

A helping hand in wartime!

A first-aid book for children aged 8 to 12



Suddenly, we hear a lot about **war**. People are talking about it everywhere, on the streets, on television, when grownups are talking. This can make you feel anxious or scared. Unfortunately I cannot dissolve the **war**. However, I can give you some tips to lessen these feelings. With this booklet you are allowed to decide which pages you would like to do, how you do them and when. You may even decide who is allowed to see what you have done. I hope this booklet is helpful to you.

A handwritten signature in black ink on a light gray background. The signature reads "Monique" in a cursive, flowing script.

This booklet is an initiative of Monique Claes.
I do not want to make money off of war. But it would be appreciated if you support this initiative by donating to either **UNICEF, Médecins Sans Frontières** or **the Red Cross**.

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Photo used on cover: Monique Claes

Translation: Rutger de Knecht

Graphic design: Monique van Vlodrop

THIS BOOK IS OWNED BY:

Here, you may draw yourself or write something about yourself.

MAKE A WORD WEB

What do you think about when you hear the word war.

war

WHAT I FEEL

Because of all the things that are happening at the moment you may feel differently. But, this may not be the case.

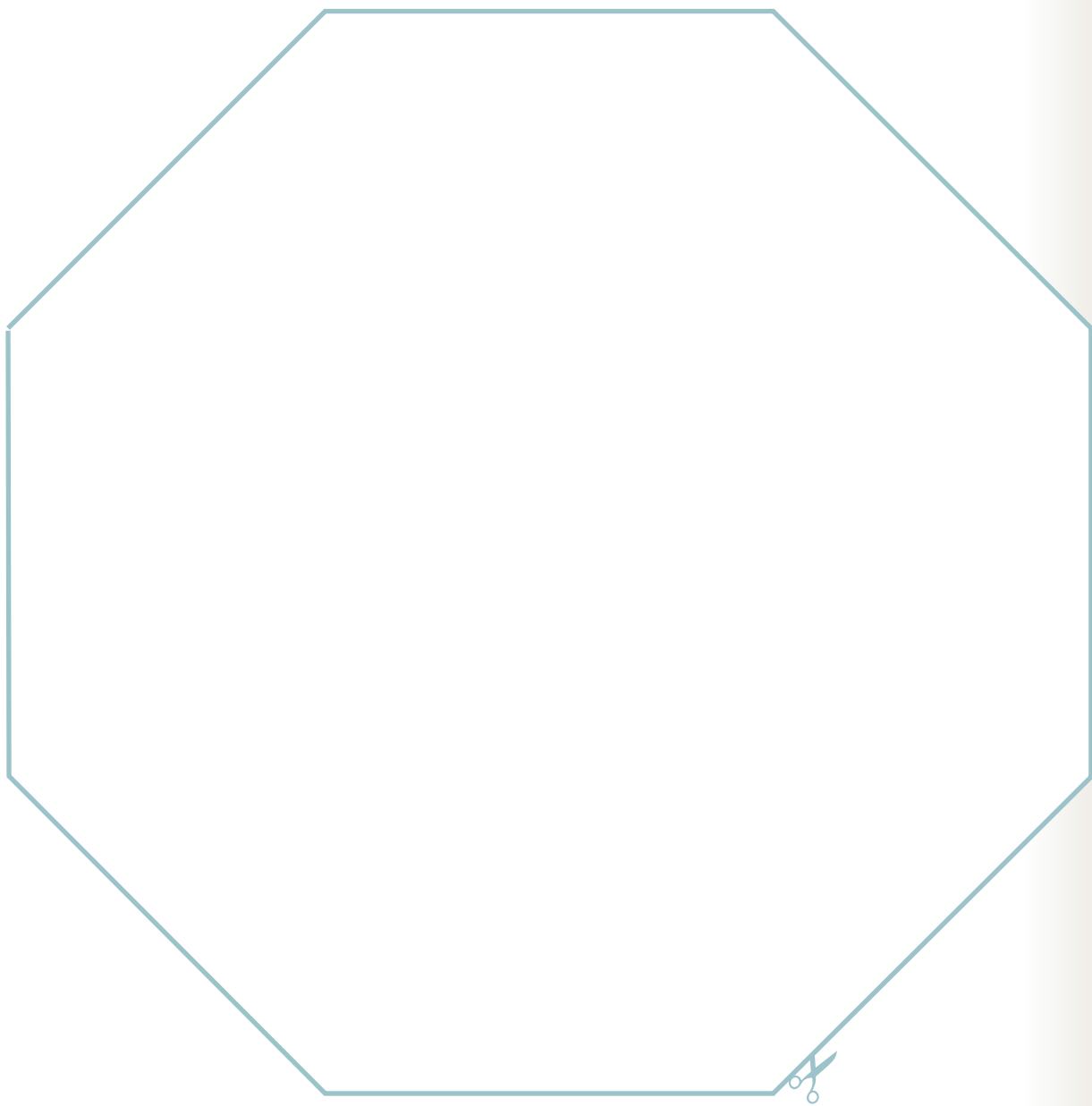
Draw what you are feeling.

It may be that you are having several feelings at the same time. You can be scared and happy at the same time. All though it sounds strange it is normal.

STOP!

You may feel as if you only hear things about war throughout the day. It is important to say that you do not want hear about war at home if this bothers you.

Make a stop sign and show it if you do not want to hear about it for a little while.



DOVE OF PEACE

War is never fun, for nobody.
The opposite of war is peace/
The dove of peace is a symbol of peace.

Colour it as beautiful as can be.

You can put it on display if you want to.



AIR MAIL



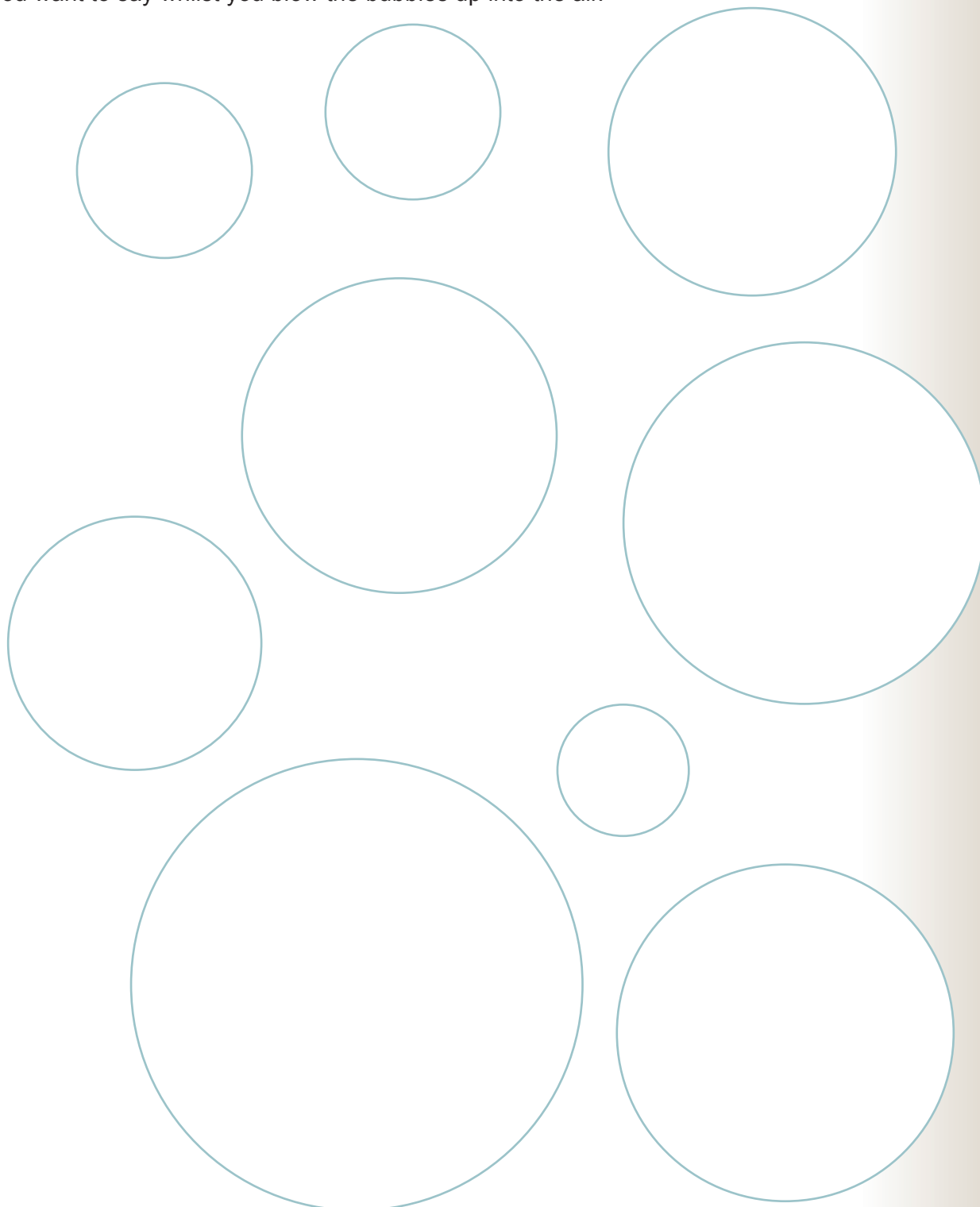
Probably you do not know any children who are living in a country where there is war. But you do see images of it. You can probably imagine how unpleasant this would be.

Perhaps you can think about how this would be for you.

What would you like to tell these children?

Write it in the soap bubbles.

You can also use bubble blower when you play outside and say out loud what you want to say whilst you blow the bubbles up into the air.



MUSEUM OF SOFTNESS

War is harsh and sad. That is why we are going to find soft things inside your house.

Make your own museum or spot with soft things.

Museum of softness

JOKES

War is no fun, but at the same time jokes are made about it.
There are artists that tell their opinion with a funny drawing.
We often see this in newspapers or on social media.
This is called a cartoon..

Draw your own cartoon or glue on a cartoon you saw in the newspaper.

ASKING IS OKAY!

You hear so many things at the moment. It is normal that you do not understand everything. Maybe you are having a lot of questions. It is important that you feel free to ask questions.

To who can you go to if you have questions?

- mom
- dad
- teacher
- caregiver
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It may be that you do not get the answers to all your questions because also grownups do not know everything.

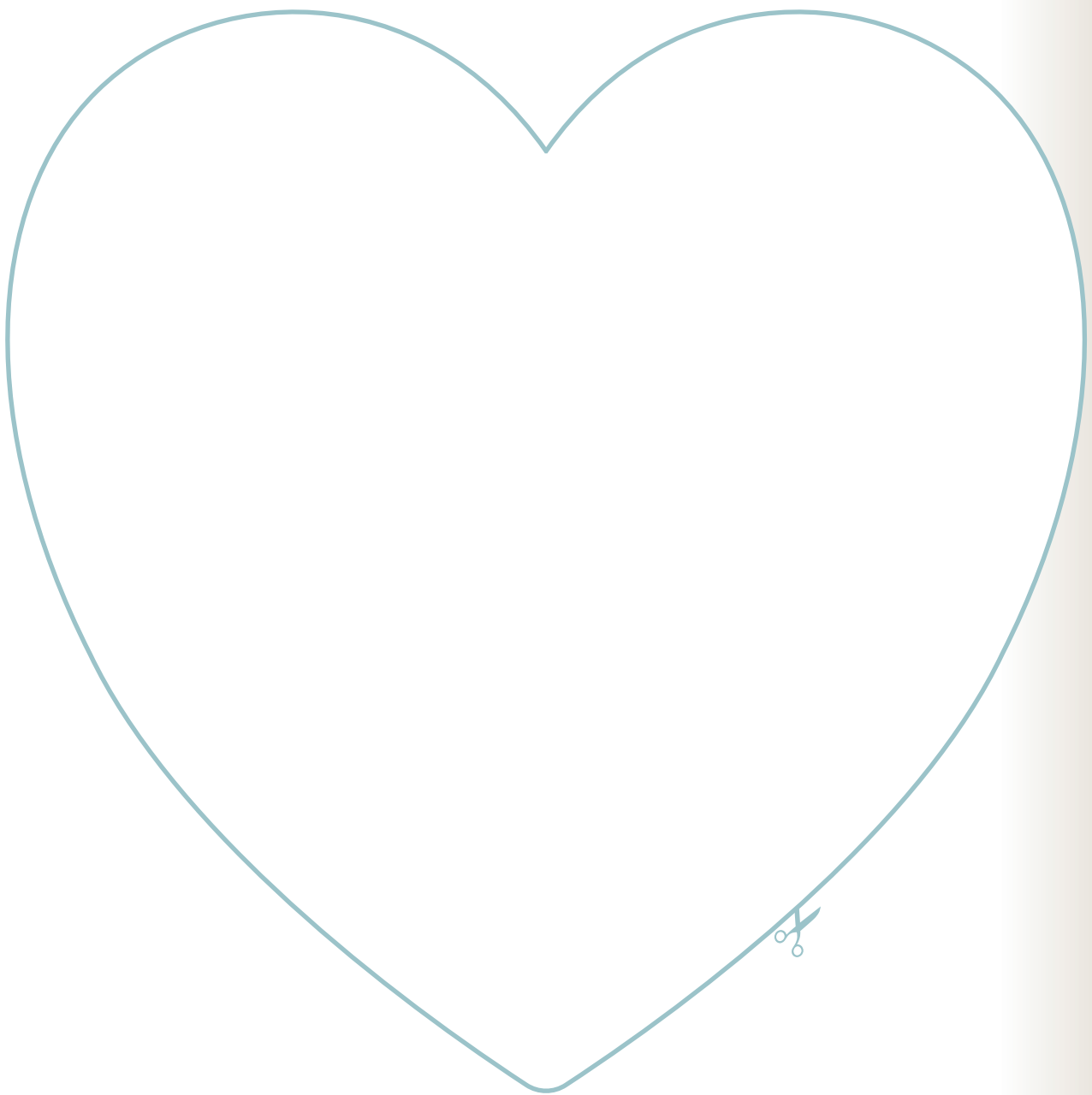
Write your questions down below.

LITTLE HEARTS

Are People and children acting differently at the moment? Perhaps they are less happy or a little bit more quiet.

Little hearts always make people feel happy.

Decorate the heart, cut it out and give it as a card to someone who needs it.



POSTER

Have you already come across a poster that says that the war has to stop?

Sometimes these are put on display so that people can tell their opinion.

STOP THE WAR!



A HEAD FULL

It is not nice if you are thinking about sad things a lot of the times.

Here are some tips:

- Go look out for your favourite colour and make a cross sign for each time you see it.
- Go play outside, it helps.
- Take a handkerchief with a smell of mom, dad or caregiver and smell it from time to time.
- Put on some music that gives you a happy feeling.
- Take a book and read a happy story.
- Take a shower and imagine that all the sad feelings are flushed away with the water.
- Collect images from magazines that you find pretty or funny and look at them from time to time.
- Play a board game with someone.
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HELP

There are a lot of people who help children and families who are in a war.

UNICEF, the RED CROSS, Warchild foundation, and many more.

They try to give food and drinks to people.

They bring blankets and warm clothes.

They bring medicines, bandaids and bandages to people who need them.

They can put up tents for people to sleep in if there are no other places for them to sleep.

Often people do this voluntarily. This means that they don't get any money for it.

Would you like to do something like that when you grow up?

What would you do?

What do you think would help people?

DREAM WORLD

Make a drawing down below of how your dream world would look like.



USING MAGIC

Imagine you can use magic, what would you do?

“Hocus Pocus....”

Finish the magic spell and write or draw how you would use your magic powers.

A PAGE OF NICE WORDS

Write down nice, kind, funny or weird words.

You can ask someone to help you.

WRITING AND DRAWING SPACE

Here you can draw or write down anything you would like to.

Tips for parents and caregivers

- Take the time to listen to your children if they want to tell or ask you something.
- Give honest answers to your children's questions. But nothing more than they ask. This makes sure you connect with your children's needs. In case you are not able to answer a question you tell them this honestly.
- Ask a child what they are feeling. Every feeling is relevant, don't judge or downplay their feelings.
- Tell children that is not a problem of the children. They cannot solve this. Tell them that leaders of many countries are thinking about how this can be solved.
- Make sure you give them the feeling that it is okay to go play and that they do not have to worry about feeling guilty for it.
- Make sure children are not exposed to images and information that are not appropriate for their age.
- In case your children are watching news programs for children, make sure you watch it with hem.
- If a child wants to support a foundation or initiative, support this. Make them do some sort of chore and donate the money to an organisation.
- In case you are worrying about your child's behaviour, advise your family doctor/ general practitioner or a local support group.