

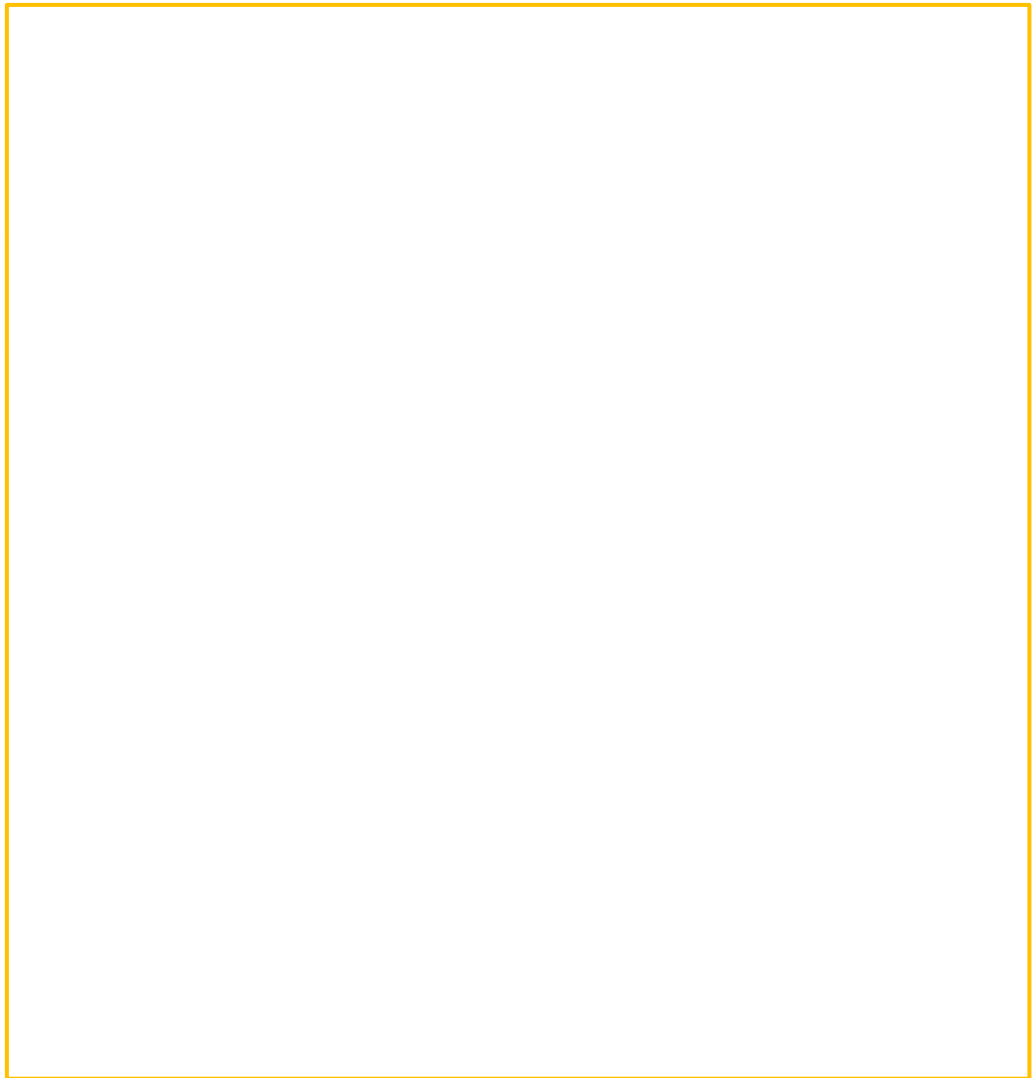
**There is
hope for
me!**



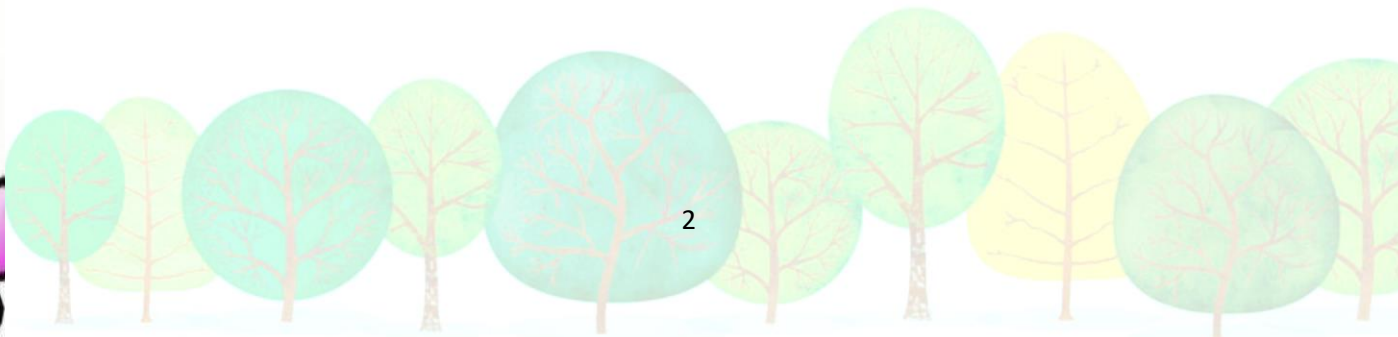


THERE IS HOPE FOR ME

This is Me!



Do not be afraid, ... I will save you. I have called you by name
... you are mine. (Isaiah 43:10)



ALL ABOUT ME

My age is: _____

My birthday is: _____

My favorite color is: _____

My favorite food is: _____

My favorite book is: _____

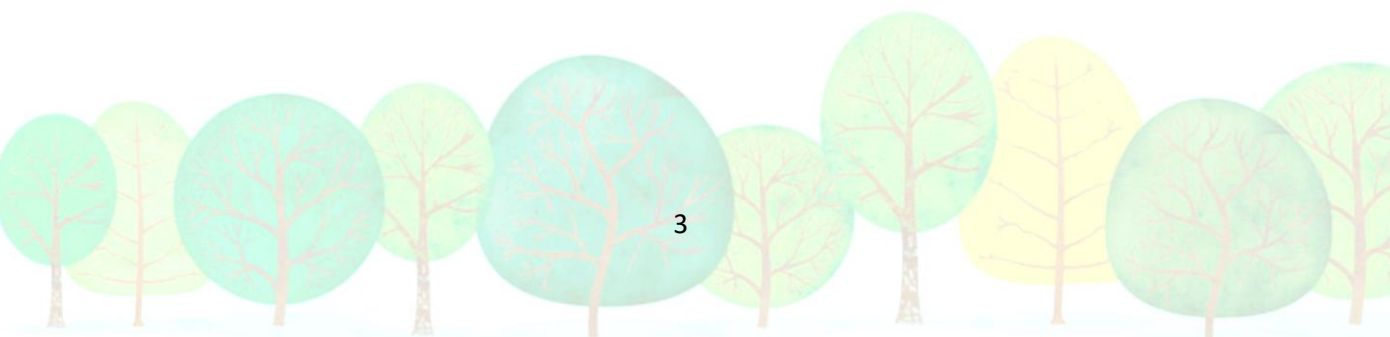
My best friend is: _____

My favorite sport is: _____

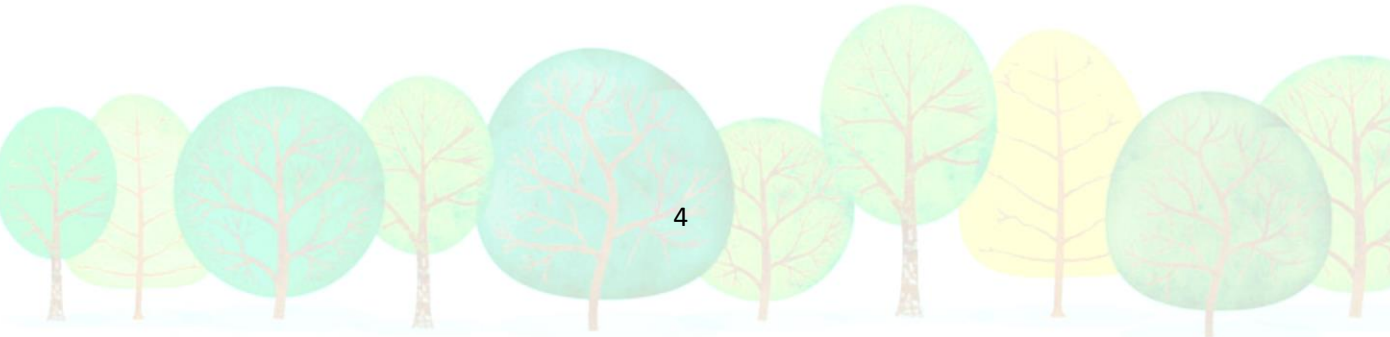
My favorite animal is: _____

My favorite song is: _____

This is where I live: _____



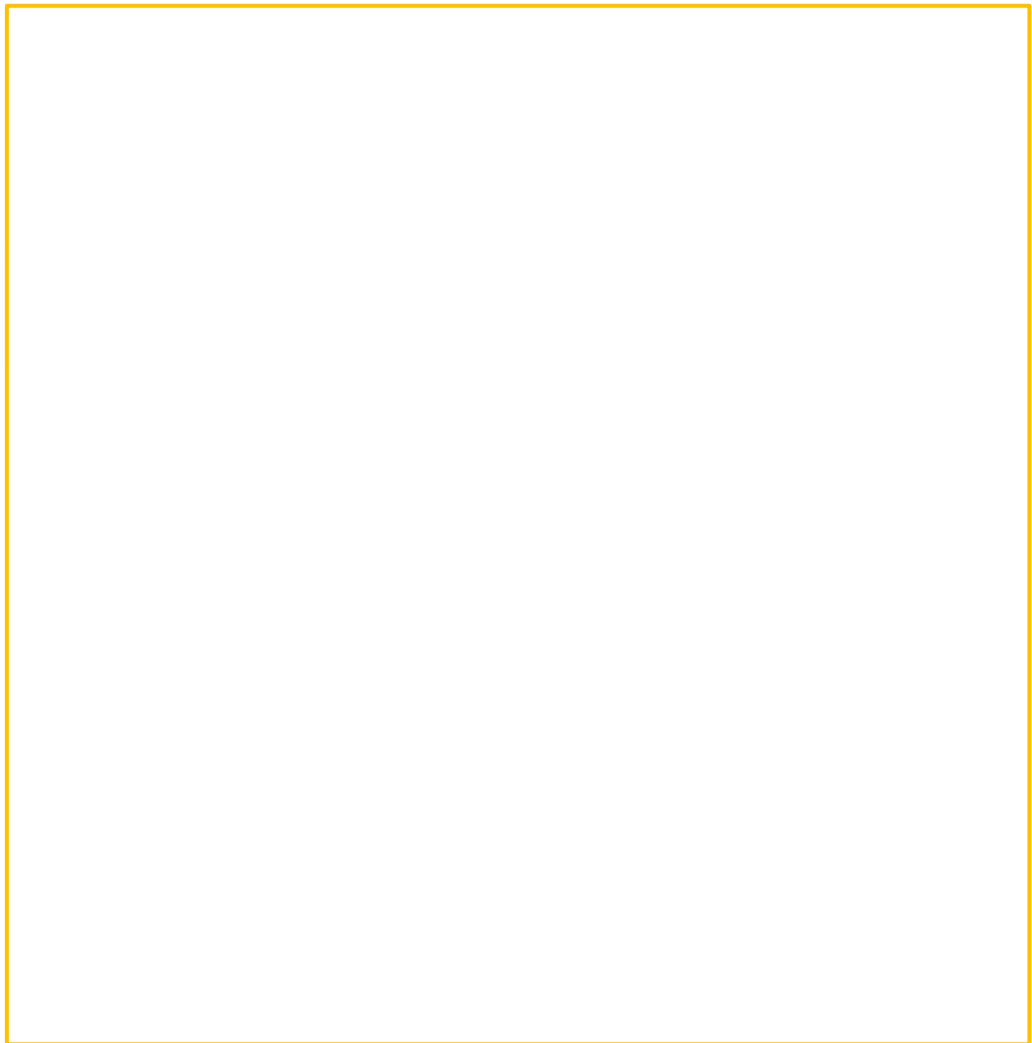
WHAT HAPPENED?



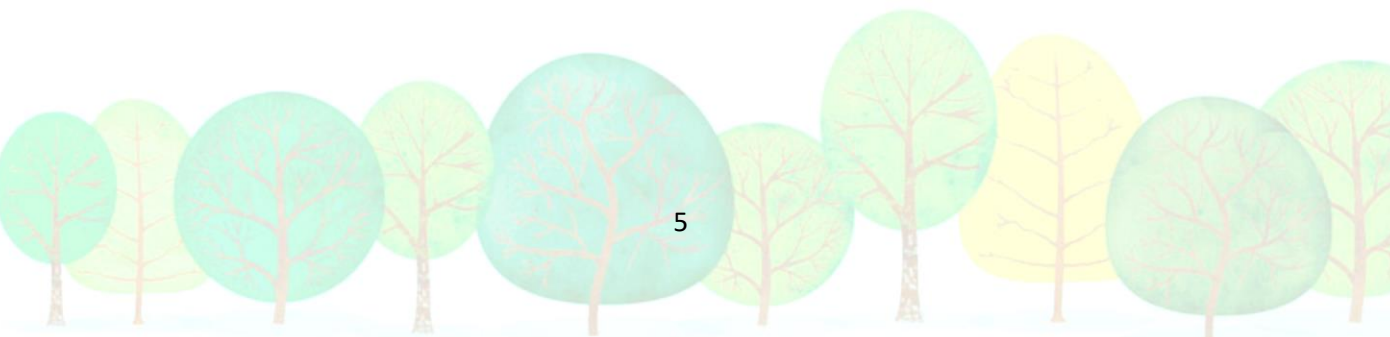


GOD WILL HELP MY COUNTRY/COMMUNITY!

- God loves my country—God made my country.
- God loves the people from of my country—He made us to be a strong people.
- God will help my country and help me to overcome the problems.



(Draw a picture of where you were before the trauma.)





BEFORE THE TRAUMA

Color the face of how you felt.



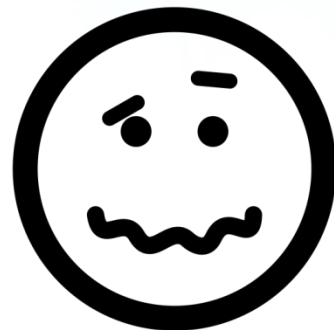
happy



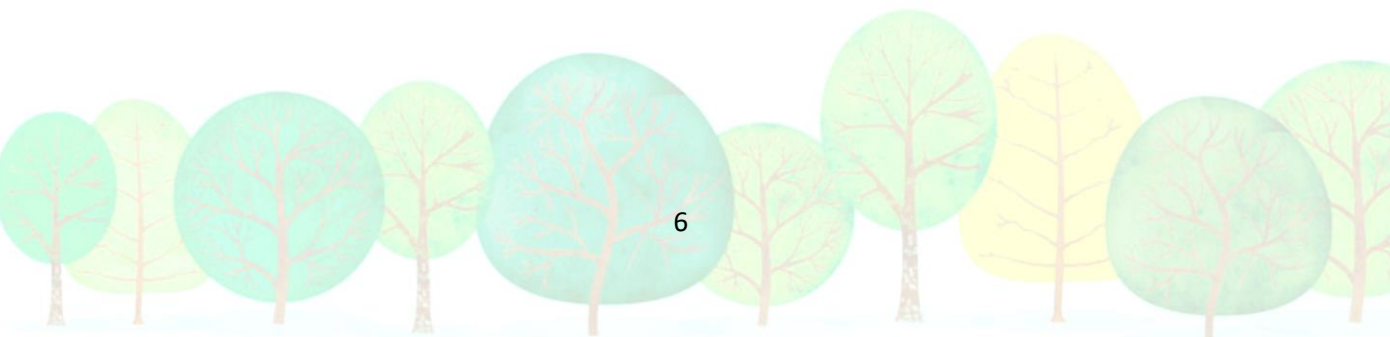
sad



angry



afraid



AFTER THE SUFFERING STARTED

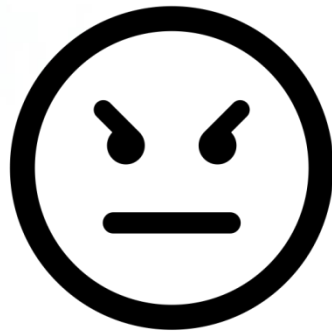
Color the face of how you felt.



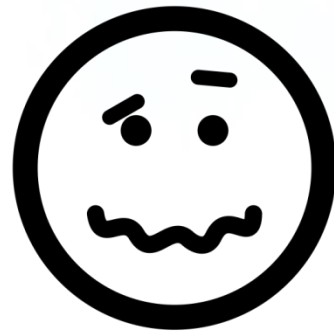
happy



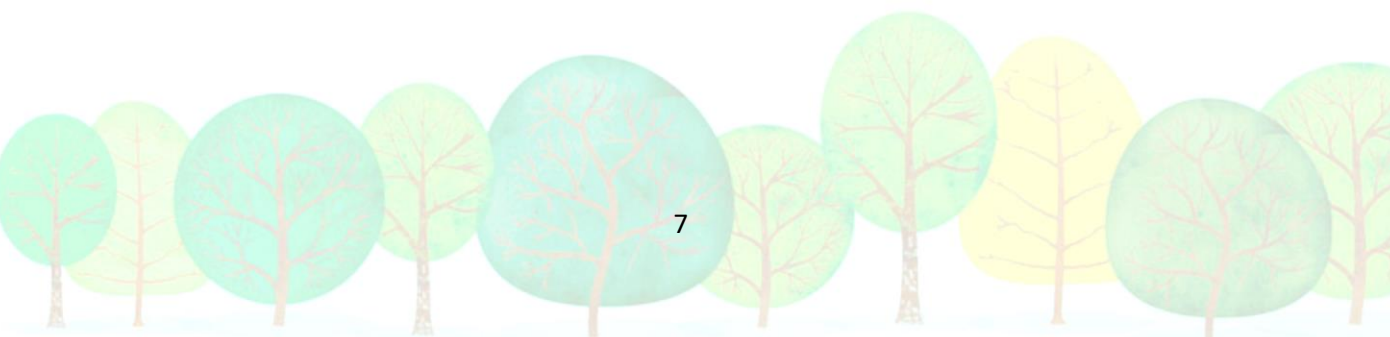
sad



angry



afraid





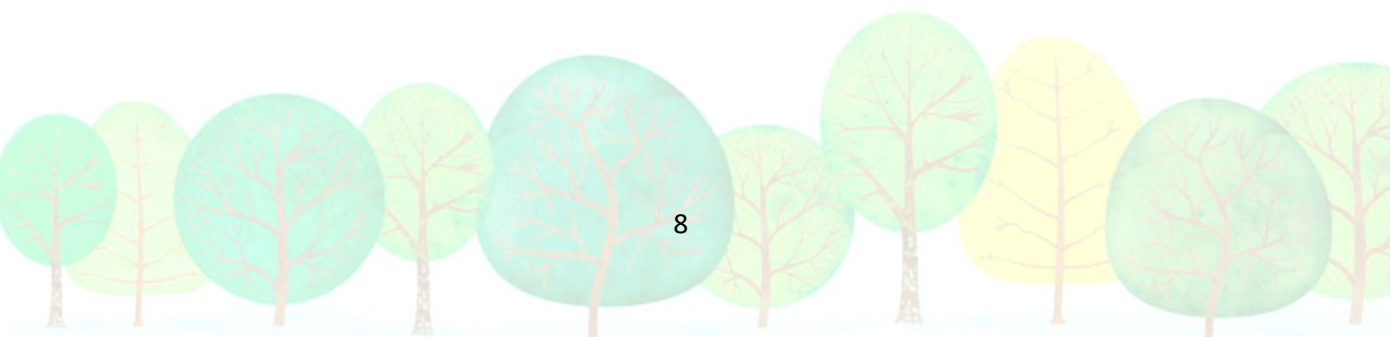
BEFORE THE TRAUMA STARTED

(Draw a picture of how you felt.)



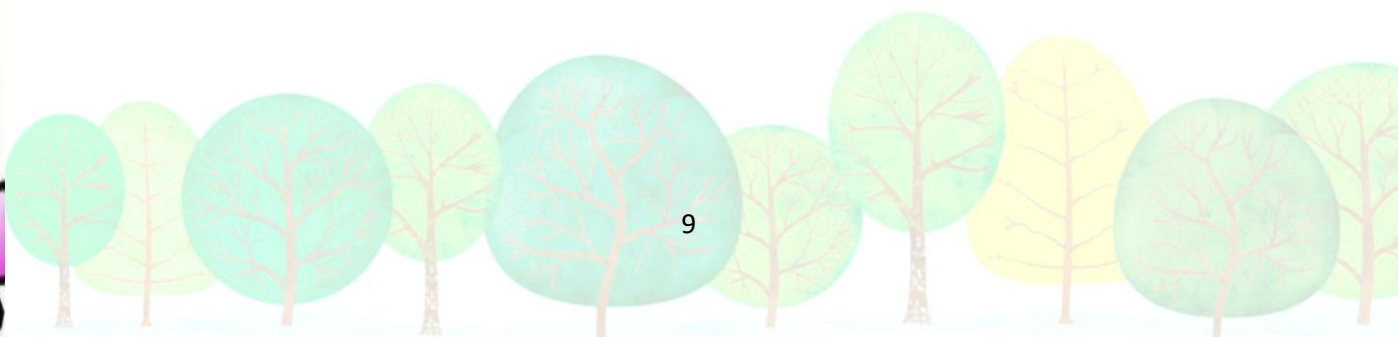
AFTER THE SUFFERING STARTED

(Draw a picture of how you felt.)



THINGS I LOST

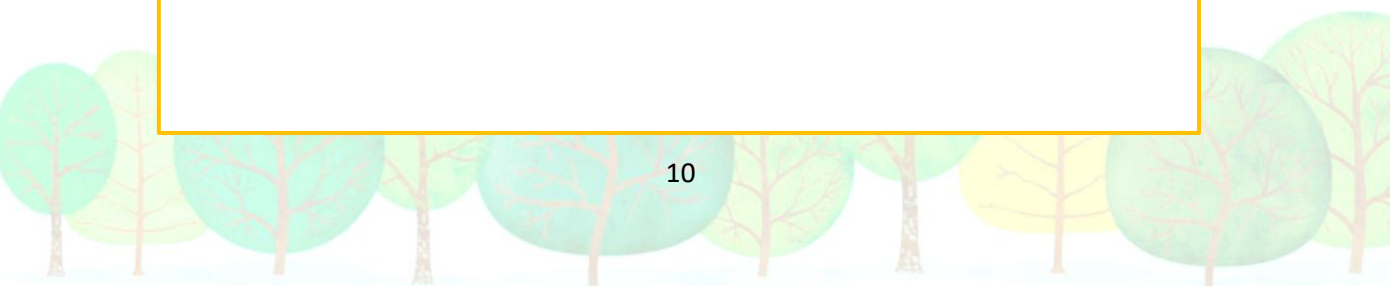
Draw in the balloons things you lost because of the trauma. (Did you lose an animal? A favorite toy? School books? Your house?)





MY FRIENDS OR FAMILY WHO DIED

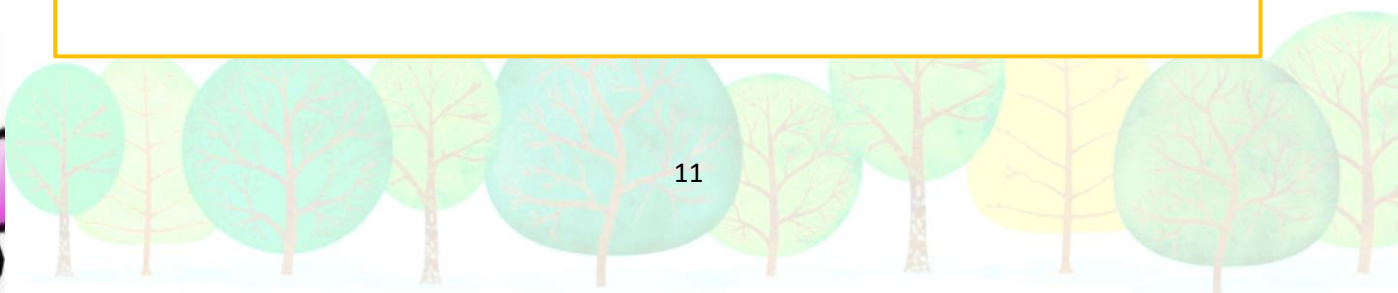
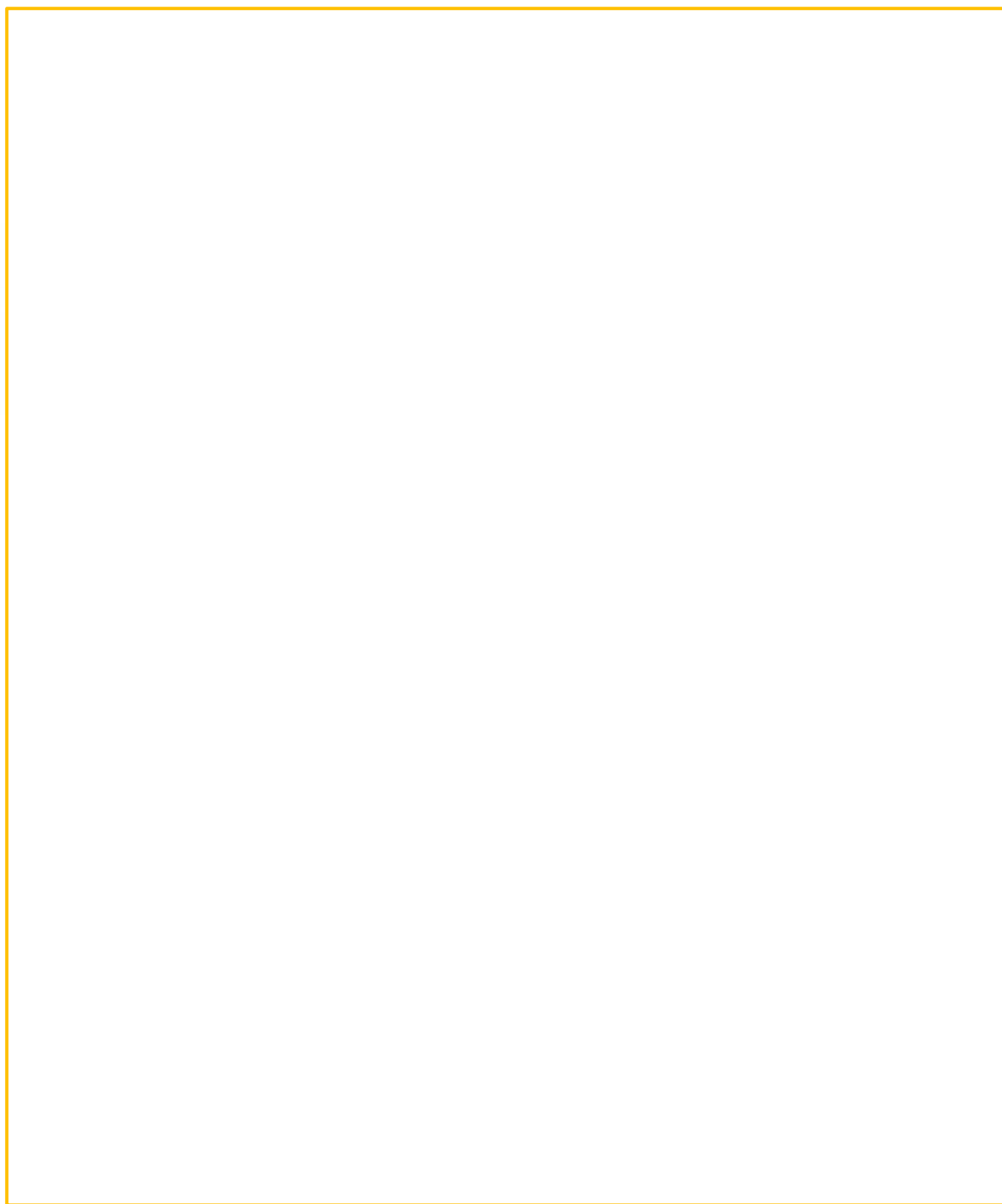
In balloons, write the names of friends or family who died. You can say something about them or you can draw a Picture.





GOD TAKES CARE OF ME

Even though losses can make us sad, knowing God cares for us makes us happy! (Draw one way God is taking care of you.)





GOOD THINGS I CAN DO

When we feel sad there are some good things we can do to help us feel better.

Circle the two you like best

DRAW A PICTURE

TAKE A WALK

ASK FOR HELP

TALK TO AN ADULT I TRUST

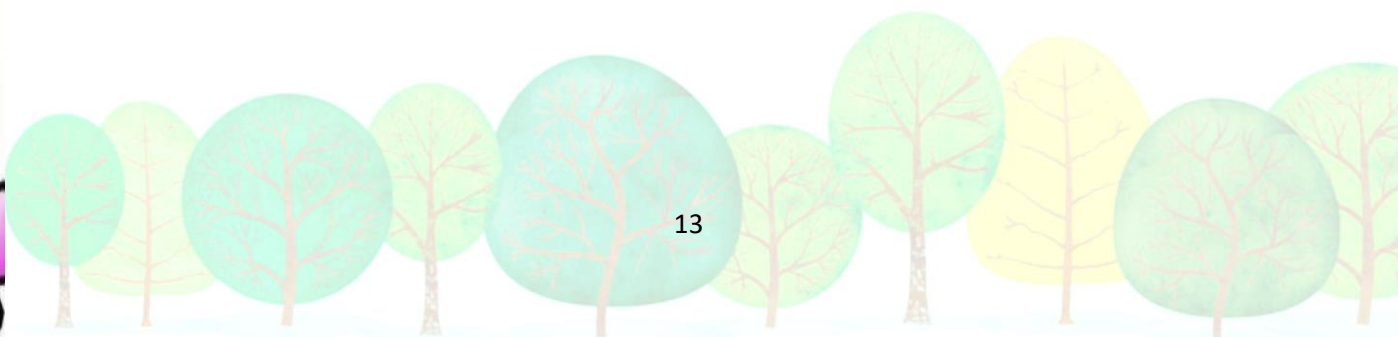
HAVE A BIG CRY

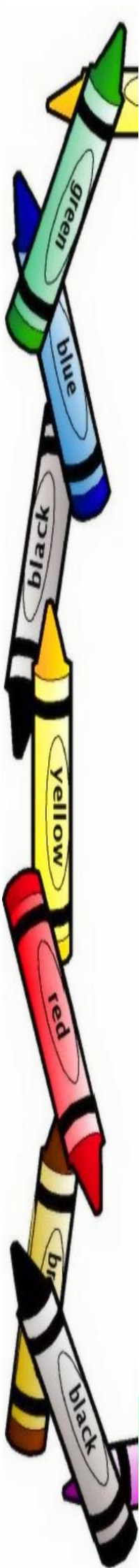
PLAY WITH A FRIEND

PRAY

SING A SONG

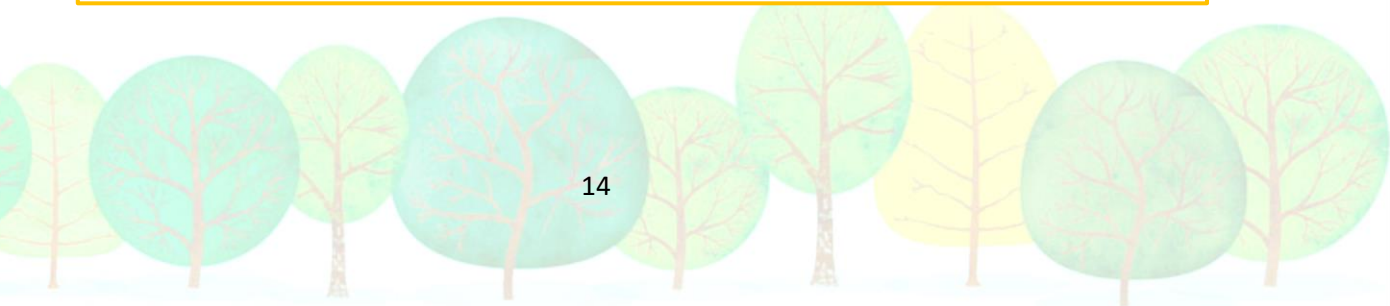
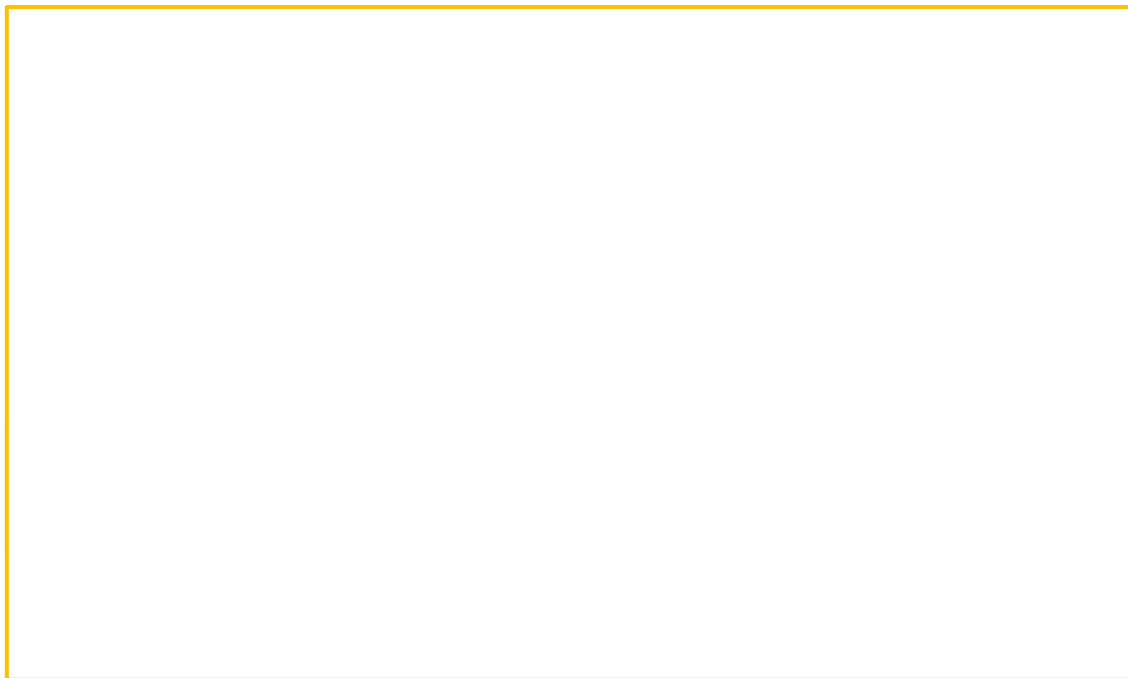
Write your ideas:





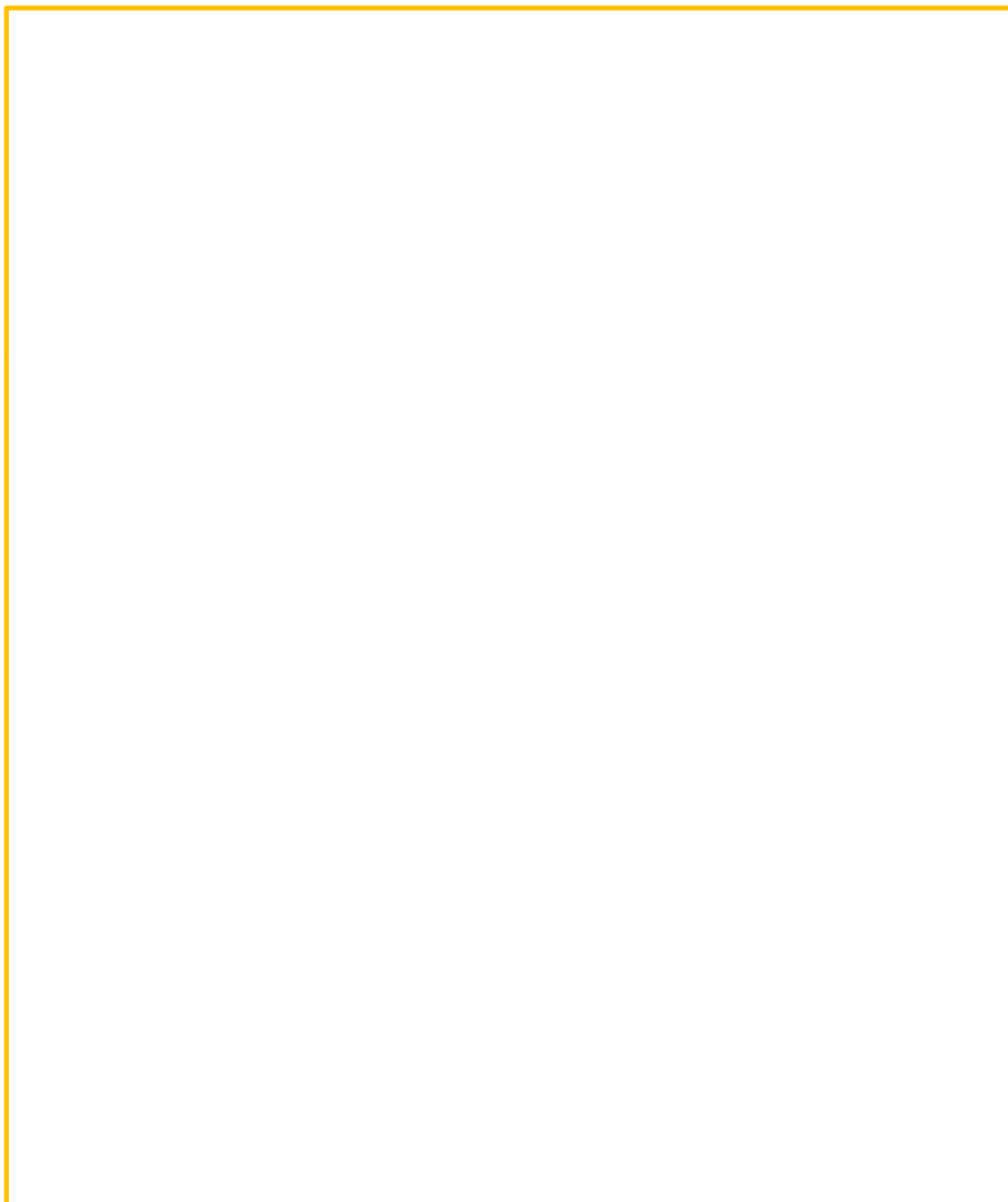
THINGS THAT HELP ME FEEL BETTER

Draw pictures showing the 2 things that would most help you feel better.



IT HELPS TO TELL MY STORY

Think about who you would most like to tell what happened to you. Draw a picture of this person listening to your story.





JESUS HELPS ME!

Jesus says: "I will never leave you
or forsake you." (Hebrews 13:5)

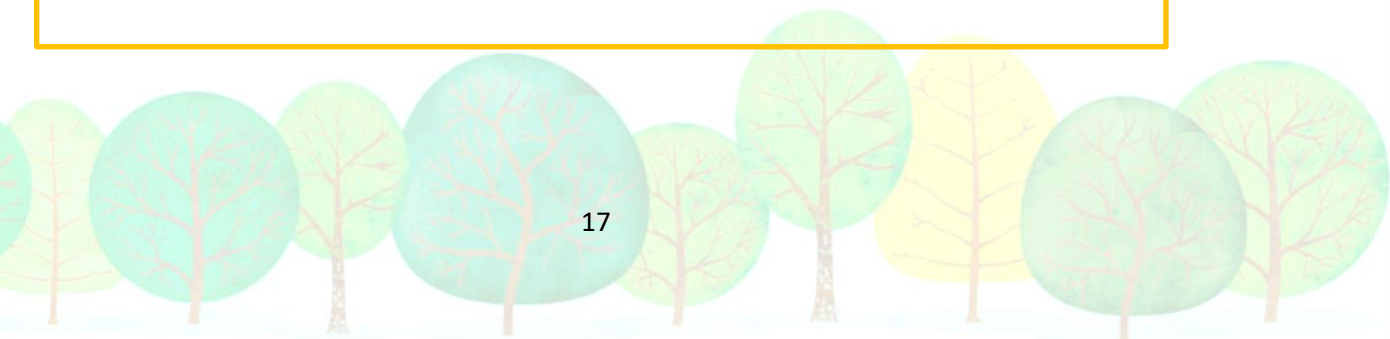
Draw a pretty border around this page, and then write a song or poem that
tells how Jesus can help you not feel lonely or afraid.

A large yellow rectangular area with ten horizontal white lines, intended for drawing a border and writing a song or poem.



JESUS HAS A SPECIAL PLAN FOR MY LIFE!

Draw a picture of what you want to do now and a picture of what you want to do when you grow up.

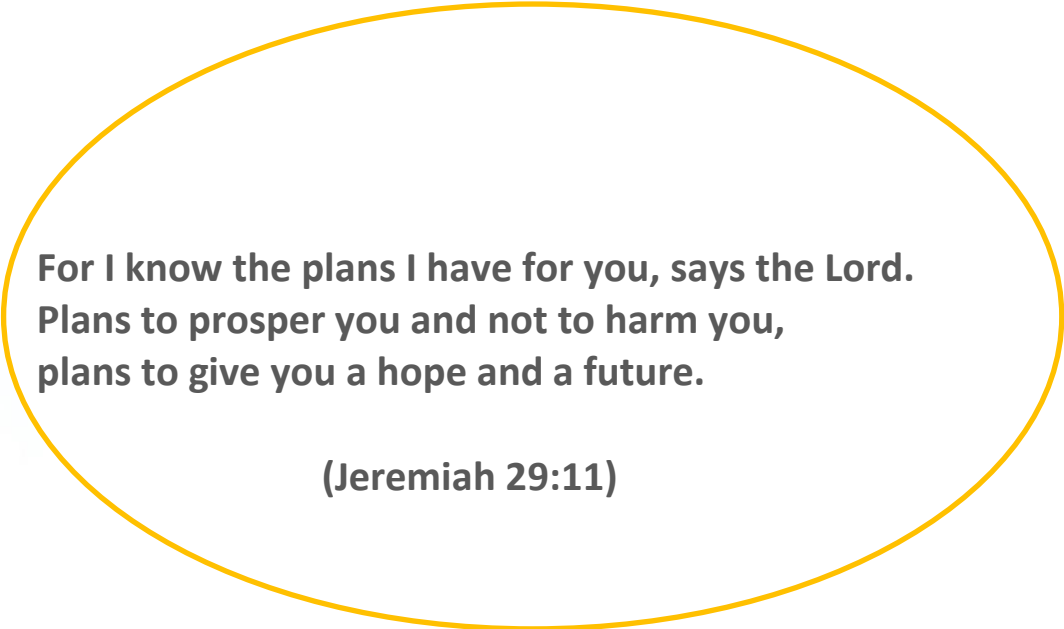




GOD'S WONDERFUL PROMISE TO ME!

Draw a pretty border around the Scripture.

Then memorize this verse.



For I know the plans I have for you, says the Lord.
Plans to prosper you and not to harm you,
plans to give you a hope and a future.

(Jeremiah 29:11)

The difficult things you have been through have made you strong. You have experienced God's love for you in special ways. **You have hope!**



This book was given to me by friends who want me to know that I am very special and that God loves me and has wonderful plans for me.

