

## FOR CHILDREN

This is your book. You will make it special as you draw the pictures that come into your mind as you read the words on each page. There will never be another book just like yours.

This book was written to help you understand the many feelings children often have when someone in their family has a serious illness. You will learn more about that illness and how you feel about some changes in your life. When one person is sick it affects everyone in the family. Illness brings change. Change brings both losses and gains. It may not be easy to see any gains at first but there will be many feelings about losses.

Sometimes it's easier to draw feelings than it is to talk about them. As you read the words on each page, draw the picture that comes into your mind. Don't worry about how well you can draw or how the picture looks. Just use colors, shapes and lines to tell a story about the illness in your family and how you feel about it.

Begin with the first page and do the pages in order. Circle any words you don't understand. When you have done a few pages, stop and share your work with an adult who cares about you. Most children feel better after they talk about their pictures with someone.

I hope you will want to share your book with others in your family so they can learn about your feelings from illness and change too. You can all learn to live well together.

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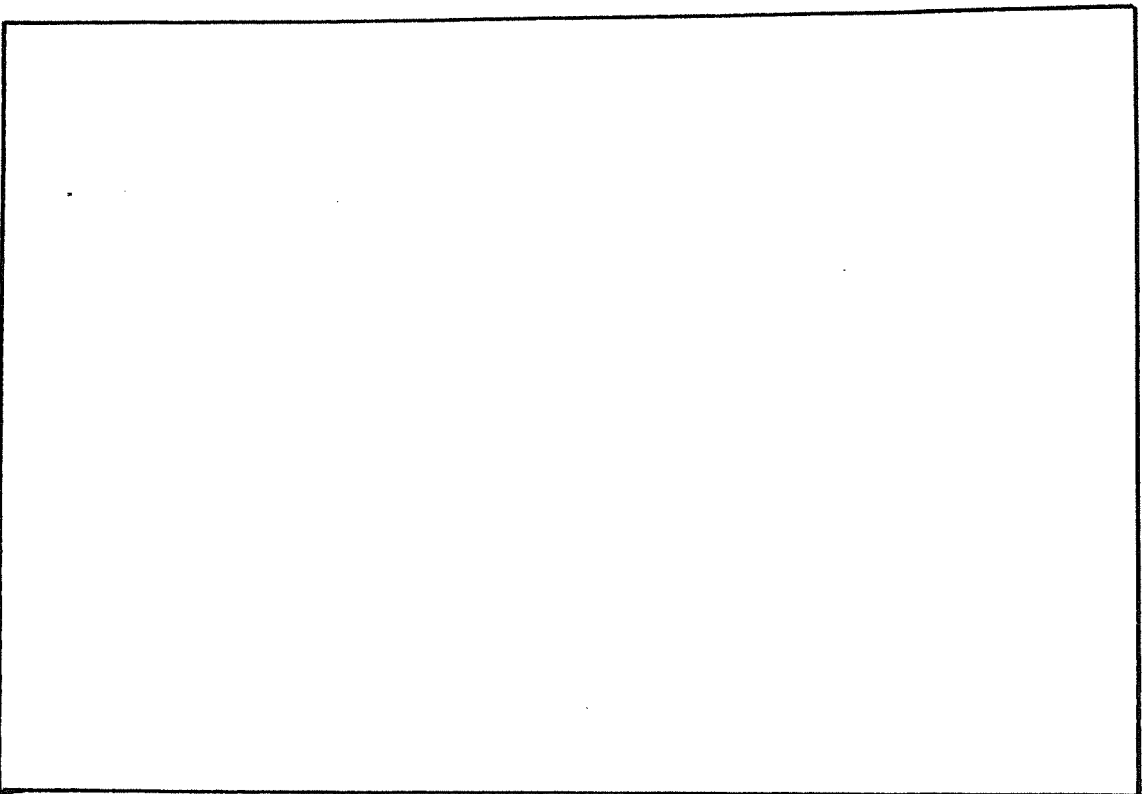
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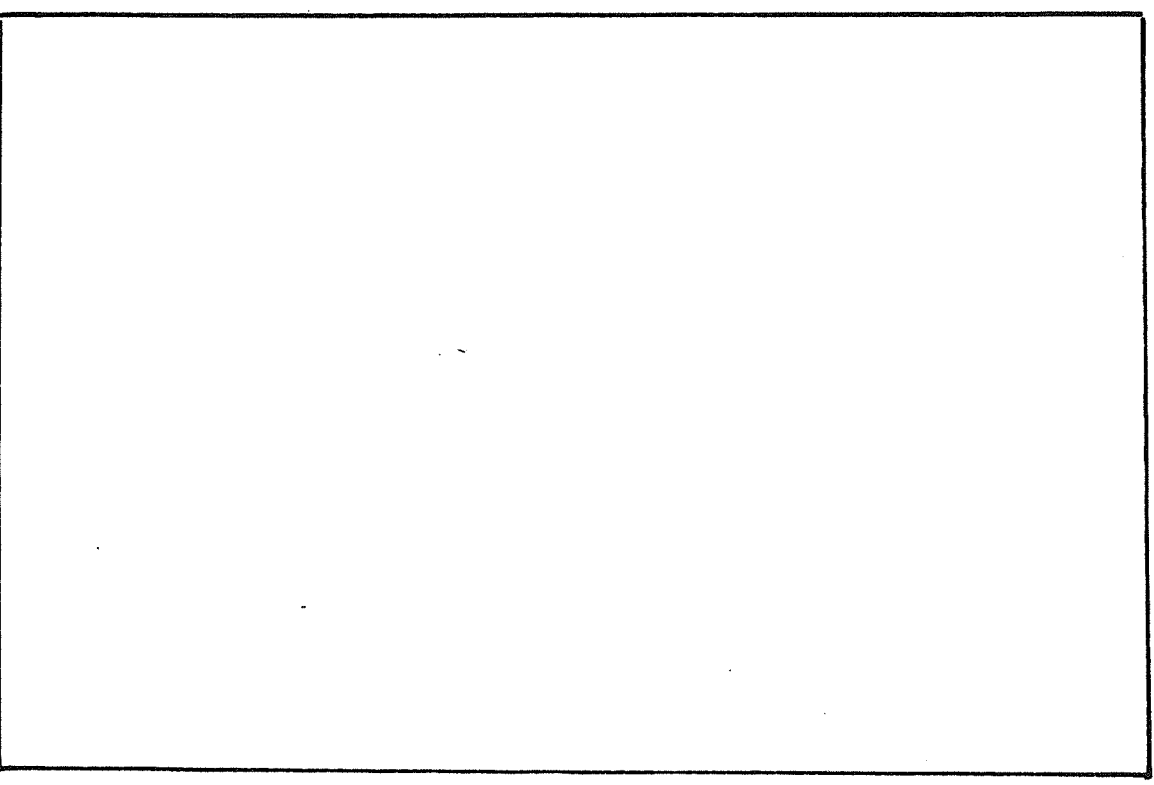
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Change is a natural part of life. Change in nature is easy to see. (draw some changes)



winter



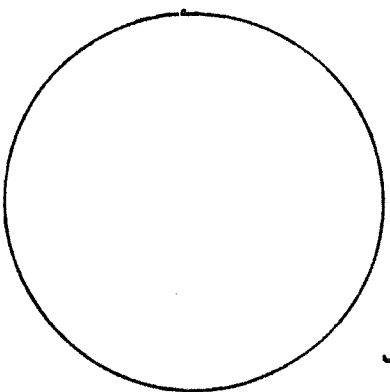
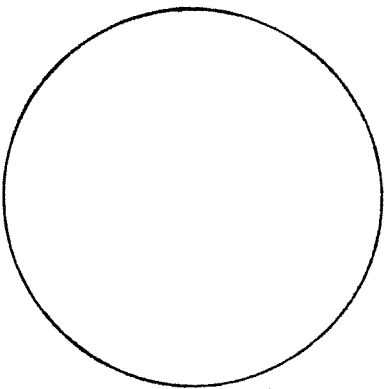
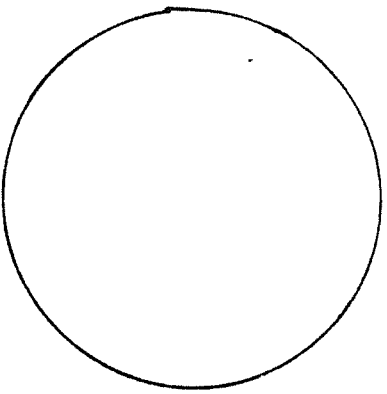
summer

Something Sad

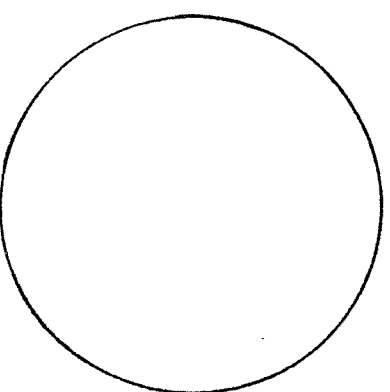
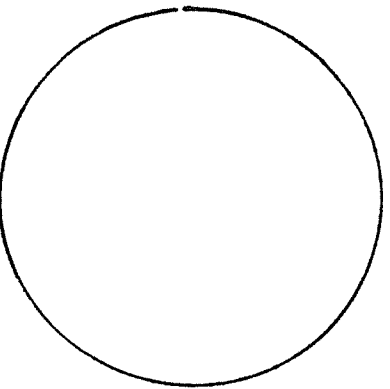
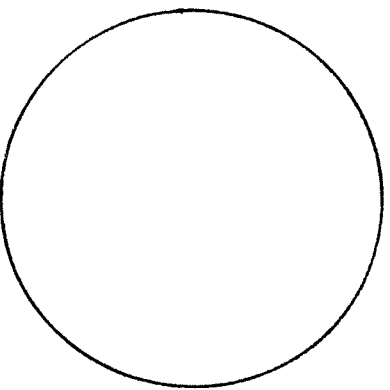
Drawing out sadness takes some of the pain away. Pu

Sometimes people put on a mask to hide feelings they don't like to show.

(name and draw 3 feelings you sometimes hide) with a different feeling

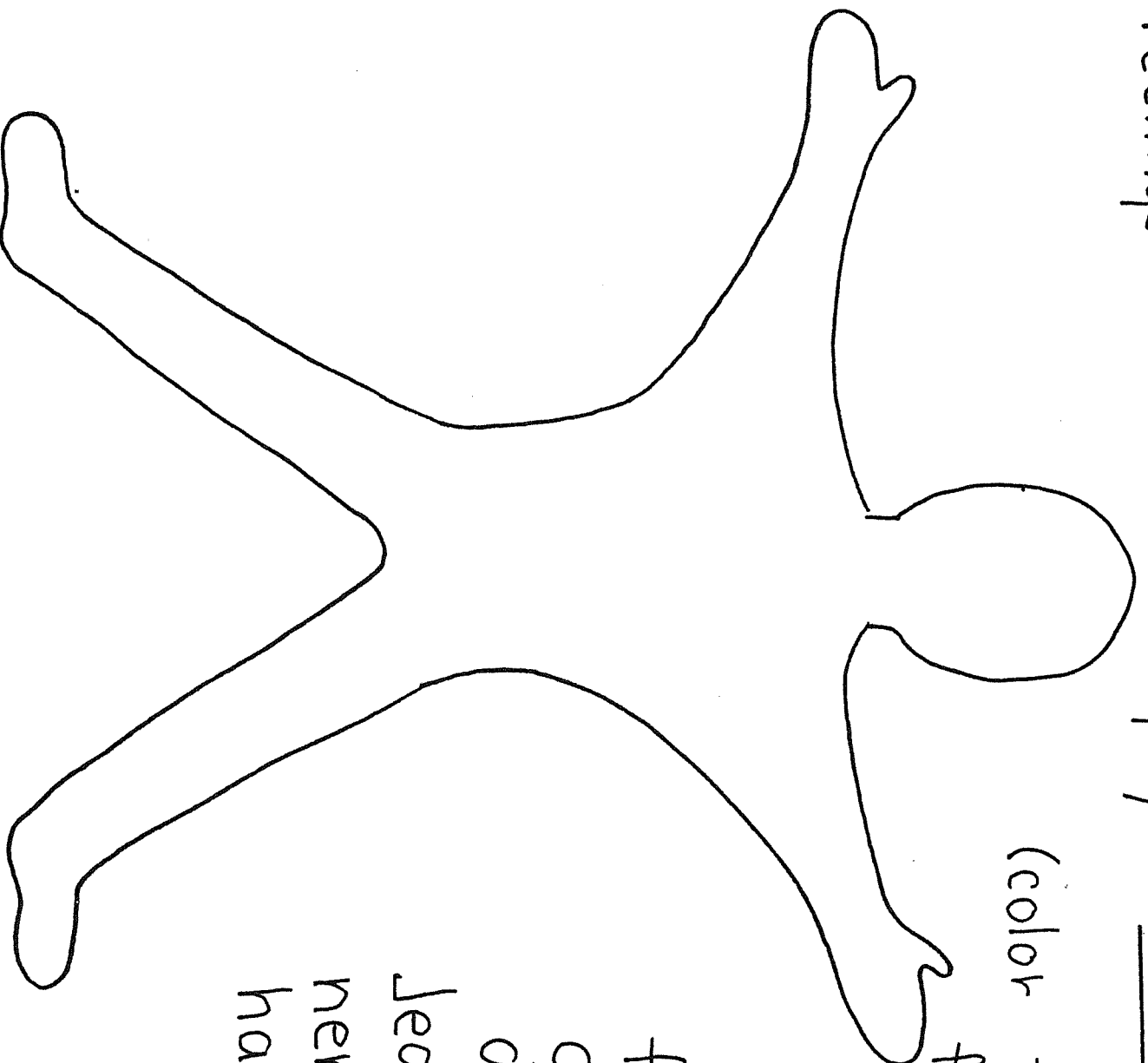


\_\_\_\_\_  
Name and draw the "<sup>feeling</sup>mask" you might use  
\_\_\_\_\_



Feelings are something you feel in your body

(color the places you  
feel these feelings)



sad	-	blue
fear	-	black
guilt	-	brown
anger	-	red
jealous	-	green
nervous	-	orange
happy	-	yellow

What do people in your family do when they feel..

Sad

Afraid

Angry

Feelings affect the things you do or say.  
Everyone feels sad, afraid and angry at times.

ruff  
?)

(Draw a picture to finish this sentence.)  
I feel angry when...

(Draw a picture to finish this sentence.)  
I feel angry when...



(Draw a picture to finish this sentence.)  
I feel angry when...

(Draw a picture to finish this sentence.)  
I feel angry when...

(Draw a picture to finish this sentence.)  
I feel angry when...



(Draw a picture to finish this sentence.)  
I feel angry when...

When I feel angry I ...  
(draw different kinds of things you might do.)

It's OK to feel angry but it isn't OK to hurt you,  
People or things. (cross out your ways that are not OK.)

When I feel angry I ...  
(draw different kinds of things you might do.)

It's O.K. to feel angry but it isn't O.K. to hurt you,  
people or things. (cross out your ways that are not O.K.)

I am special too. I am good at mar

Unexpected blessings may come with problems and change. (can you think of something good you have gained?)

Growth comes from pain.



My family is special. Everyone is you all  
something. (Draw your family and what is special about each one)

No family is perfect. It is O.K. to be different.