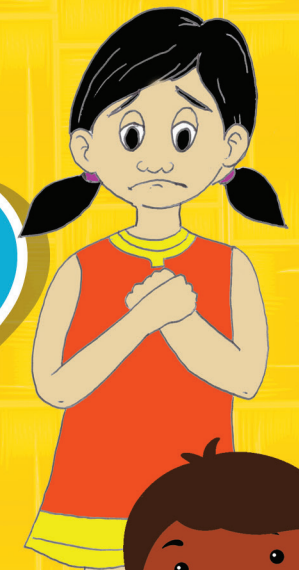


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How do I feel?

A workbook for primary school children to discuss changes in their lives







There are many things that make me happy. When I think of happy things, I think of visiting my grandparents, collecting shells, fishing and visiting my friends.

Can you draw three things that make you happy?

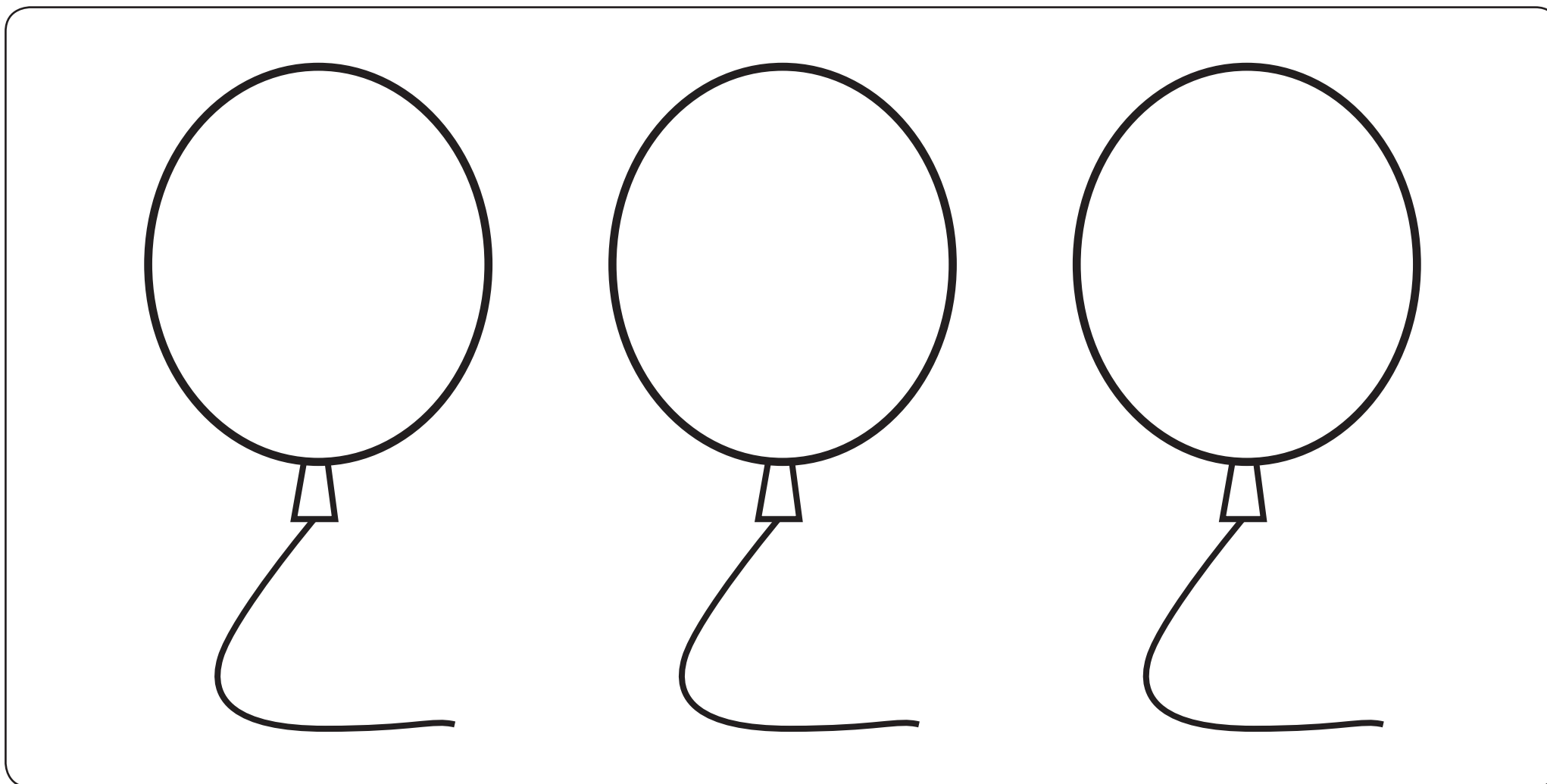


Recently, however something terrible happened...we had a big cyclone. It changed many things. Can you write or draw about what changed for you?



During the cyclone, I felt many different feelings. Sometimes I felt scared, other times I was worried if my dog and garden would be OK.

Can you colour these different balloons to show when you are happy, sad, angry, confused and worried.





Many people were afraid, sad, angry and worried during the cyclone. Some put on pretend feelings to hide how they really feel. Sometimes people smile when they are really or worried. Sometimes, I hide my feelings too.

(Name and draw 3 feelings you sometimes hide)





My grandmother says it is OK to cry when you feel sad. Crying helps get the sadness out. Can you write or draw about what you do when you feel sad?



When I am afraid, sometimes my stomach feels sick, my feet and hands get cold and I can't talk or move.

What things make you afraid? Can you draw a picture of this?

A large, empty rounded rectangle with a thin black border, intended for drawing a picture related to the text above.



When I am scared, I talk to my grandmother. I know she loves me, and takes care of me. We pray together, we take walks, and visit neighbours who need help.

What do you do when you feel scared?



Even though many people were affected by cyclone, they all helped each other. This shows that difficult times can teach us some good things like making new friends, caring for others and being brave and strong. We can learn to be happy again. How do you think we can help others during difficult times like cyclones?



This is me... I am OK, and I am loved by my family and community.

