

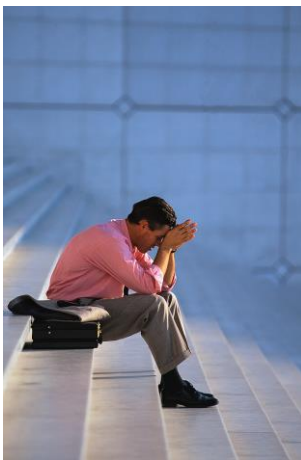
# When Things Feel Terrible

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**Sometimes the world feels good and safe. You go to school or to the grocery store, and your friends and family are all fine.**



**Sometimes it does not feel so safe. Things happen that do not make sense. They can be scary or confusing. Terrible things can make the grown-ups in your life worried, sad or angry.**



**When things feel terrible, there are some important things to *remember*.**

**When things feel terrible, there are some important things to *do*.**

**Remember that, even when something terrible has happened, and people are upset and nothing seems normal, *life will get calm again*. It will not always feel this way.**



**Remember that there are many, many, many people who are working to make things better. People who care about kids and grown-ups. *Lots of people are working to make the world feel safe again*.**



**Remember that even when terrible things happen, *you have special grown-ups in your life who will take care of you.* Some are in your family. Some are at your school. Some are in your community.**



**There are some things you can do that can help you feel better.**

***You can ask questions when you need to know something. Find a grown-up who you trust and let them know that you need to know something to help you understand.***



***You can use calm down steps to help you relax. Take 5 deep breathes. Blow some bubbles. Count to 20. Squeeze your hands tightly-then open them. Do it again and again.***



***You can be part of the many, many, many people who are helping to make the world feel safe again. Do something nice***



**for another person. Give a hug. Draw a picture and give it to someone. Tell a joke. Be a friend. Teach someone calm down steps.**



***Do the things that feel familiar and right. Spend time with friends. Go to the grocery store with a grown-up and buy a beautiful apple. Eat it. Go to school and sing songs at circle time. Spend time at the park and climb on the playground. Share a book with someone special.***



**People love you and care about you.  
Life will feel good and safe again.**