself?



E - Emotions

Try and express them and not hide them away. Make sure you have somebody / some people you can share your feelings with.

Who / what do you turn to?

Absorbing yourself
in a good book

Laughing

Crying

Watching films

Playing music
really loud

Channelling
emotions into
fund / awareness
raising

Sharing with
friends on
social media

Special occasions and anniversaries can be triggers for feelings that can feel as strong as when the event happened. This can be frightening but these feelings are normal. It can help to plan ahead for these events;

Who is going to be with you? What will you do on that day? How will you help yourself to feel OK on that day and get through it? Remember try and limit your exposure to social media to help protect yourself.



F - Friends and family

It isn't always easy to talk - is it? Sometimes it seems hardest with family.

Try reaching out - ask for help if you need it. Remember you are going through a tough time - it's natural to need help.

What nice things have you been able to do with your friends and family?

If you haven't been able to do anything yet - what would be the first small step to doing something nice?



I - Imagination

This can be a really powerful way of helping yourself. Imagine how things will be in a few weeks, months, years, after all this trouble is over.

Choose a time scale that feels helpful. Close your eyes and go back to a happy time and think of a happy time ahead. There is a visualisation you can do called the 'Safe Base'.

Close your eyes and think of a place where you feel really safe. If you can't think of one - imagine one. Now imagine how it feels to be there. What can you see? Hear? feel, smell, touch?

What is there? Who is there with you? Settle yourself down there in your mind's eye or just 'Be'

Open your eyes when you are ready to break and come back to the real world.



T - think

When we are in the middle of an awful event it can be hard to think straight and this can lead to us feeling out of control. See if you can take back control by planning what you are going to do next.

It could be in the next hour, the next day, week or month or even year.



Lastly -

BE FIT

**Don't forget to look after yourself. Try and get some exercise.
Make sure you eat well get some rest, relaxation and SLEEP.**

Take a look at your caring circle and think about the following:

Who gives comfort?

Who cheers me up?

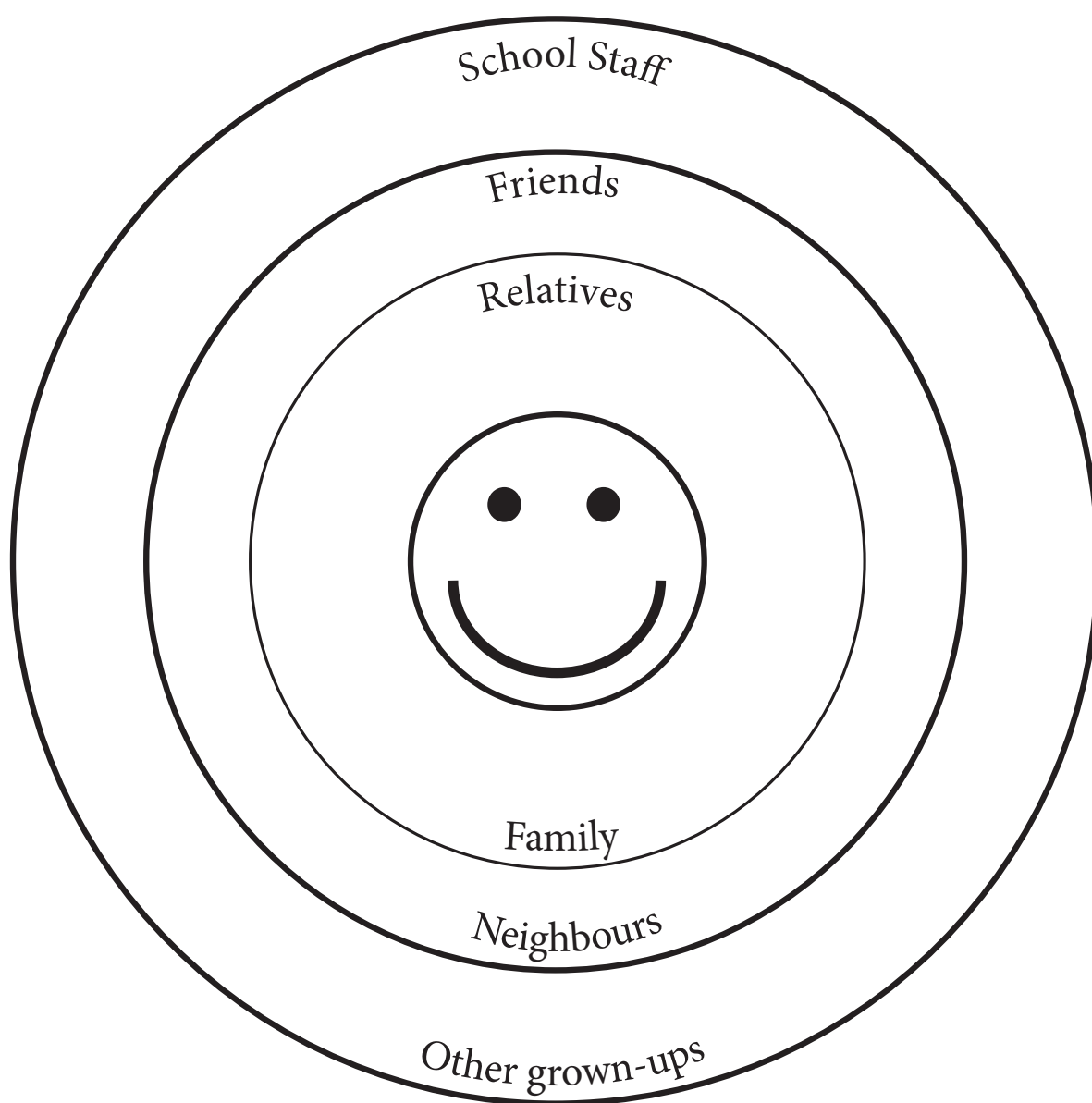
Who makes me laugh?


Who sticks up for me?

Who never lets me down?

Who can I cry with?

Who can I be my real self with?





**Friends are a really important source of support for you.
Think and talk about how friends can help at this time.....**

For example:

Friends can help by.....not avoiding me

Friends can help by.....asking me how they can help


Friends can help by.....

Friends can help by.....

Friends can help by.....

Friends can.....


Friends can.....



One way to get some support is by setting up a group in school to meet, talk, share and maybe look at some of the pages and ideas in this book together

If you can do this in your school/setting, think about....

- 1. Who needs to be in the group? People who have shared a similar experience works well**
- 2. Where and when will the group meet? Somewhere safe, comfortable and private is needed**
- 3. A member of staff to help facilitate the group...Who? Someone liked, trusted and respected that can commit the time each week**
- 4. How long should it run for? As long as it needs to? A term? Or set a date to review how things are going?**
- 5. How will it begin and end? Set some agreed ground rules – i.e. to listen to each other and keep anything shared in the group confidential.**
- 6. Celebrate in some way together at the end.**



Is there anything you want to tell people so they can understand better how you feel?

What do you need them to do or say?



There may come a time when you need to or want to go back to a place where something terrible happened.


Some things to think about.....

- **When is the best time to go? An anniversary, a quiet time, soon after the event or a long time after the event? What feels right for you?**
- **Who will go with you for support?**
- **What will you say to yourself on the journey there and once you are there**

Some helpful things you could say.....

**I am safe now – that was then and this is now
It is normal to feel anxious ...I am being courageous!
This is a hard thing to do but it will help me in the long run
I really want to do this and I have here to support me**

- **Plan in advance ... think about and prepare for how you may feel, what you are going to say to yourself and what you need your supporter to say to help you**
- **Plan somewhere close by to go to should you need to step away or step back for a bit or feel overwhelmed and need a break**
- **Plan an immediate treat afterwards to say 'Well Done' to yourself**



Often when terrible things happen to people they change and they learn new things about themselves...

What about you?



What are you good at? What have you been good at for a while?

What do other people tell you you're good at?

What do you like about yourself?

What do others like about you?

What do you think you will focus on once all of this difficult time is past?



REMEMBER

Those who have been 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.

As time goes on you will find you can look back with more happiness and less pain.



Journal / Diary Pages



Journal / Diary Pages

A decorative blue wavy pattern at the top of the page, resembling stylized waves or a textured background.

Journal / Diary Pages



Journal / Diary Pages



Putting children first

This book is based on the book for younger children with the same title by Marge Heegaard. It is written by Susan Posada, One Education Educational Psychology Team.

Acknowledged contributions: Jane Roller, Royal Borough of Kensington and Chelsea Educational Psychology Team.

**Get
in
touch!**

Universal Square
Devonshire Street North
Manchester M12 6JH

telephone 0844 967 1111



@oneeducation
help@oneeducation.co.uk
www.oneeducation.co.uk