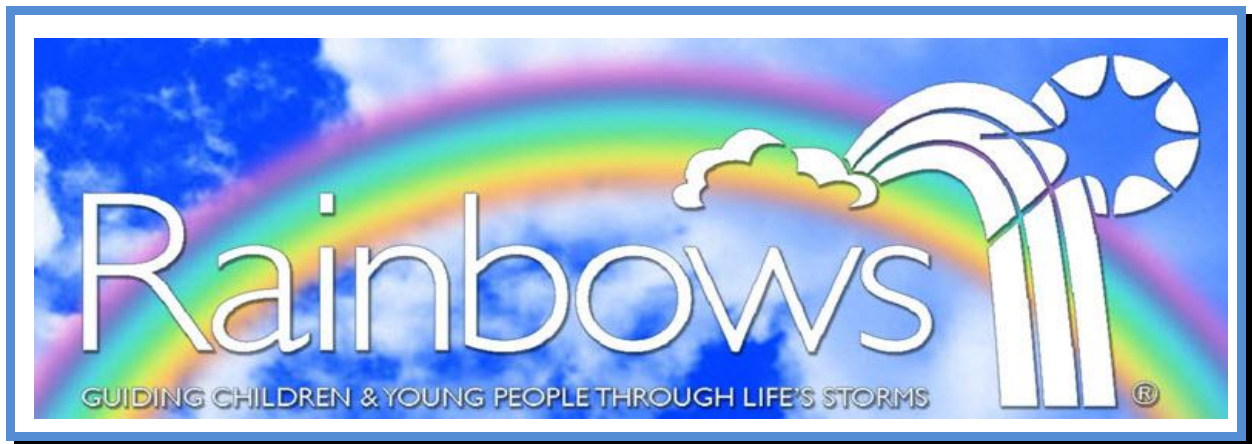


Silver Linings

Sharing our feelings during troubled times.



This book belongs to:

Participant Booklet for ages 7 – 11

Silver Linings

My Personal Crisis First Aid Kit

I Can...

- **Talk to my parents, carers, teachers and other trusted adults.**
- **Ask for hugs and give hugs to these people when words are not enough.**
- **Try to understand about how other people feel.**
- **Ask questions to help me understand.**
- **Be fair through my actions, words and how I treat other people.**
- **Let my family, friends, classmates, neighbours and community know how much they mean to me.**
- **Try to be helpful in any way I can.**

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Feelings and Me

The crisis event that brings you together today is important for you, your family and your community.

Have you had a chance to talk about what you've heard and your thoughts about this traumatic time?

Maybe you have a personal story to tell.

Has anyone asked you how you **FEEL** about this event?

Sometimes feelings are really the hardest thing to think about and can be harder to **TALK** about.

Feelings are a natural and personal part of you just as your hair or eyes.
EVERYONE HAS THEM – LOTS OF THEM.

It is important to understand that feelings are never right or wrong – good or bad – **THEY JUST ARE!**

Too often, people may feel unsure about expressing their honest feelings. They may fear rejection or lack of acceptance.

Sometimes, we have feelings such as anger, depression or loneliness and we hide them deep inside ourselves.

Keeping feelings hidden and pushed down can never help us understand them. Releasing feelings by talking about them can help us get through the difficult times and lead us to ways to express them positively – no matter what they are.

Talking about your feelings cannot change a situation, but it may help you gain an attitude of understanding about it.

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Feelings and Me

Read the **Vocabulary of Feelings** words on the next page. Using some of these feelings words or others you choose, think about the day of the **Crisis Event** and write FOUR (4) of the strongest feelings you experienced '**THEN**' on the chart below.

Next, write Four (4) feelings you are aware of '**TODAY**'.

Finally, write Four (4) feelings you want to be part of your '**FUTURE**'.

THEN ...	THEN ...	THEN ...	THEN ...
TODAY ...	TODAY ...	TODAY ...	TODAY ...
FUTURE ...	FUTURE ...	FUTURE ...	FUTURE ...

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Feelings and Me

Vocabulary of Feelings

POSITIVE FEELINGS

Loved
Alive
Excited
Secure
Happy
Proud
Important
Great
Respected
Strong
Popular
Needed
Cared for
Wanted
Satisfied
Brave
Glad
Pleased
Terrific

NEGATIVE FEELINGS

Sad
Upset
Helpless
Nervous
Alarmed
Scared
Cross
Angry
Hopeless
Weak
Terrified
Dreadful
Guilty
Furious
Bitter
Worn-out
Shocked
Confused
Terrible

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Feelings and Me

Working with a partner take turns at role-play, being a reporter and conducting an interview with your partner using the following questions, when being interviewed be sure to focus on the **feeling words** you chose on your feelings chart as well as the **facts**.

1. Today, we have a special guest with us. Please tell us your name and where you live.
2. Tell us, in your own words about your experience with this community crisis.
3. What feelings did you experience?
4. Have you had a chance to share these feelings with anyone else?
5. Who is the trusted person who helps you share your thoughts and feelings?
6. What do you think you can do to help this situation?
7. As a reporter, ADD questions you would like to ask this person.

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Feelings and Me

Feelings Cinquain

A Cinquain is a poem composed of five lines.

Read the sample poems and then follow the instructions to write each line and compose your own Cinquain.

SAD
None caring
Always staying away
Overwhelming sense of loss
UNHAPPY

SECURE
Confidently aware
Unafraid and trusting
Helping me and you
SAFE

1. Title (use one word – you must use a FEELING WORD)
2. Describe the title (use two words)
3. Describe an action (use three words)
4. Describe a feeling (use four words)
5. Use another word (synonym) to describe the title (use one word)

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Feelings and Me

My Personal Journal

Silver Linings

Changes For Me

When a Crisis Event happens, whatever it may be, even people who do not know anyone directly involved, may feel deep sadness and confusion. You could say that life appears to be like a blurred photograph – we remember how life looked before, but we are not able to see clearly how life should be today. If we are wondering how we should feel, how we should act or what you should do – you are not alone. **Everyone** shares these same questions.

Changes are not always easy – sometimes they can be challenging. Tackling change can make us stronger, more resourceful and lead us to unique solutions that we never dreamed possible beforehand.

When extreme sadness is part of our life and everything is spiralling out of control and we are trying to work out what to do, we are **grieving**. Grieving is normal when the world as we know it is turned upside down due to loss.

For all of us, it is important to sort through the scattered pieces of what used to be and reassemble an acceptable new world for ourselves. Circumstances at this time may make this extremely hard to do. But, working together can make any task easier – and that is what we need to do.

Maturity not only makes us stronger, but also clears the way for us to be a more caring, concerned person. As we grow, mentally and physically, holding onto our memories is important because they help us to understand where we were and why we are the person we've become today.

Your memories of life before this Crisis Event can help you to find direction so you can grieve and move on to build a better life for yourself and those who share your world.

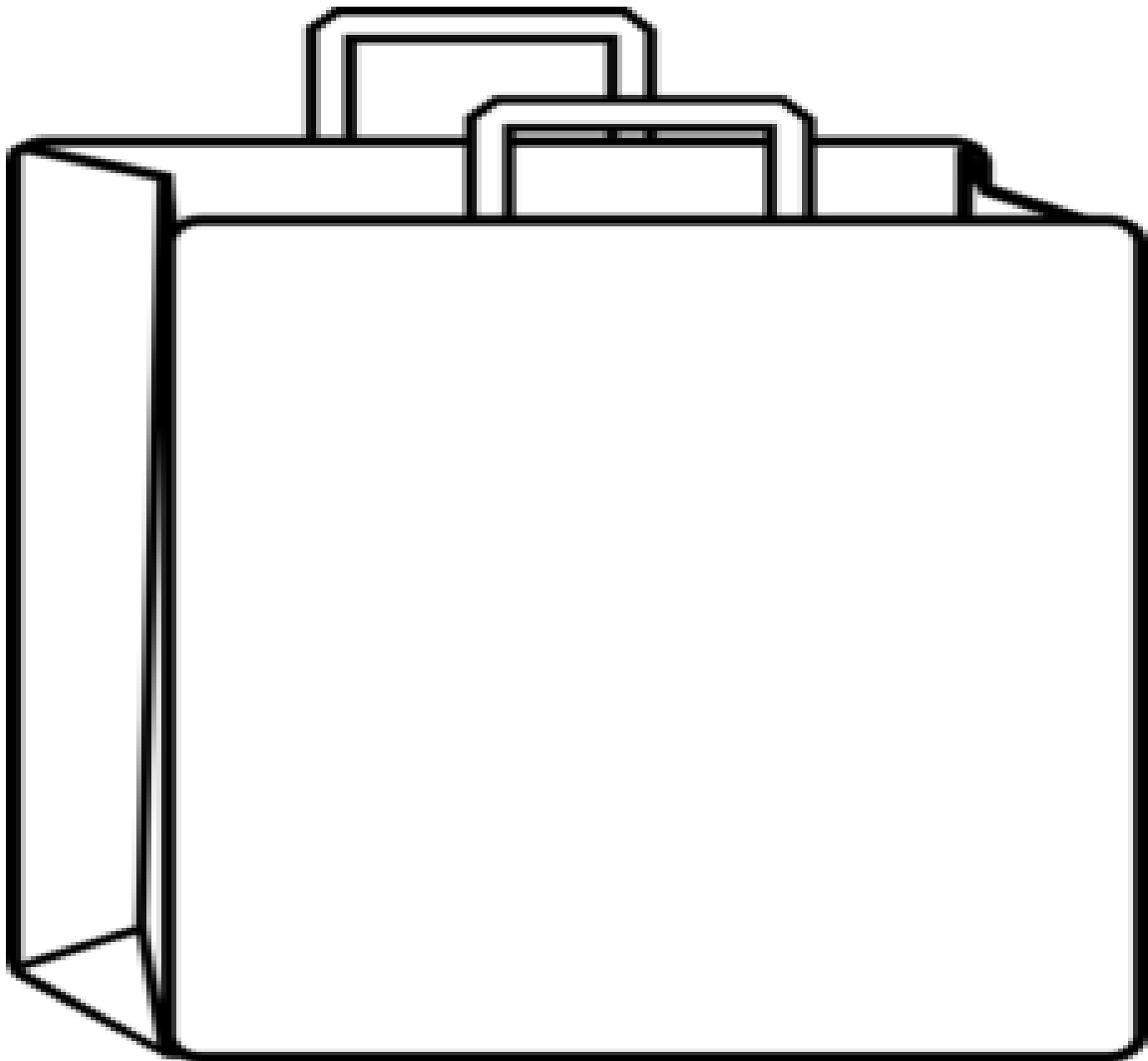
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Changes For Me

One central Crisis Event brings us all together, but **each person** has their own story to tell about what happened.

Read the following questions and write your answers in your bag.

What was your Crisis Event? How did you find out? Who was with you? What did you do at the time? Can you tell why you acted the way you did? What if something like this happens again – what would you do?

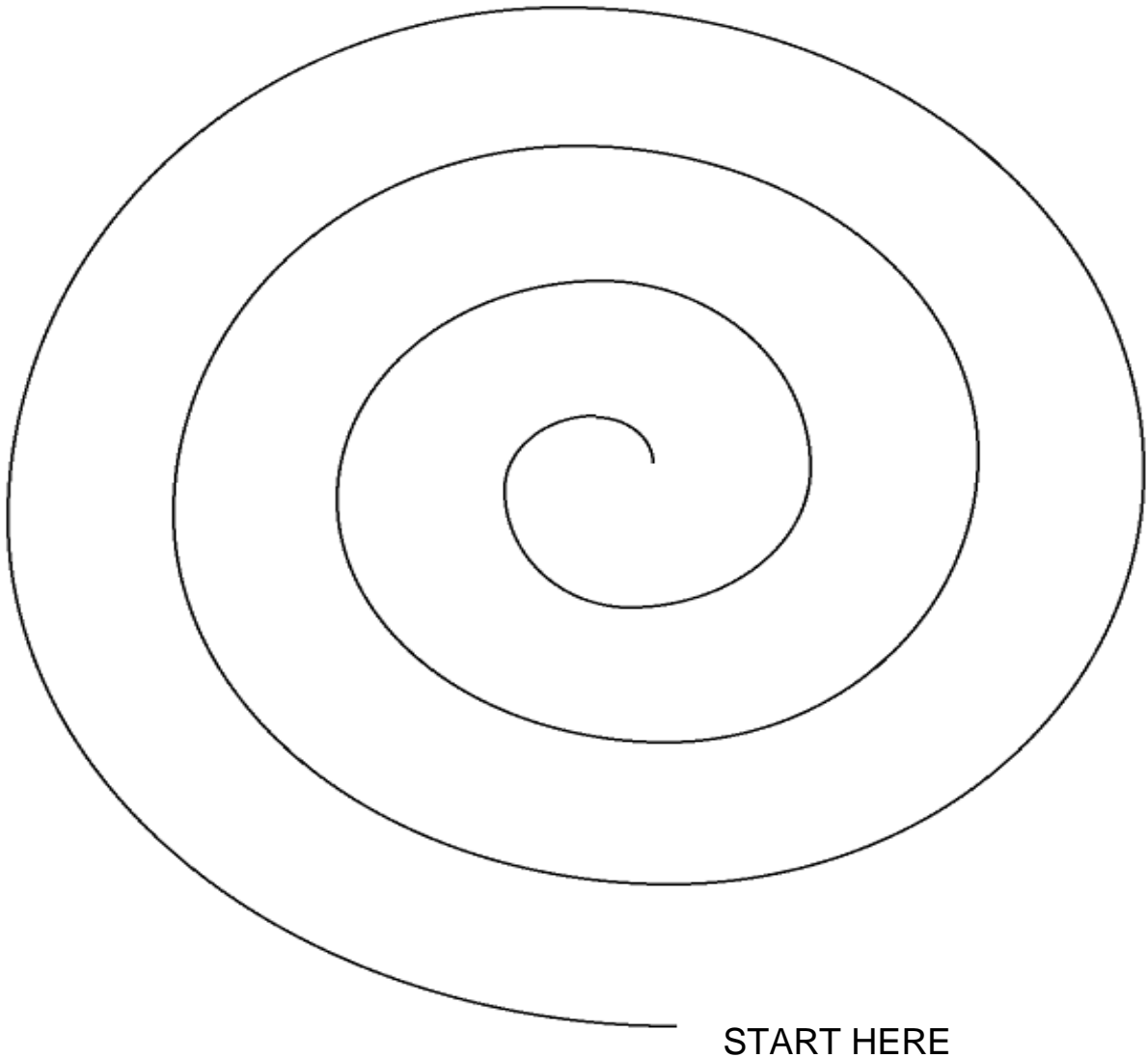


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Changes For Me

Think of a CHANGE experienced since the Crisis Event and write it on the spiral where it says 'START HERE'. You may use more than one word or phrase. Now write a second CHANGE using the last letter of the first change to begin your new word. Continue to work your way around the spiral. **Remember working together is easier – so see if you can help each other to fill in the spiral.**

Spiral of Change



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Changes For Me

My Personal Journal

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Angry and Scared



Think of the last time you felt **ANGRY**.

Was it about this Crisis Event or some other time?

When everyone realised the enormity of the Crisis Event – many people felt **ANGRY**. Yet right along with that anger, most people would agree that they also felt **FEARFUL**.

Often times when we are **ANGRY**, there is some underlying **FEAR** we may not realise. A normal reaction to something fearful can be to protect ourselves by showing anger.

What we do with our anger is what is important.

If we think through our feelings of anger and learn ways to express them appropriately, we can better understand how to cope with our fears.

As caring human beings, we need to accept our feelings – including anger – and acknowledge they are part of each one of us.

Staying focussed on our anger and letting it control our actions will never solve any problems.

Remember – I will try to understand my angry feelings and make positive choices on how to react to those feelings.

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Angry and Scared

Anger and Fear can easily be mixed up together. Fortunately we can separate and rearrange them ourselves, instead of letting them take control of us.

Read the following statements and record your feelings by writing Anger, Fear or both feelings in the box.

Talk together to find ways of taking positive control of these powerful feelings.

1. When I think about what has happened in my community, I feel

2. When I think of the families affected by the crisis, I feel

3. When I do not understand people who are not like me, I feel

4. When I want to yell and scream, I feel

5. When I want people to answer my questions now, I feel

6. When I am left out of a discussion, I feel

7. When no one listens to me, I feel

Now write your own statement:

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Angry and Scared

My Personal Journal

Silver Linings

Endings and Beginnings

Each beginning, at one time, was an ending. Knowing this cycle continues can give us courage to face our new beginnings today and strengthen us to go on until we reach an ending again.



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Endings and Beginnings

Look at the words underneath each picture.

Put a cross (X) on the ones you think symbolise an **ENDING** for you at this time.

Circle the pictures that appear to show what could be a new **BEGINNING**.



Uncertain/Painful Times



Serious Changes to your world



World Peace



Future Hopes



Good Times



Learning to Accept Changes

A circle has no beginning or end, it just continues on and on.

Did you find any pictures that are like a circle?

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Endings and Beginnings

My Personal Journal

Silver Linings

Weathering the Storms

Some of life's problems do not come with just one solution. To solve a problem, answers or actions we decide to take may need to be adjusted from time to time. And, just when we think we have a handle on things, we often need to look for new and different answers again.

One of the most important skills we can learn when trying to cope with our problems or '**personal storms**' is to find those caring, trusting people who can be our mentors and guide us in finding the best solutions when making life choices. Just because you are a younger person does not mean you can't think of how you should live or cope with your problems. When something really serious becomes part of our lives, we need to know it is a good idea to reach out to others for support. They can be our anchor and give us strength to help us through the rough times.

It is also good to remember that the solutions to some of life's 'storms' can take TIME – and lots of it. Bring patient with ourselves and others does not necessarily mean we are not doing anything. Allowing ourselves time to decide what is best can keep us from jumping into something without thinking it through.

**LIFE is a balancing act of...
WHO to talk to... WHAT to do... WHEN to act...
And HOW to move forward...
to the best of our ability.**

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Weathering the Storms

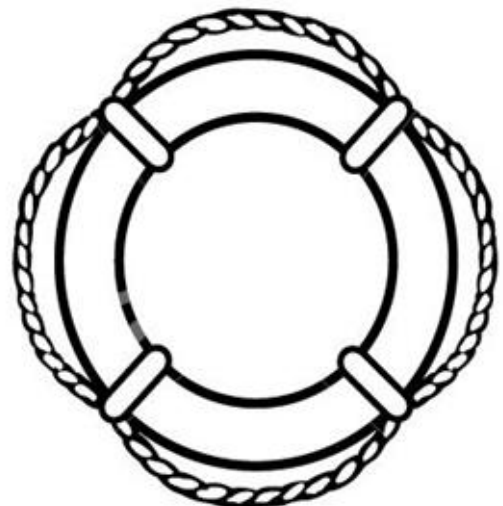
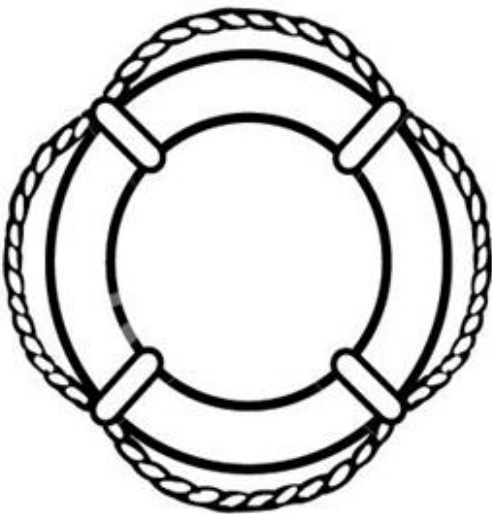
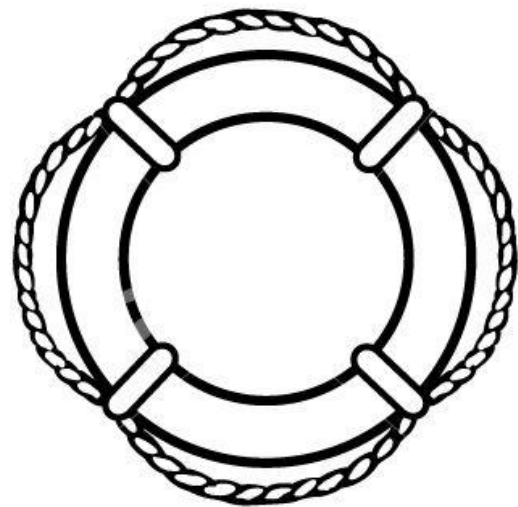
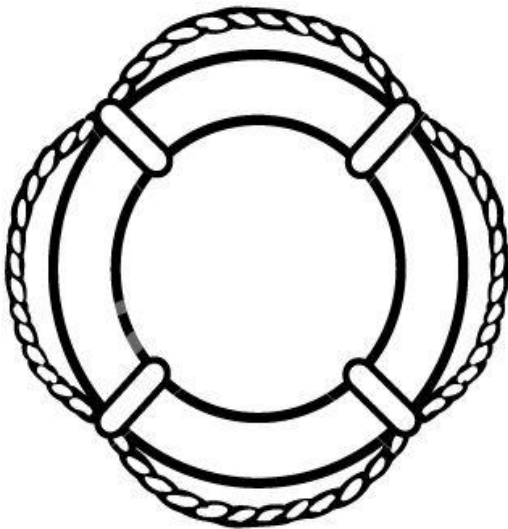
Read the statements below and put a 'X' in the box showing the action you think you can handle now.	YES	NO	MAY BE	SOME DAY
I am able to find someone to talk to about my feelings.				
I understand why things have happened.				
I know what I need to do to go on with my life.				
I feel strong enough to depend on myself and my friends to help me.				
I am hopeful that although life will be changed, I will be okay.				
I can be patient and watchful while figuring out what my next step should be.				
I can balance my life in order to find my own tools to cope with problems and concerns.				
(Add your own statement here)				
(Add your own statement here)				

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Weathering the Storms

WHOM or WHAT are your Life Savers?

Inside the lifesaving rings, write or draw whatever helps you get through the rough times in life.



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Weathering the Storms

My Personal Journal

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Goals and Opportunities



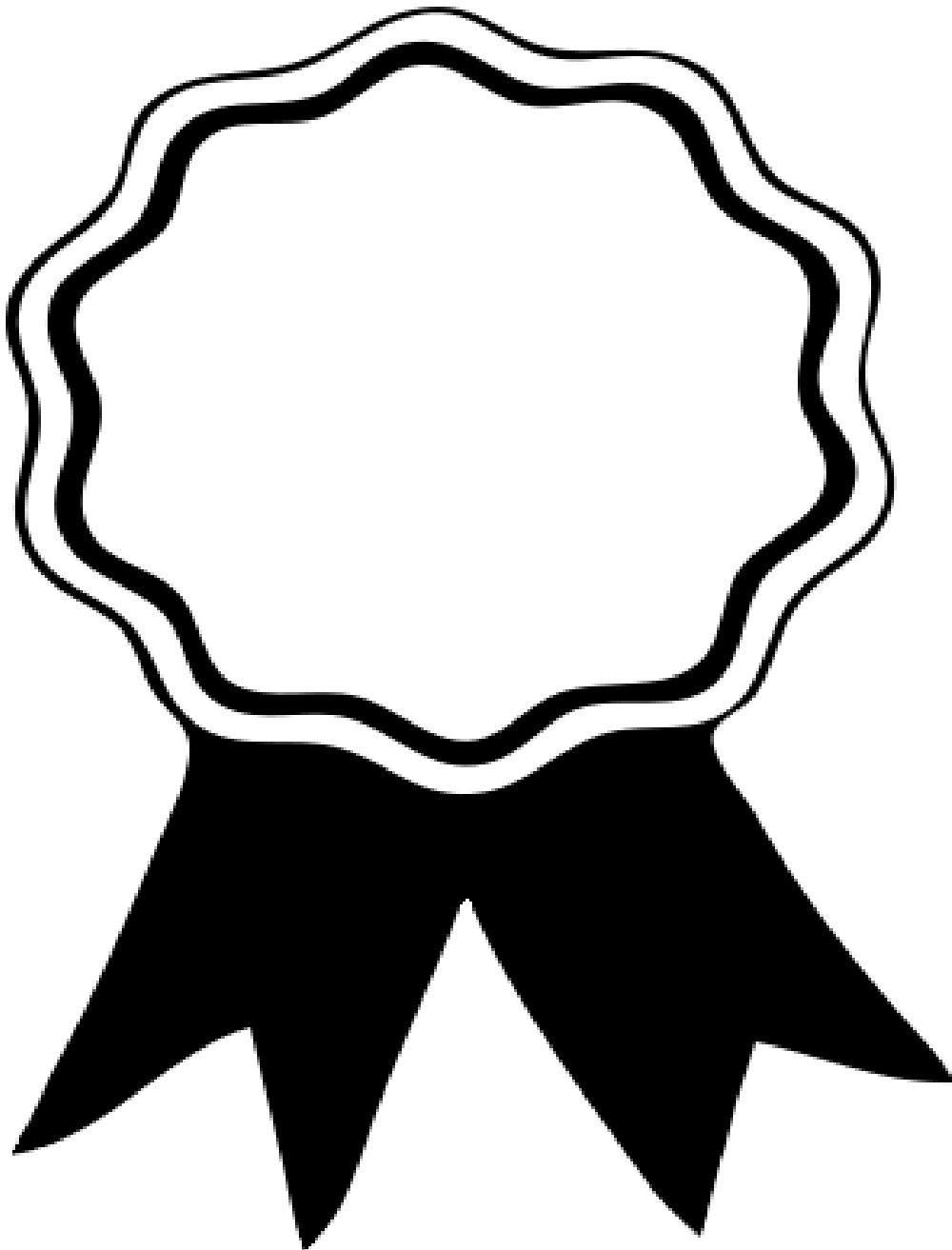
Everyone has an opportunity to make a difference when they search for a GOAL in their lives and work to achieve it. Tragic events and difficult situations can make us feel powerless. Yet, we don't need to continue to feel that way. We can focus on our own personal strength and use our own energy to make changes to better ourselves, our lives and others in our community.

Goals don't need to be **HUGE** or **BIG**. By reaching our small goals, we are able to build upon them and go on to bigger and better things. All the while, we can find people to support us and our goals, so we can move on to the next challenge we encounter.

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Goals and Opportunities

My Personal Goal



“In the middle of difficulty lies opportunity.” Albert Einstein