



A Brighter Tomorrow

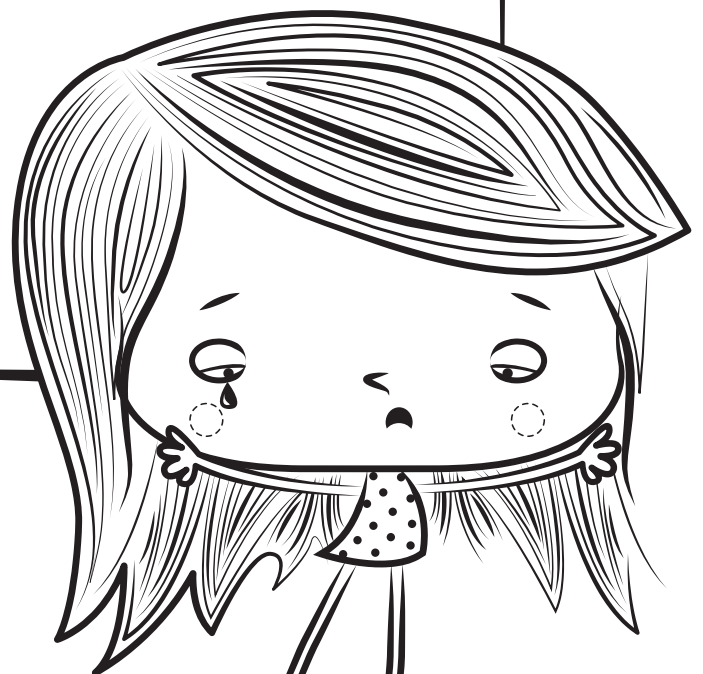
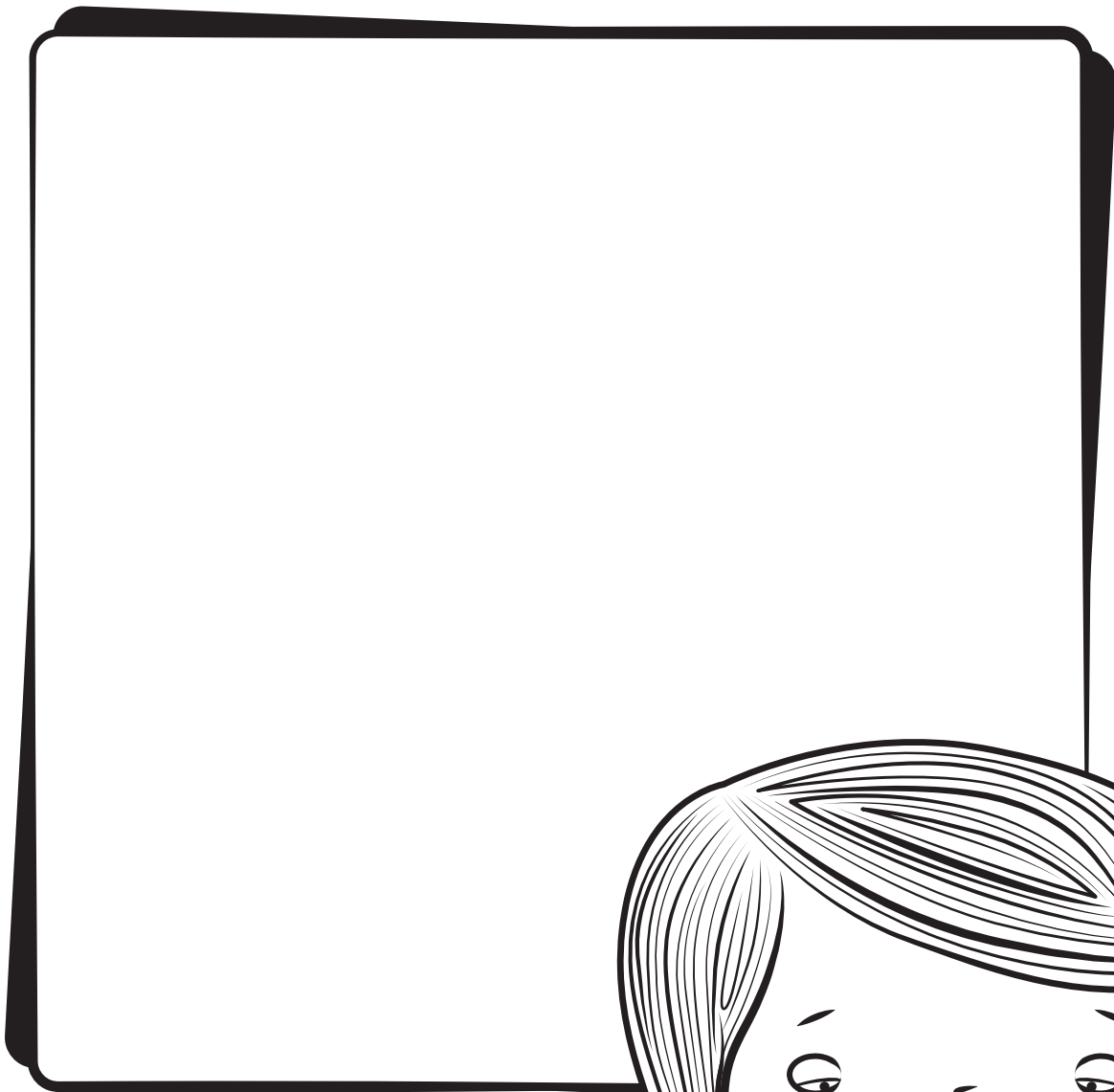
If you're reading this book, it means you've experienced or witnessed a tragic event. You might be scared, shocked, angry, or not know how you feel. Allow the activities in this book to guide you through your fears and help you begin the healing process.

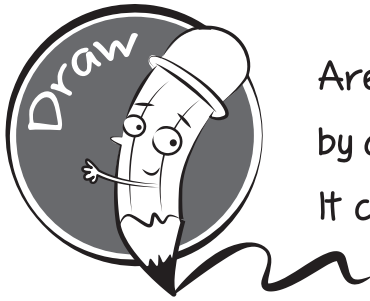
A Tragic Event

Sometimes, the feelings we're left with after something bad happens are so strong we can't think or feel anything else. Your feelings are your feelings, and they're not wrong.

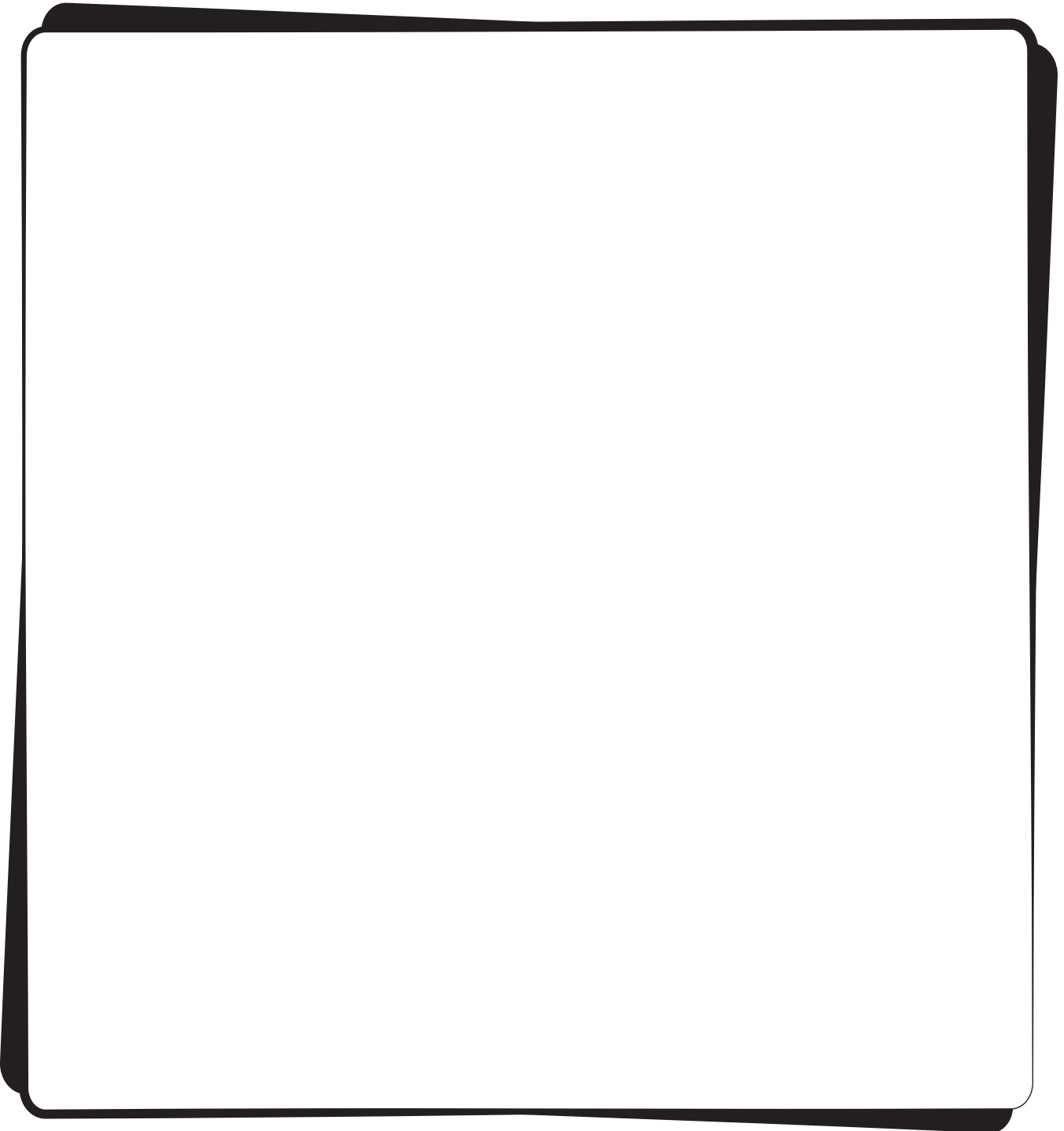
I am mostly feeling _____

In the box below, draw a picture of how you're feeling TODAY.

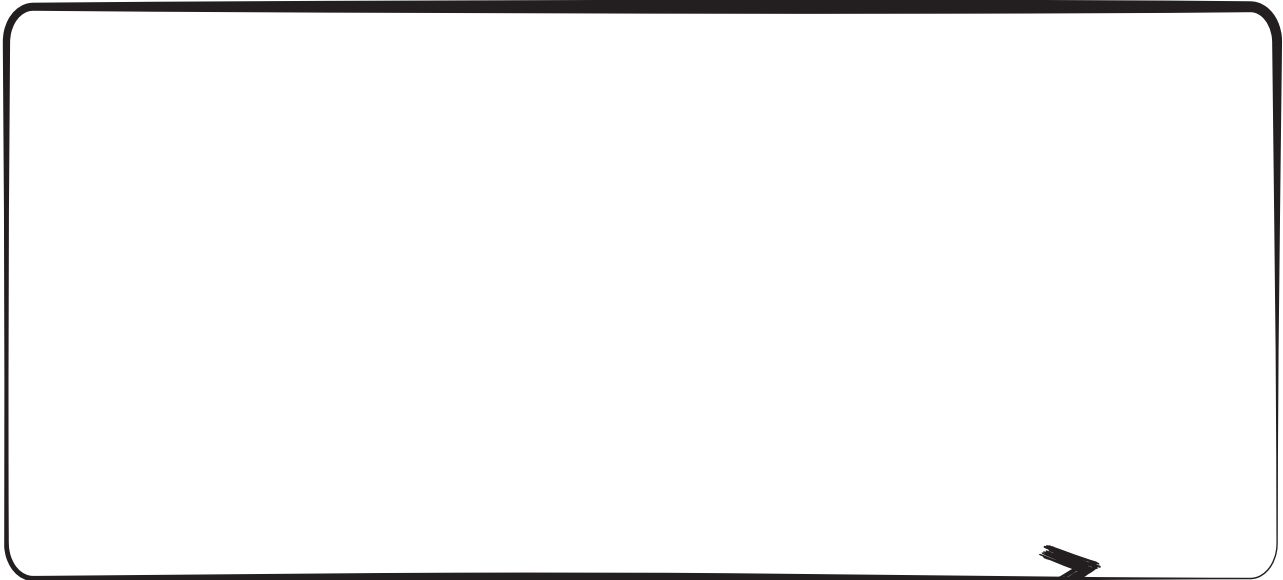




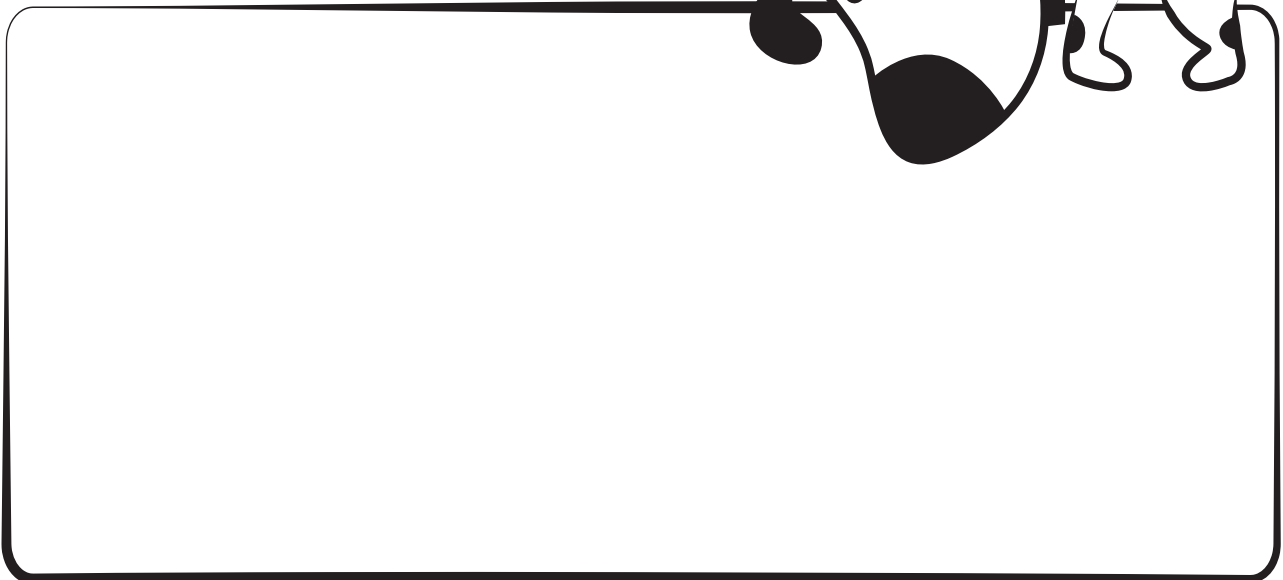
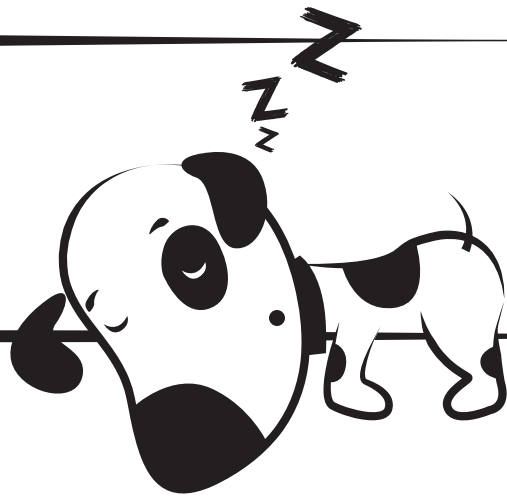
Are you having a hard time talking about the event? Start by drawing something you remember from the tragic event. It can be anything.



Do you have trouble sleeping at night? Is it hard to fall asleep, or do you have bad dreams that wake you up? Draw what you think about when you're trying to go to sleep at night.



Draw or write what happens in one of your bad dreams.





Just the Facts! Sometimes, sticking with the facts is easier than talking about how the event makes you feel. Fill out the cloud shapes below with answers about the event you experienced. If you get stuck, ask someone you trust for help.

