

# WAR II



People in my country are experiencing



a war. War is very dangerous.



During a war, there may be bombings,

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gun shots, and violence. People can



get hurt.



War is scary. I may cry, scream, or yell.



My stomach may hurt. I may feel



scared, mad, and sad. My family, other



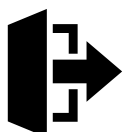
adults, and other kids may also feel



this way. It is okay to feel scared, 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

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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.

