

Let me be
your friend

a helping hand in wartime



This booklet is an initiative of Monique Claes

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War, everyone is talking about it. You might have experienced it yourself. Than you must have seen a lot of sad things. This can make you feel anxious or scared. It also could be that you are afraid to go to sleep, that you worry about other people and you perhaps know someone who is wounded or died.

Unfortunately I cannot end the **war**, but with this booklet I hope I can give you some tips to help you. You decide yourself when to start using it, which pages you would like to do first, how you would like to follow tips. You may even decide who is allowed to see what you have done.

I hope this booklet is helpful to you.

Monique



THIS BOOK IS OWNED BY:

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

MAKE A WORD WEB

What do you think of 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 you don't have to.

Draw how 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. Maybe you even feel almost nothing anymore. That sounds crazy but is normal.

POWER

When a lot of bad things happen, your body reacts in different ways. Maybe you feel pain in your belly, or feel weak or have a head that is very heavy. You may feel as if you have no power left. There is a way to find your power again.

Find a stone.

If you hold it you will think very carefully about what you feel. Usually it feels hard, sharp and cold.

What happens when you hold the stone for a while and you think about something nice?

Does the stone still feels cold?

**Or has your power made the stone feel warm?
If that is the case, than you have found your power back.**

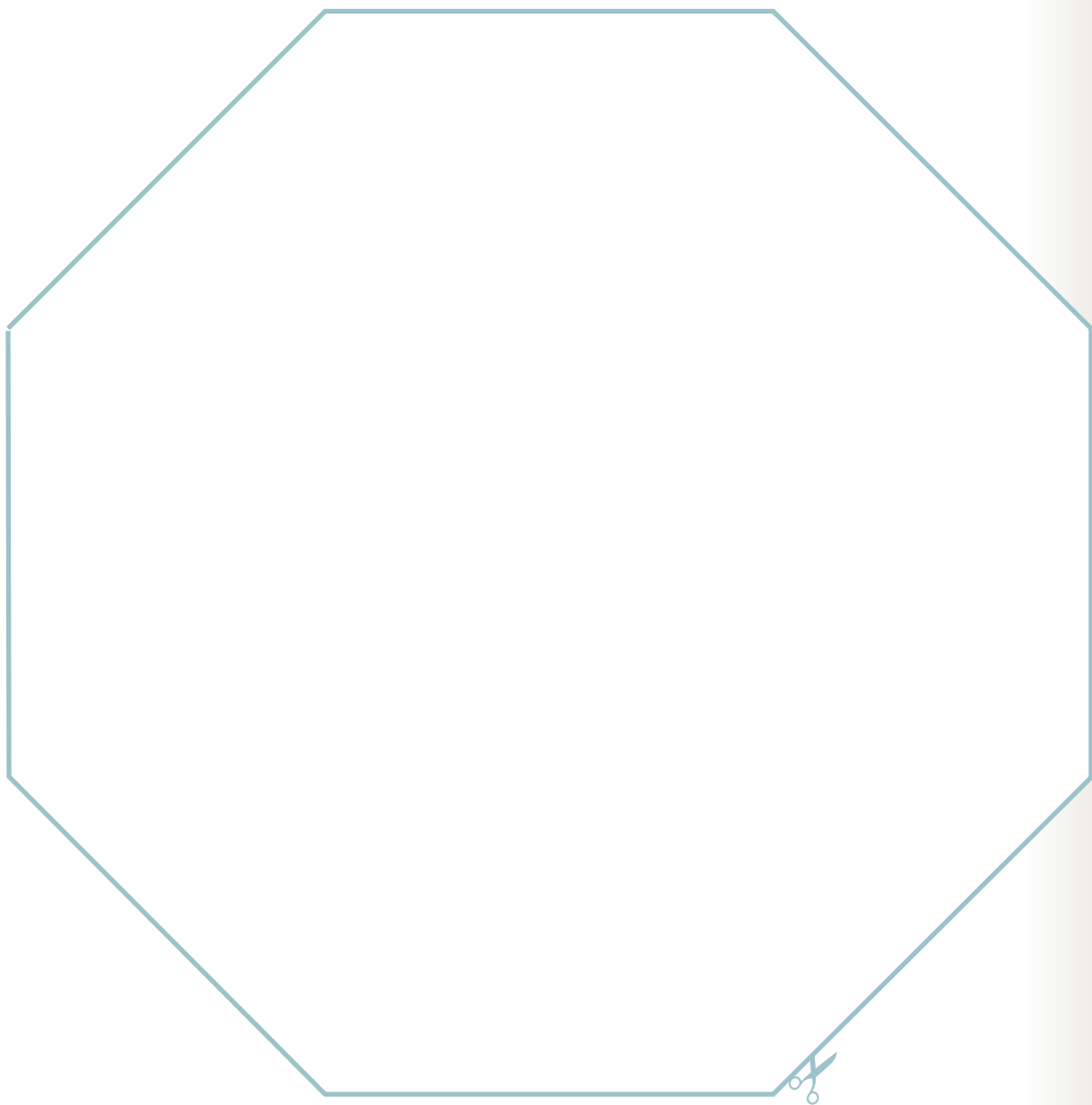
Now you know how to find your power back when you feel weak and sad.



STOP!

You may feel as if you only hear things about war throughout the day. If it bothers you and you don't want to hear about the war for a while, it is important that you say that to the people who take care of 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.



FLEEING TO ANOTHER COUNTRY

You have fled to another country because it is not safe in your country right now. Sometimes children flee with their family, but sometimes only with their mother.

Who did you flee with?

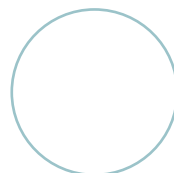
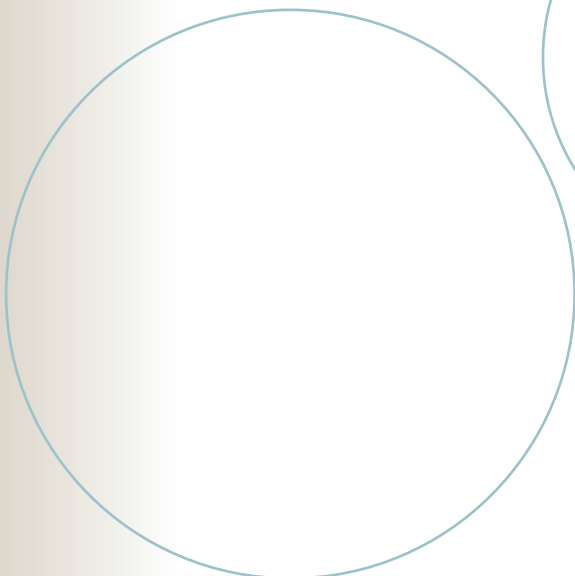
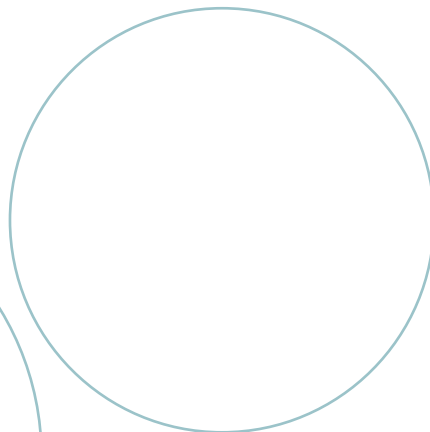
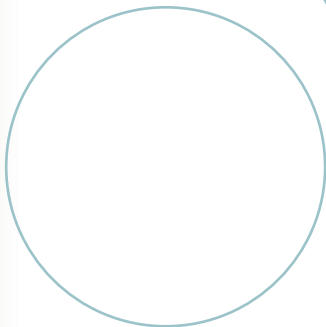
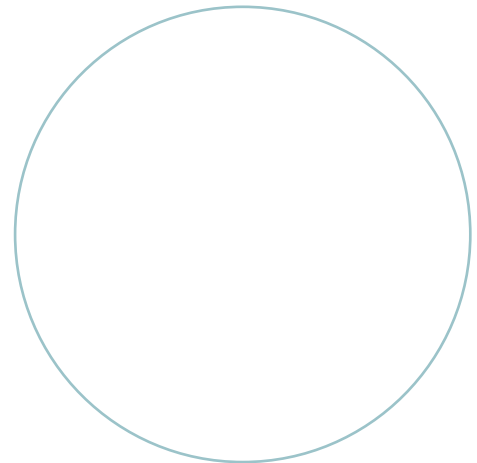
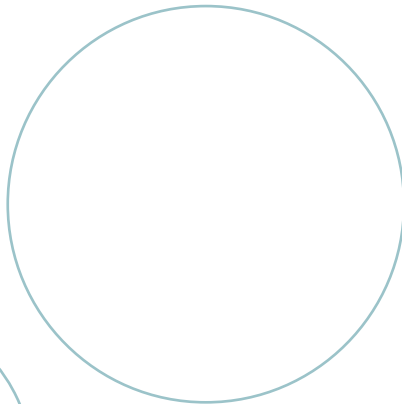
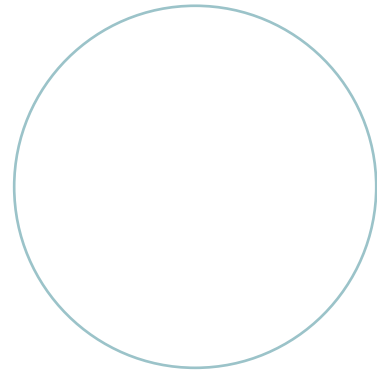
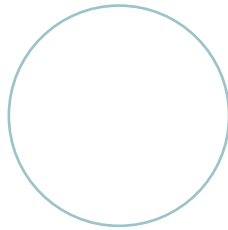
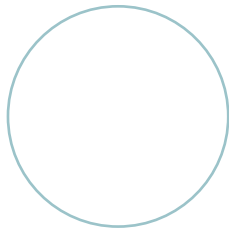
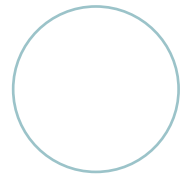
Write down something about it or make a drawing about it.

AIR MAIL

It could be that you are missing some people because you are in another country right now. This could be a friend or a family member.

Write it in the soap bubbles.

Write or draw in the soap bubbles what you would like to say to them. Imagine that you blow the soap bubbles towards them.



JOKES

War is no fun, but at the same time jokes are made about it. Sometimes they draw a leader of a country with a weird looking head. 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, and have experienced so much. 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
- carer
-
-

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.

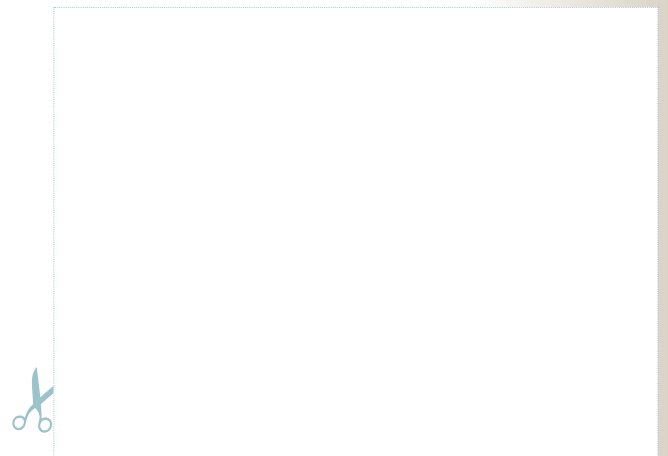
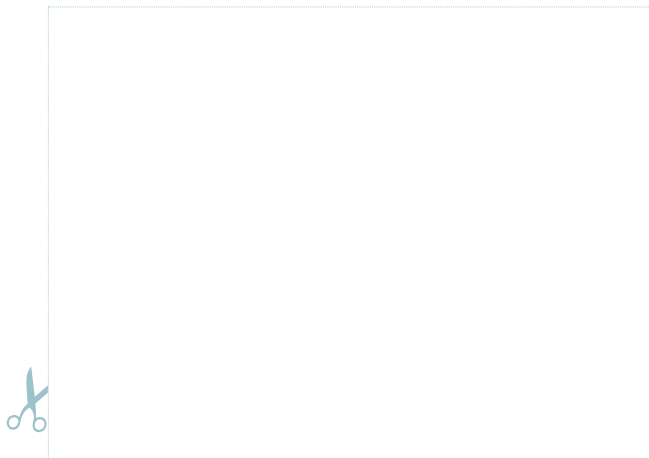
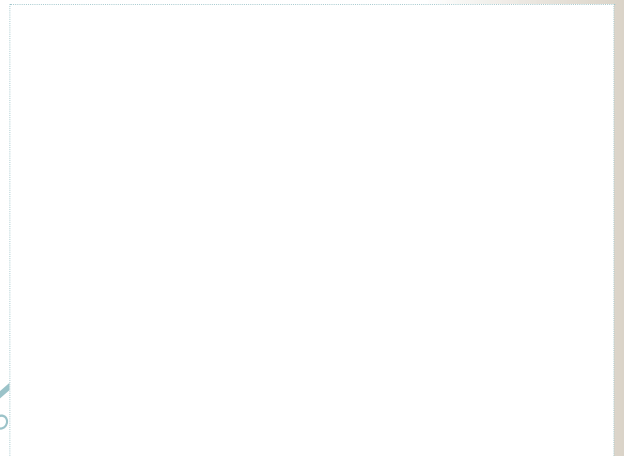
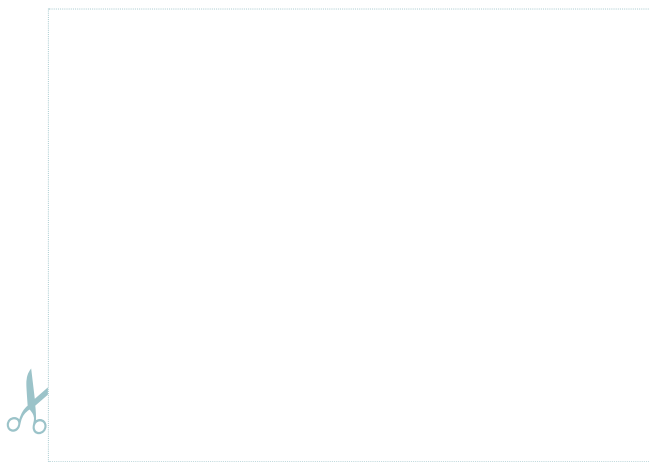


NICE WORDS

Are there people or children who are acting differently than before?
Perhaps they are a less happy or a bit more quiet.

Make a postcard for someone with a sweet word.

Make the postcard pretty, cut it out and give it to someone who needs it.



POSTER

Have you already come across pictures or posters that say that the war has to stop? Sometimes these are put on display so that people can give their opinion.

If you also think that the war has to stop, you can make a stop the war poster and display it on your window.

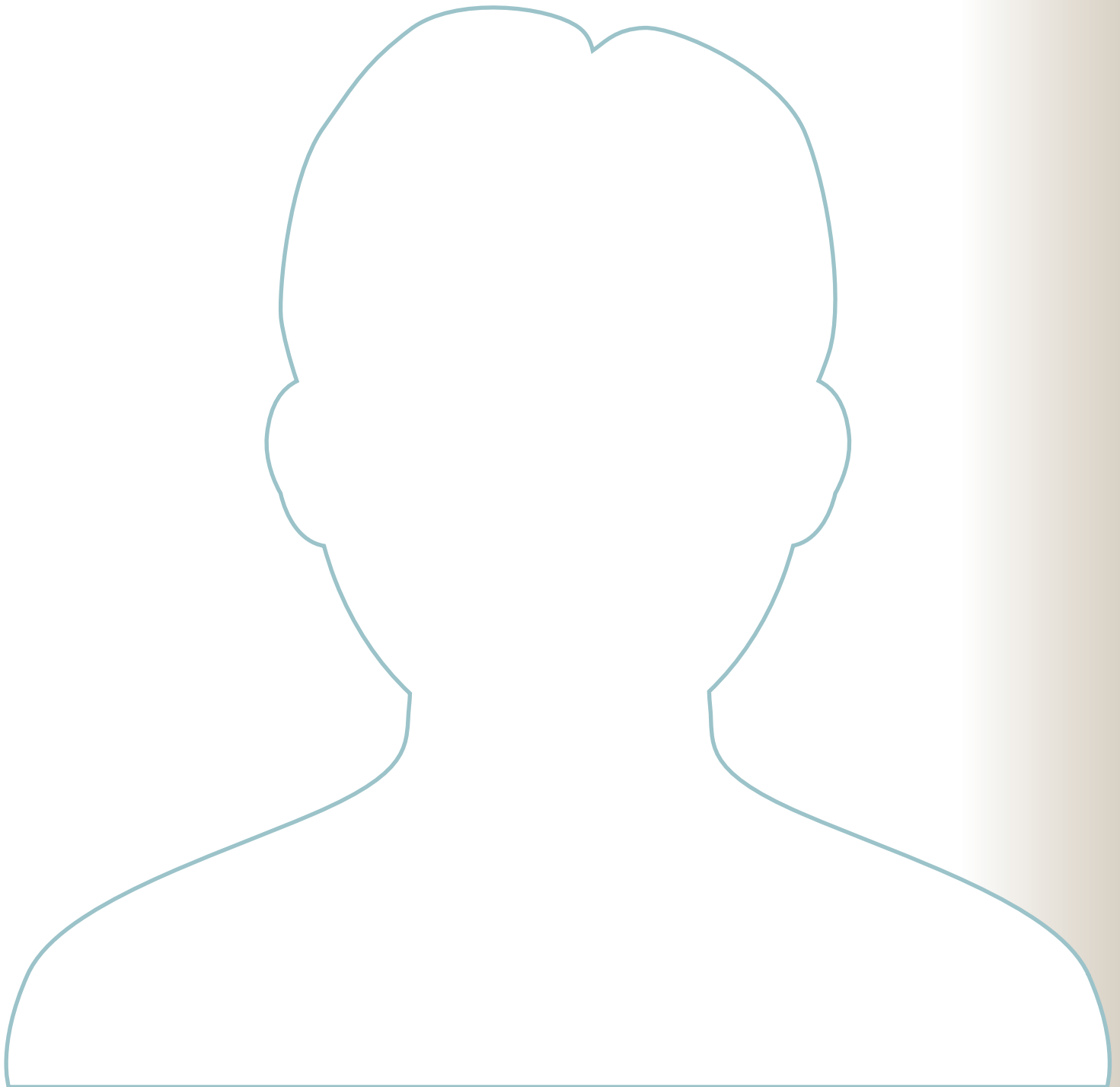
STOP THE WAR!



A HEAD FULL

Because of the war, your head can be completely full of nasty thoughts. That is not nice so we will try to put nice things in the head.

Draw or write happy things in your head.



HELP

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

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, bandages and patches to people who need them.

They set up tents where people can sleep when they have nowhere else to go

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

Are there people that have helped you?

How did they helped you?

What would you like that these people do?



DREAM WORLD

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

HEROES

Often in books or movies we see super heroes. A hero is someone who saves someone else or who takes good care of someone. Do you have a hero, or somebody you wish he or she was your hero? What do you wish this hero could do for you?

Make a drawing about it.

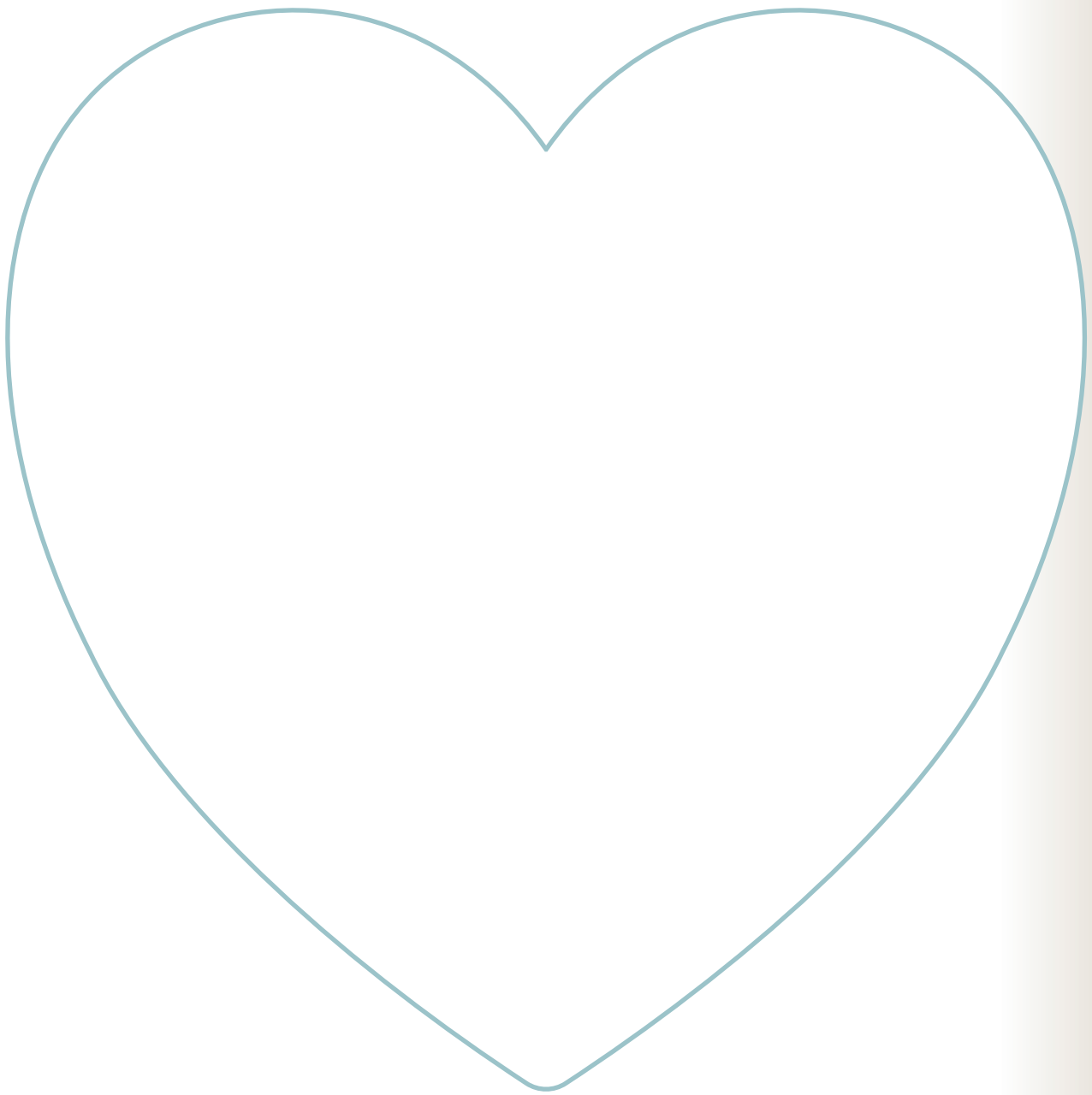
You may also draw yourself as a superhero.



LITTLE HEARTS

If you don't see somebody for a long time, you will sometimes miss each other very much. These people probably have a very nice place in your heart.

Write the names in the hearts of the people you miss very much and make a nice place for them in the heart.



FAVOURITE COLOURS

What are your favourite colours?

Make a drawing with these colours.

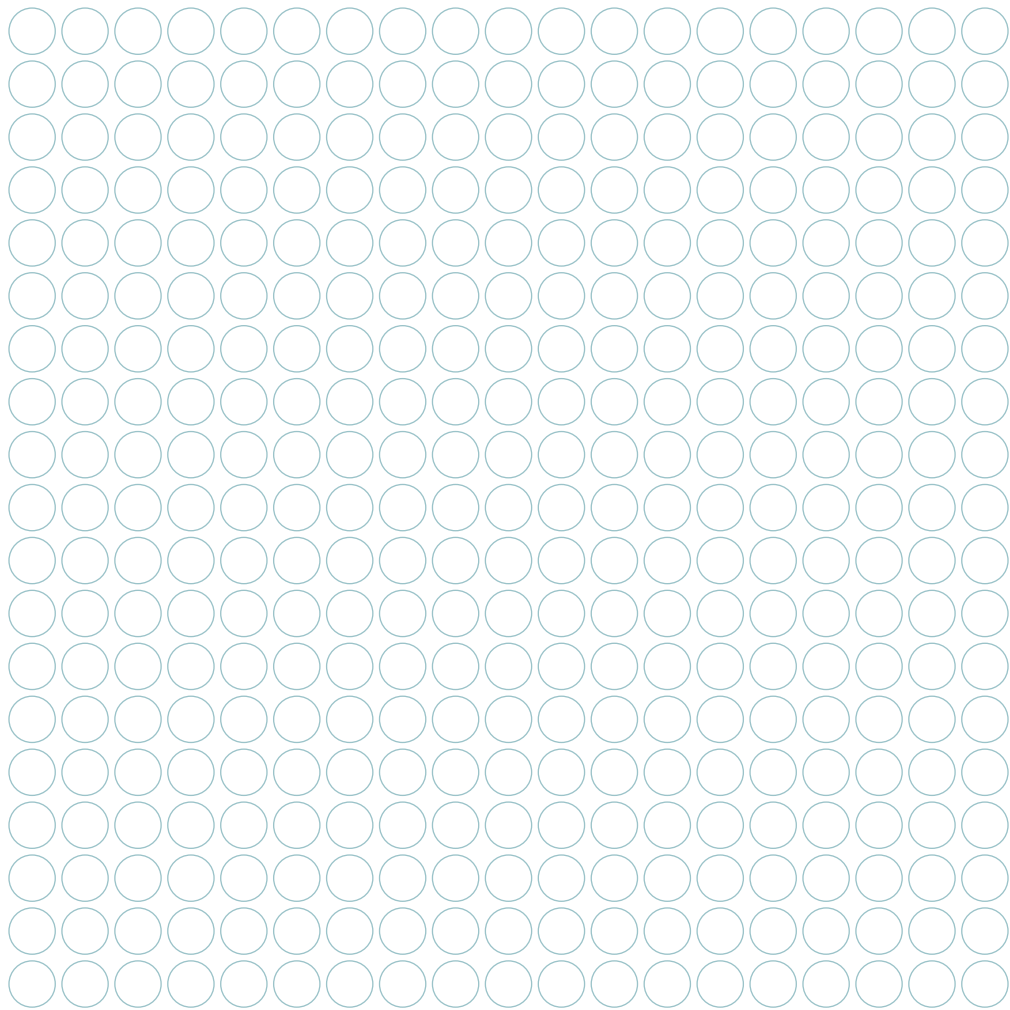


COLLECTING

There are so many horrible things happening at the moment. That is why you may feel bad and differently than first. It is time to collect nice moments.

Try to colour a circle every time when there is a nice moment.

You can choose which circle and with which colour. I am curious what your drawing will look like in a few days.



FLAG

Every country has a different flag.

Make a drawing down below which flag you like to see flying.

You may also come up with your own flag.



