One of the HARDEST Days of My Life

Mar.co PRODUCTS, INC.

A Book to Help Children Work Through Their Grief and Sadness
After Experiencing a Life-Changing Event

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Introduction

It is difficult for adults to understand how and why terrible things happen. For children, it is not only difficult to understand, it is hard for them to cope with the disruption of their world and the many different feelings that arise. They want to know what happened and why it happened. But more importantly, they want to know how it will affect them directly.

This reproducible workbook uses a cellphone and "selfie" theme to engage children. Children are encouraged to look inward at how they are feeling about the tragedy and use art to express themselves.

As children navigate through the event by drawing their thoughts and feelings in a safe and calm manner, they will identify the life-changing event, their thoughts and feelings about the event, and the adults and friends who can help them. By illustrating their thoughts and feelings in a guided manner, children create their own book about their own personal story. They can do this independently or with the help of a caring adult.

At the end of the book, there are tips on how to help children who are experiencing a life-changing event. When tragedy strikes, children look to adults for clarity, comfort, and hope. These tips can be useful for both the professional counselor and the children's parents.

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When I found out what happened, I was _____ .

THIS IS A PICTURE OF HOW I LOOKED WHEN I FOUND OUT WHAT HAPPENED.

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When I am angry, I can control my temper.

THIS IS A PICTURE OF WHAT I DO TO CALM DOWN AND FEEL BETTER.

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I cannot change this very sad thing in my life, but I will not feel sad forever.

Soon, my days will feel happier and sunnier than they do right now.

THIS IS A PICTURE OF A HAPPY AND SUNNY DAY.

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