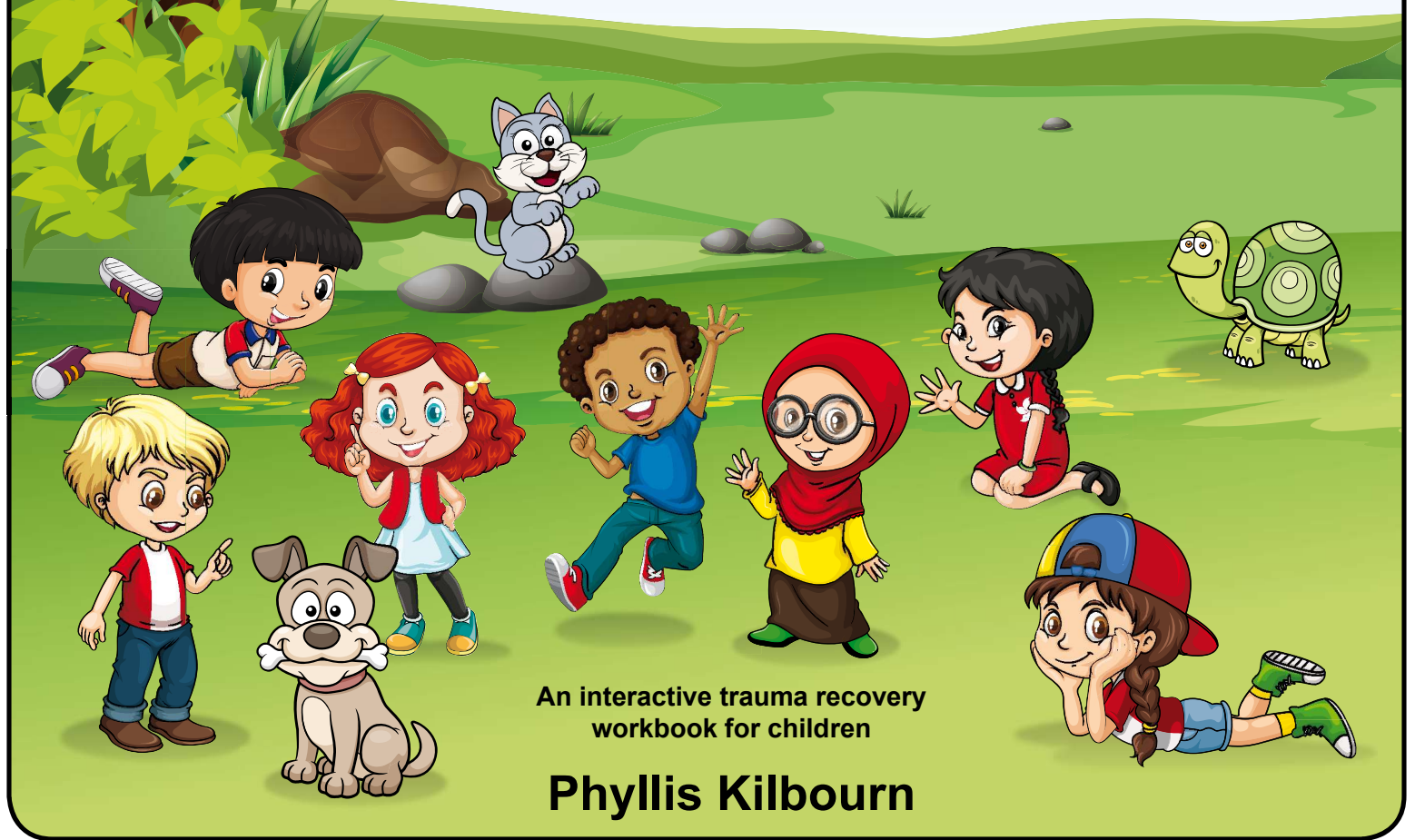




There is Hope for Me



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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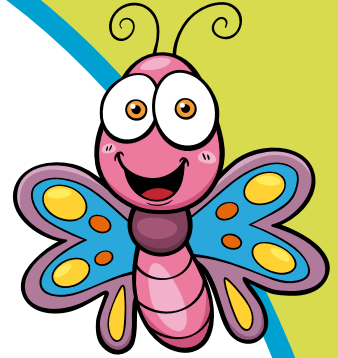


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My Friends!

**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.**

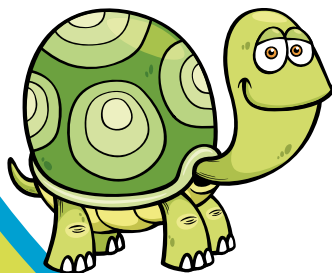
**God has given me the ability to
encourage others. Listen carefully
to what I have to tell you.
I want to be able to help you.**





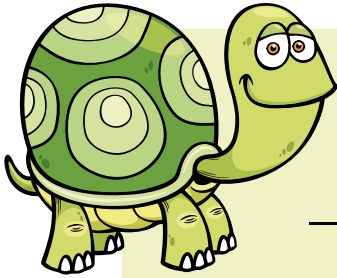
My favorite hobby is memorizing verses from the Bible. Throughout this workbook I will be sharing some of these verses with you. I hope you will enjoy them.

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



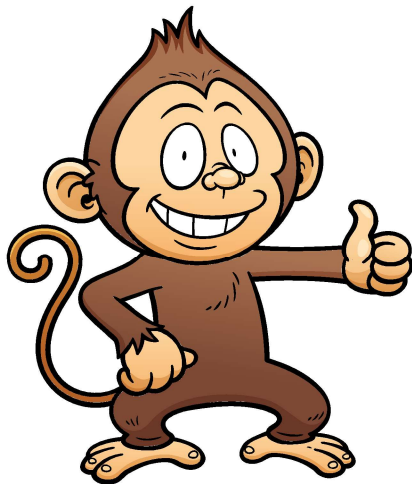
I enjoy writing my thoughts on paper. I would like to read about your feelings and experiences as you write them in this workbook.

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.**



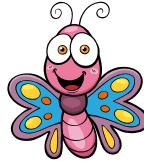


Jesus said,

**“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



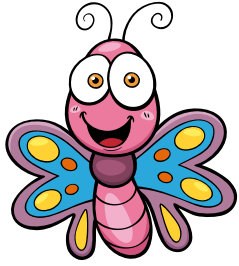
Draw a picture
of yourself.



This is Me!



Put your fingerprints around the 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: _____

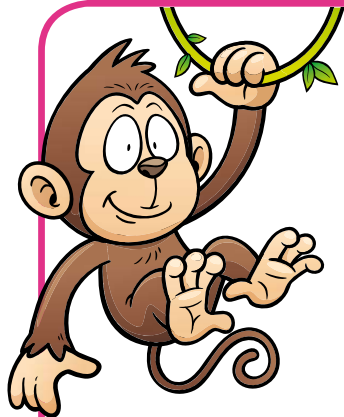
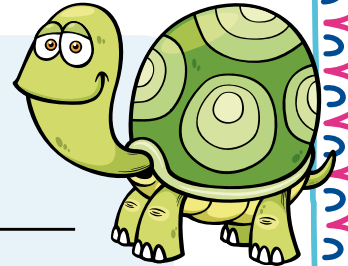
My favorite book is: _____

My best friend is: _____

My favorite sport is: _____

My favorite animal is: _____

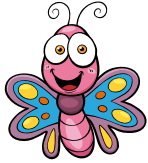
My favorite song is: _____



God says:

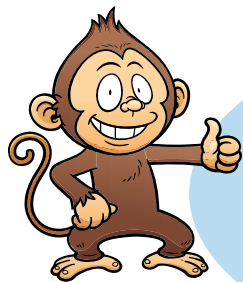
**“...Fear not, for I have
[saved] you; I have called
you by name; you are mine.”**

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.

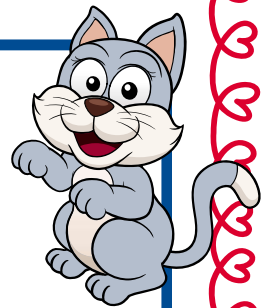


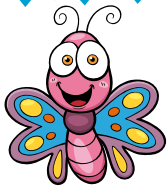
**“The Lord is my helper;
I will not be afraid....”**

Hebrews 13:6



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



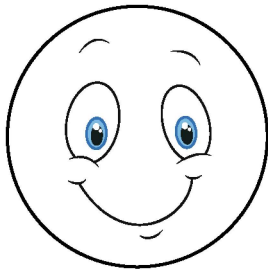


Before & After the Event Happened

Color the face showing how you felt **BEFORE** the event happened.



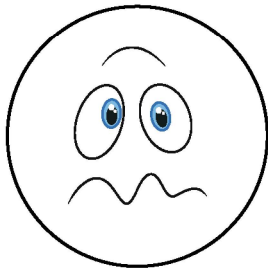
Happy



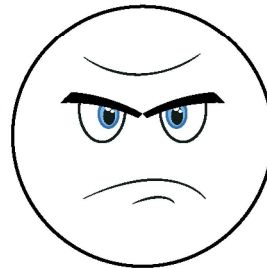
Sad



Afraid

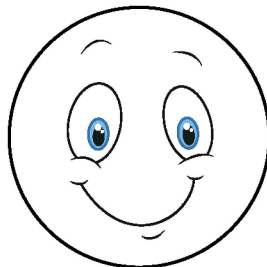


Angry



Color the face showing how you felt **AFTER** the event happened.

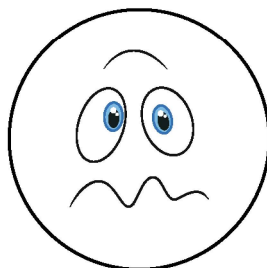
Happy



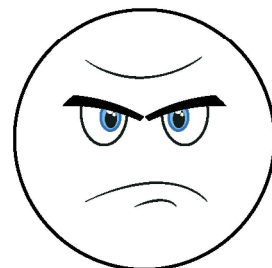
Sad



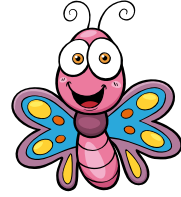
Afraid



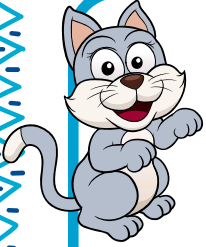
Angry



God Understands My Feelings



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

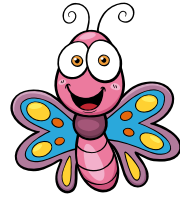


Draw a picture showing a time when you felt **AFRAID** because of what happened.



Whatever you felt was okay!

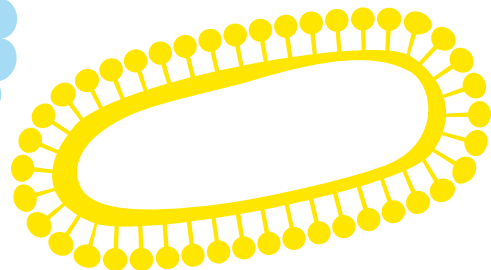
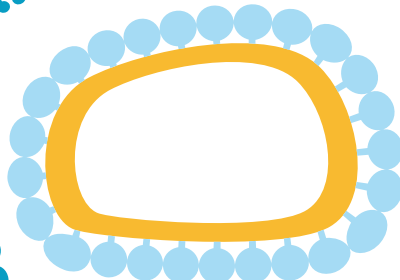
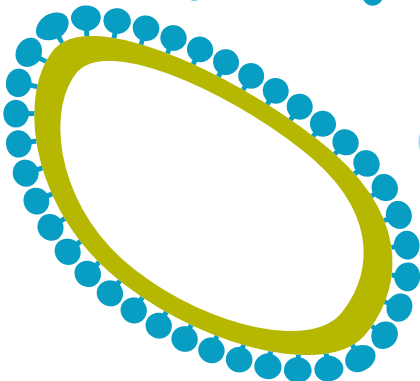
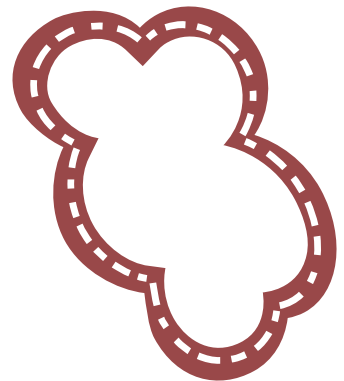
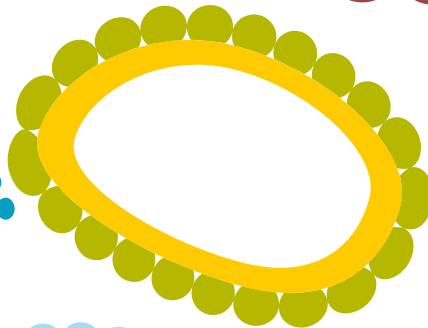
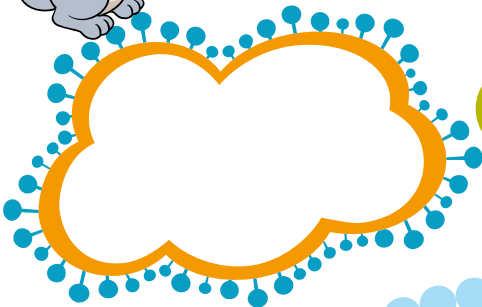
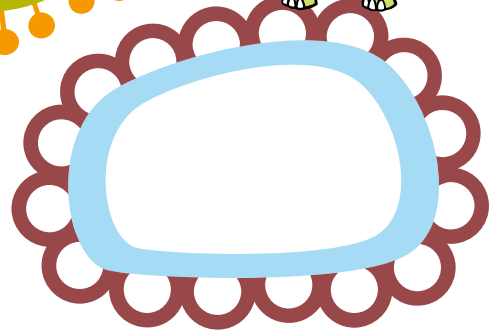
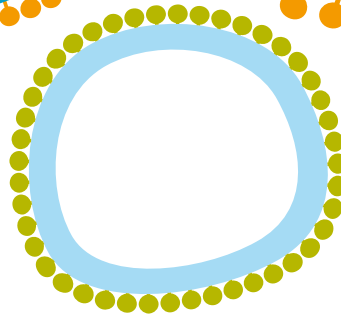
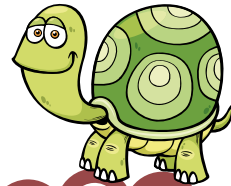
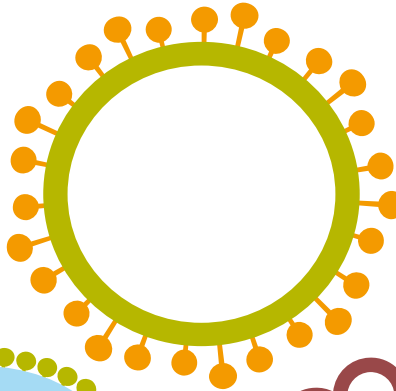
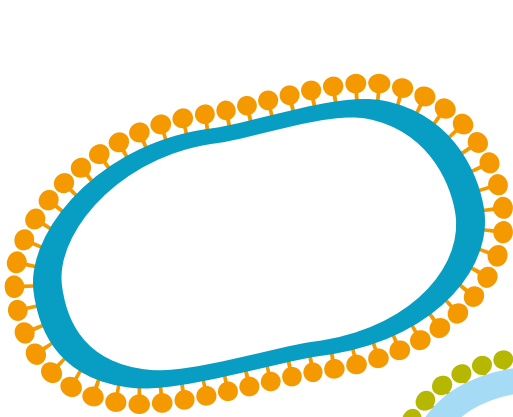
Things I Lost



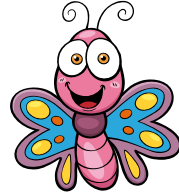
Maybe you lost a friend,
a favorite toy or school books.



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

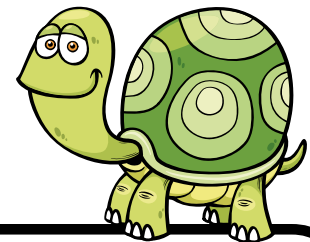
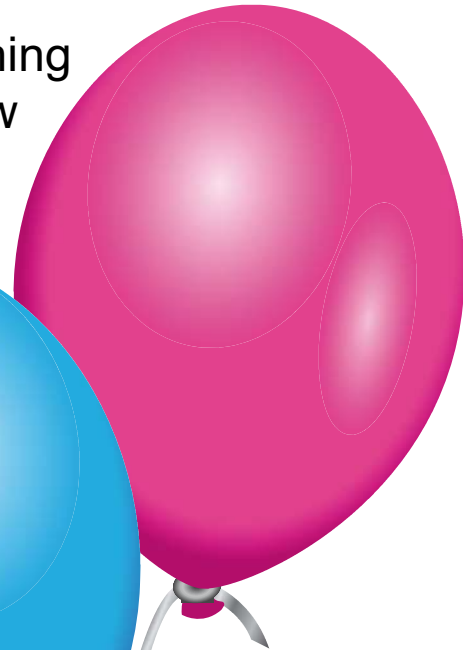
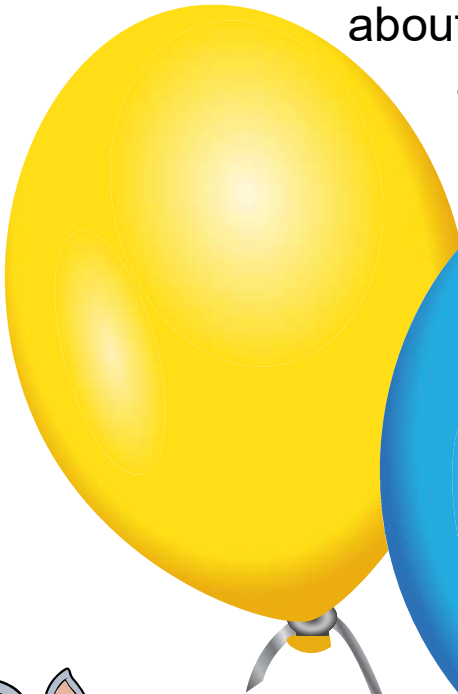


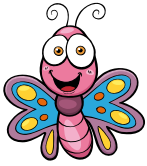
My Friends or Family Who Died



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.





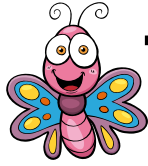
God Takes Care of Me

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.



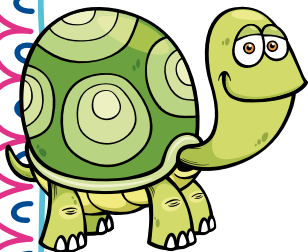


Thank You God

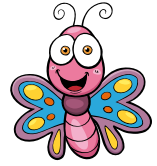
Write a prayer thanking God for His care.



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 two things 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

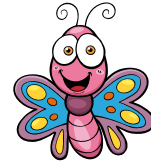
Sing a song



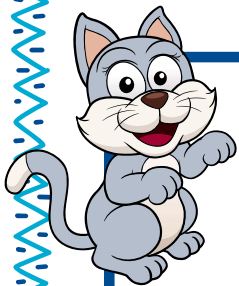
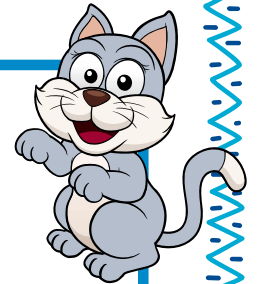
Write your thoughts of helpful things you can do:



Things That Help Me Feel Better



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

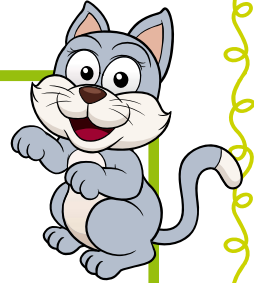


It Helps to Tell My Story



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.

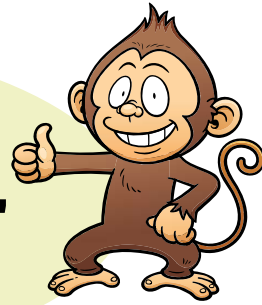




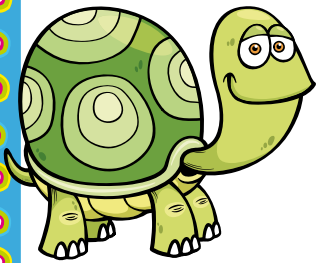
Jesus Helps Me!

**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.



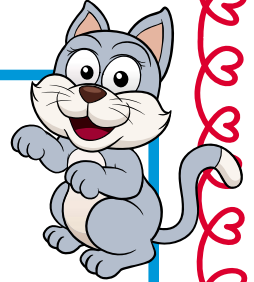
Draw a pretty border around your writing.



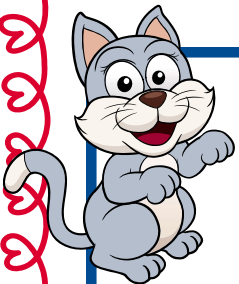
Jesus Has a Special Plan for My Life!



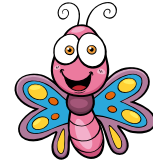
Draw a picture of what you want to do **NOW**.



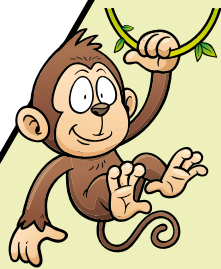
Draw a picture of what you want to do
WHEN YOU GROW UP.



God's Wonderful Promise to Me!

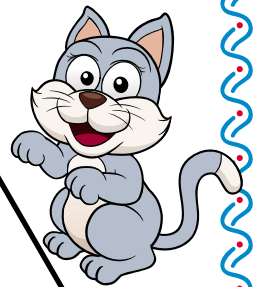


Memorize the Scripture verse shown below.
Color and make a pretty border around it.



"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 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!



