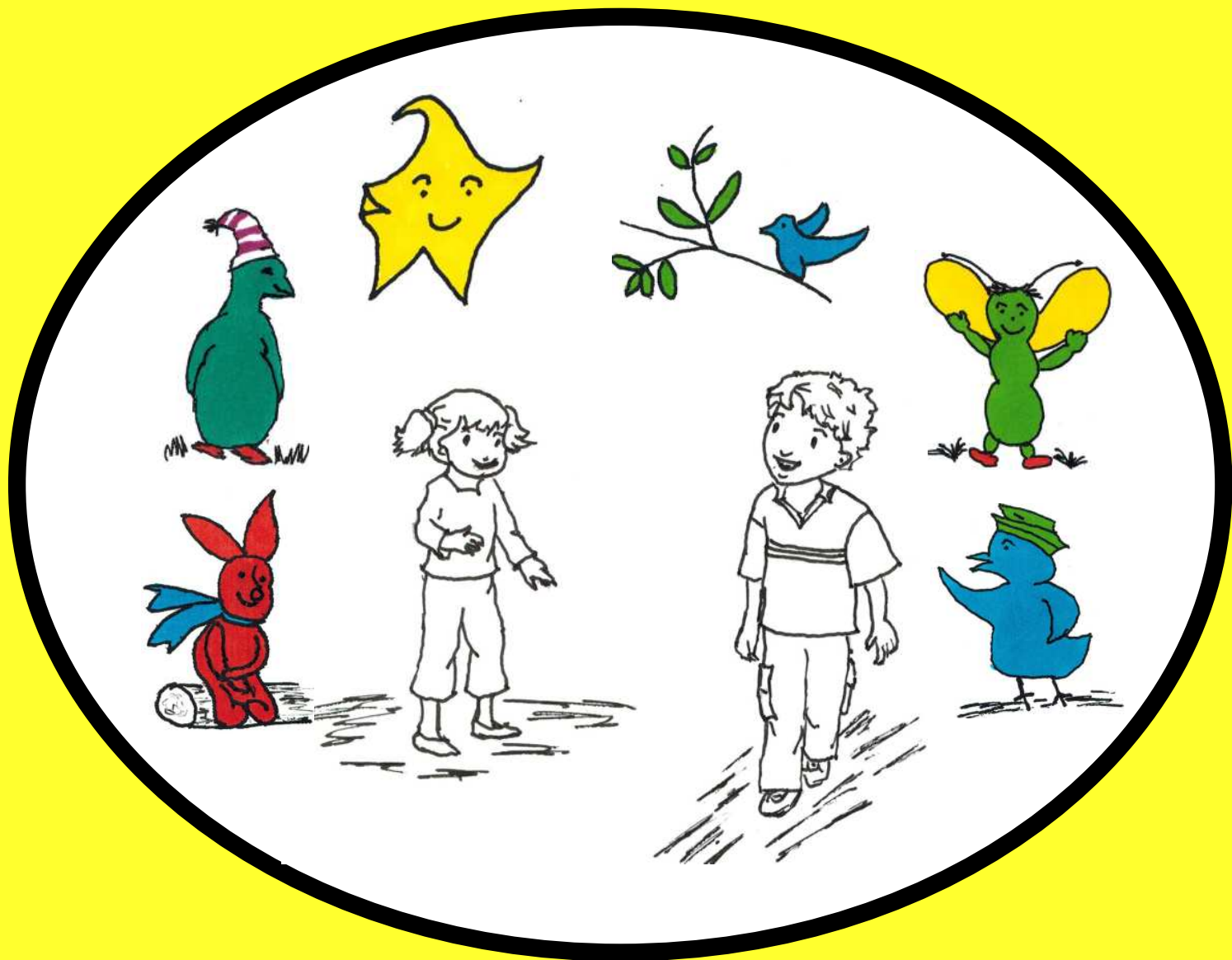


There Is **Hope** for **Me**

An interactive trauma recovery workbook for children



Phyllis Kilbourn



There Is Hope for Me



An interactive trauma recovery workbook for children

A Crisis Care Training International Publication

Phyllis Kilbourn

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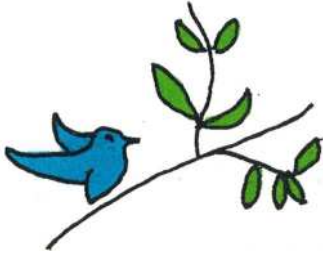
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My Friends!

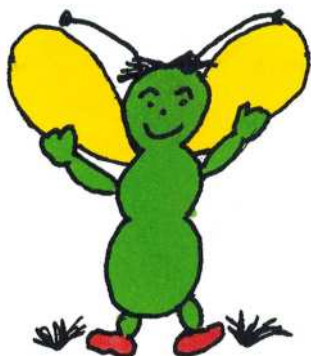


**Meet some new friends!
We want to help you in
every way we can.**

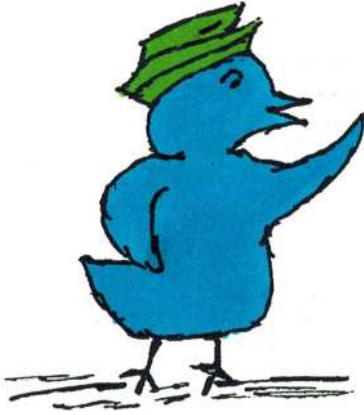


**You may give each of us
a name if you wish. Each of us is ready to
listen to you, and we want you to share
your experience with us.**

**I want to help you complete
this workbook. I will tell you
about fun things to do.
Look for me on each page to find
out what you need to do.**



**God has given me the ability
to encourage others. Listen
carefully to what I have to
tell you. I want to be able
to help you.**

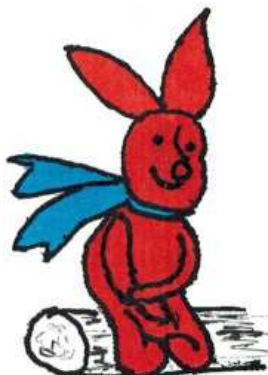


My favorite hobby is memorizing verses from the Bible. Throughout this workbook I will be sharing some of these verses with you. I hope you will enjoy them.

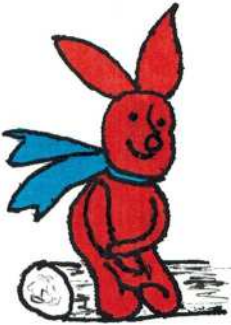
I love to draw pictures to express what I am thinking. It would be very special to me to see your drawings. Feel free to tell me what your drawings mean to you.



I enjoy writing my thoughts on paper. I would like to read about your feelings and experiences after you write them in this workbook.



This book belongs to:



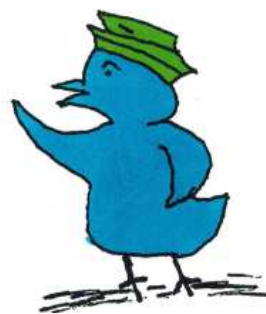
**This book was given to me
by someone
who wants me to know
that I am very special
and that God loves me
and has wonderful plans for me.**





Jesus said,

**“Let the children
come to me,
and do not hinder them,
for the kingdom of heaven
belongs to such as these.”**



Matthew 19:14

There Is **HOPE** for **ME**



Draw a picture
of yourself.



This Is Me!



Put your fingerprints around your picture
using ink, paint or a felt-tip marker.



All About Me



My age is: _____

My birthday is: _____

My favorite color is: _____

My favorite food is: _____

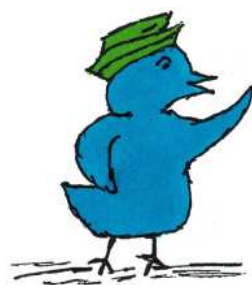
My favorite book is: _____

My best friend is: _____

My favorite sport is: _____

My favorite animal is: _____

My favorite song is: _____



God says:

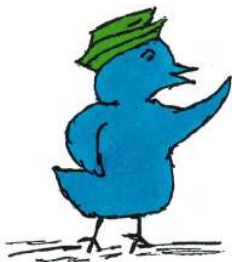
**“...Fear not,
for I have [saved] you;
I have called you by name;
you are mine.”**

Isaiah 43:1



God Will Help Me!

- ◇ God made me—God loves me.
- ◇ God loves my family—He loves my community.
- ◇ God will help all of us to overcome any problems we have.



...The Lord is my helper;
I will not be afraid....

Hebrews 13:6

Draw a picture to show how God
has cared for you.



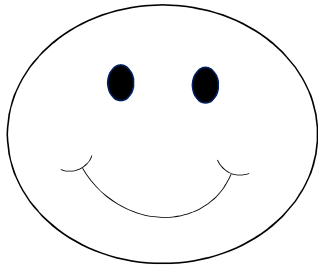


Before & After the Event Happened

Before

Color the face showing how you felt before the event happened.

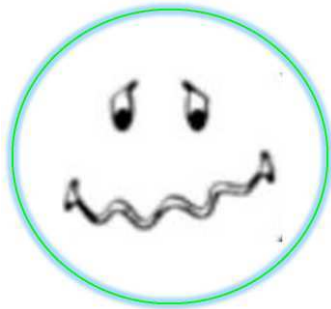
Happy



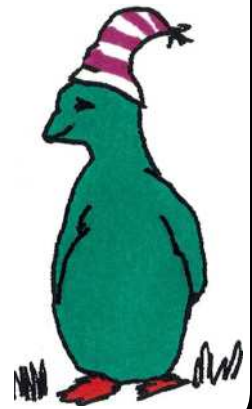
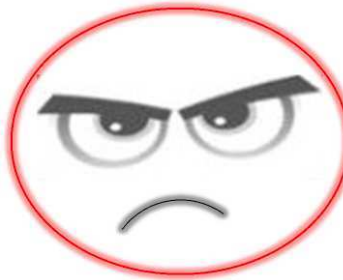
Sad



Afraid



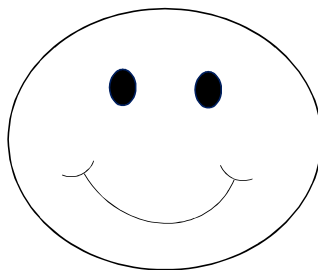
Angry



After

Color the face showing how you felt after the event happened.

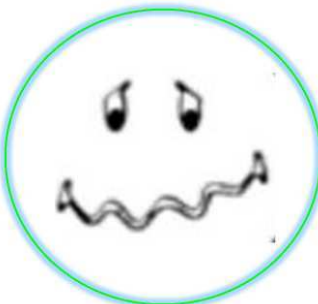
Happy



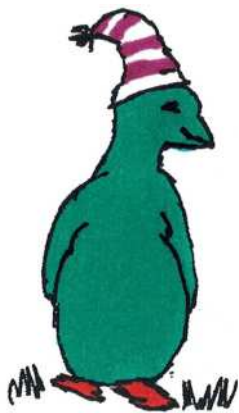
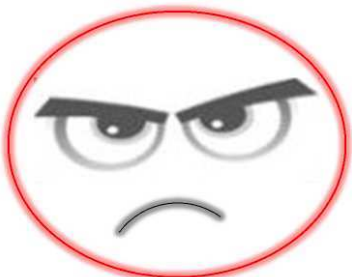
Sad



Afraid



Angry



God Understands My Feelings



Draw a picture showing a time when you felt **ANGRY** because of what happened.



Draw a picture showing a time when you felt **AFRAID** because of what happened.



Whatever you felt was okay!

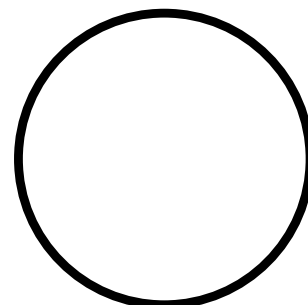
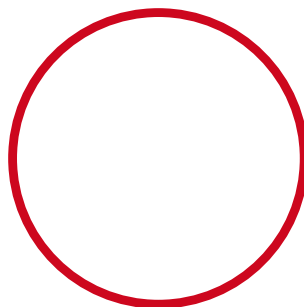
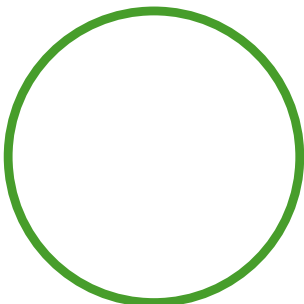
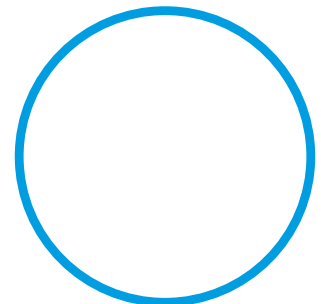
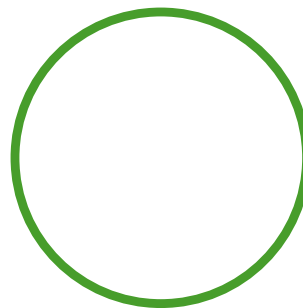
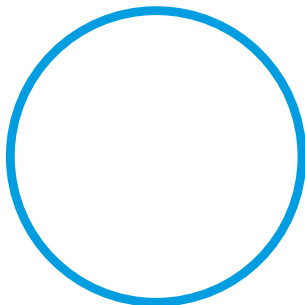
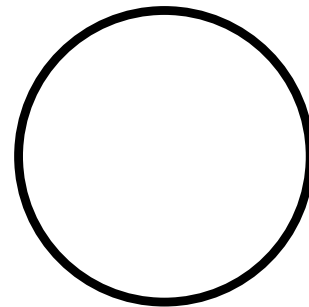
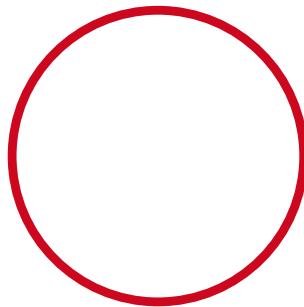
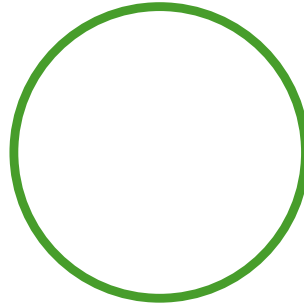
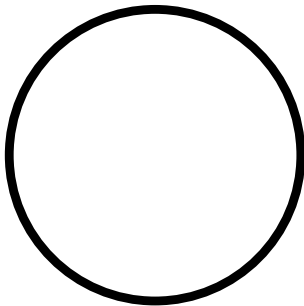


Things I Lost

Maybe you lost a friend,
a favorite toy or school books.



Draw a picture or write the name in each circle
of something you lost because of what happened.



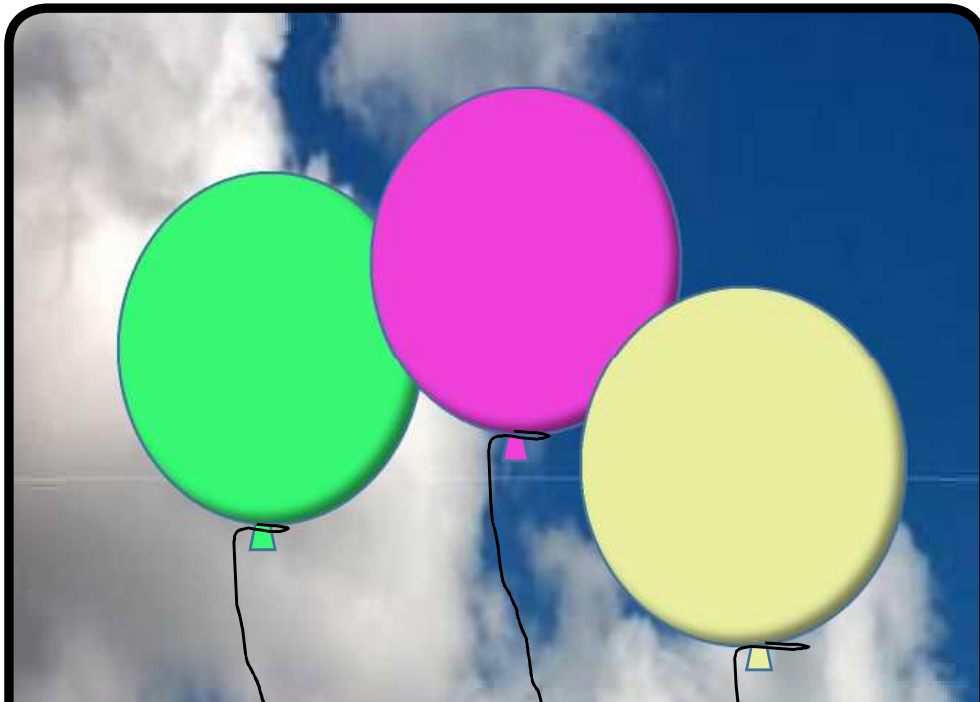


My Friends or Family Who Died

Write on the balloons the names of friends or family who were hurt or died.



You can write something about them or draw a picture.



A large, empty white rectangular box with a black border, intended for writing or drawing. Below the box is a blue horizontal bar divided into four segments.



God Takes Care of Me

Even though losses can make me feel sad, knowing God cares for me makes me feel happy!



Draw one way God is taking care of you.



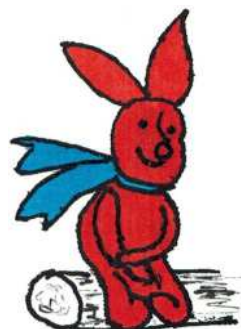


Thank You God

Write a prayer thanking God for His care.



Dear God,





Helpful Things I Can Do



When I feel sad, there are some helpful things I can do to help me feel better.

Circle the things two you like best in the lists below.



Draw a picture

Ask for help

Have a big cry

Take a walk

**Talk to an adult
I trust**

**Play with a
friend**

Pray

Sing a song



Write your thoughts of helpful things you can do:





Things That Help Me Feel Better



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



It Helps to Tell My Story



Think about to whom you would most like to tell the story of what happened to you.

Draw a picture of this person listening to your story and sitting with you in your favorite place.





Jesus Helps Me!

Jesus says:
***“Never will I leave you;
never will I forsake you.”***
Hebrews 13:5



Write a song or poem that tells how Jesus can help you not feel lonely or afraid.



Draw a pretty border around your writing.



Jesus Has a Special Plan for My Life!



Draw a picture of what you want to do now.



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



God's Wonderful Promise to Me!



Memorize the Scripture verse shown below.

Color and make a pretty border around it.



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!



