

# Helping Children after a Bushfire – Children’s Booklet

Every  
child,  
every  
opportunity

**MY BOOK**

**MY STORIES**

**MY FEELINGS**

**MY THOUGHTS**



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**CHILD'S NAME**

**The following pages can be used for children if you want to create individual workbooks.**

**This book has been designed to allow a caring adult to explore the thoughts and feelings children might have about their experience of the fires. It is best used in a one-to-one situation.**

**This is only provided as a guide and a starting point for talking/drawing with each child about their thoughts and feelings.**

**Our world is a nice place where good things usually happen.**

**I remember a happy time – this is my picture.**

**Things can change quickly. Sometimes something scary can happen. Things that happen in nature are called natural disasters. Bushfires are mostly natural disasters.**

**They don't happen very often.**

**Something has happened in my life –  
some things for me have changed.**

**You might like to:**

**Write a list**

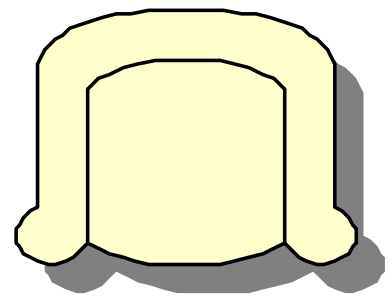
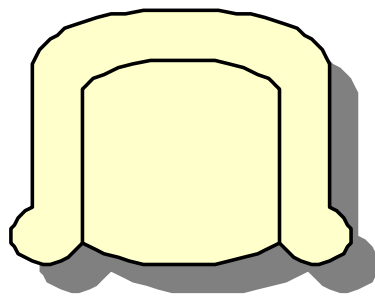
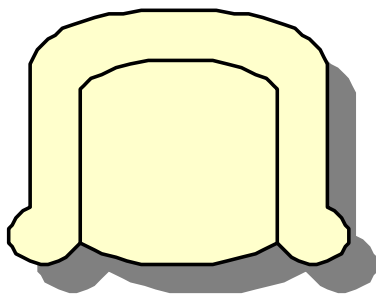
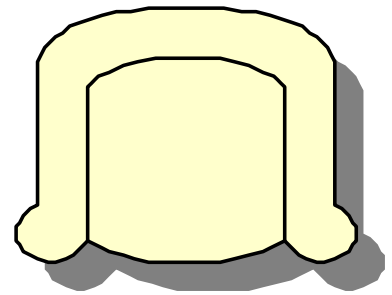
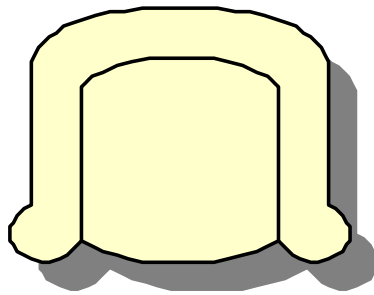
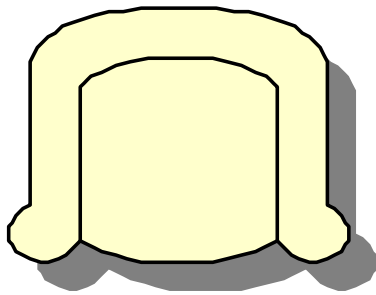
**Write a story**

**Draw a picture**

**Sometimes there is no answer to why  
these things happen.**

**I have many kinds of feelings about what has happened.**

**Draw your feelings using the Faces.**



**Feelings are sometimes felt in your body.**

**Use colours and words to show the feelings in your body.**

**I have people who help me when I'm  
sad, angry or scared.**

**Draw the people who help you.**

**People who have a scary experience will sometimes be able to help others.**

**Sometimes scary things can help us understand how to be kind and caring.  
Sometimes scary things show us how to be okay when times are tough.**

**Draw how you are different.**

**Michelle Roberts and Vicki Trethowan  
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**These pages are for you to put any extra thoughts or pictures.**

