



WAR I



People in my country are experiencing a war. War is very dangerous.

During a war, there may be bombings, gun shots, and violence. People can get hurt.

War is scary. I may cry, scream, or yell. My stomach may hurt. I may feel angry, mad, and sad. My family, other adults, and other kids may also feel this way. It is okay to feel angry, mad, and sad.

To stay safe, we may need to leave our home. I may have to travel with my family to stay safe.

To stay safe, it is important to listen and follow the directions of my family or other adults I know. I can take deep breaths, ask for tight squeezes, or ask for help.

War is dangerous and scary, but there are people that I know who are trying to keep me safe and comfort me.

