

A SCARY THING HAPPENED

A children's coloring book to help cope with disasters

presented by:

Freeborn County Crisis Response Team



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Introduction

The Freeborn County Crisis Response Team (CRT) is a group of volunteers who are trained to go out into the community to be supportive to groups of people who have been traumatized by disaster. The disaster could be natural or human-made; for example, a tornado, flood, school shooting, or groups affected by a crime.

CRT is coordinated by the Crime Victim's Crisis Center of Freeborn County. CRT is based on the model established by the National Organization of Victim Assistance (NOVA).

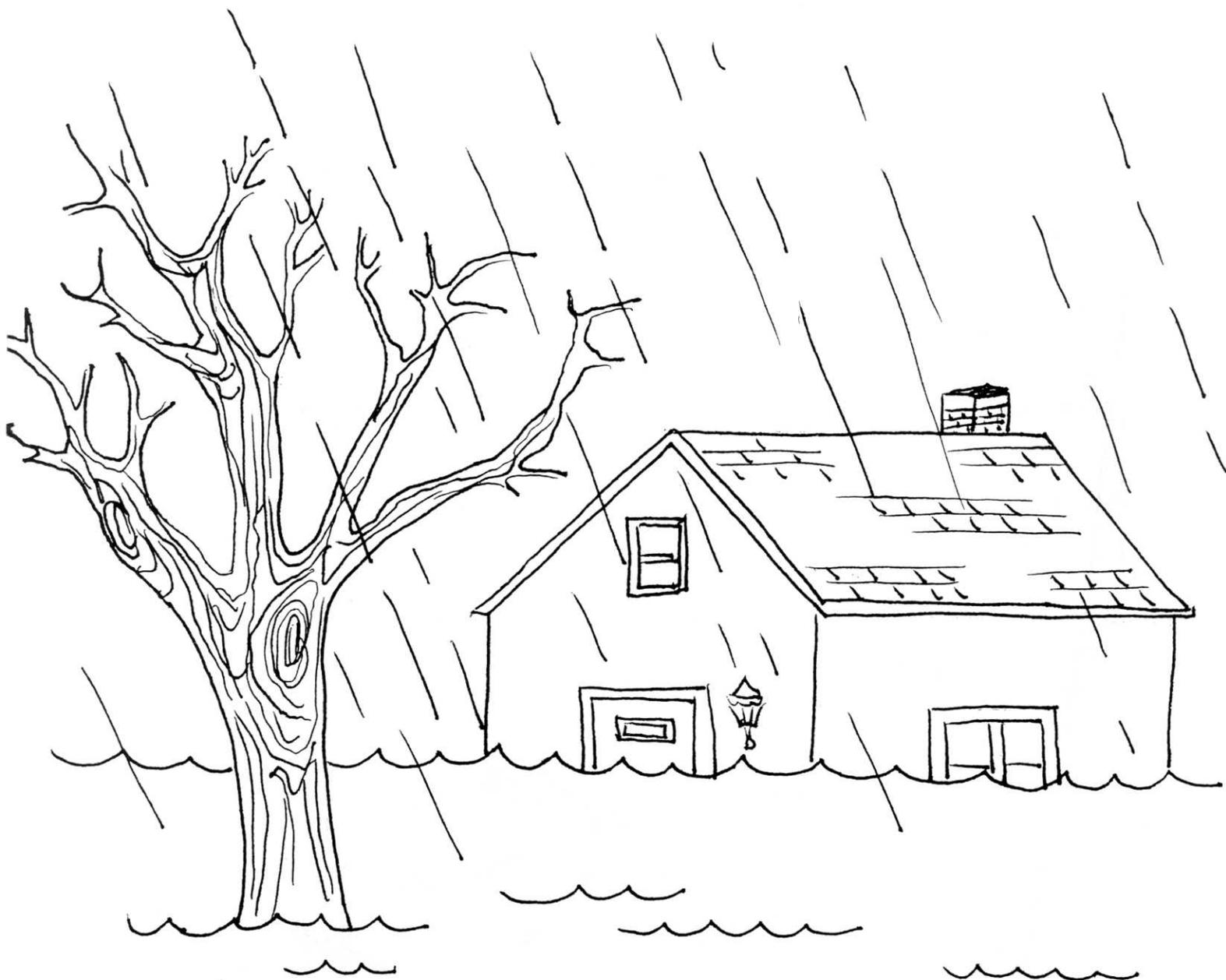
We wish to recognize 3 of our volunteers who have made significant contributions to the development of this coloring book:

Marlys Jentoft, Illustrator
Judith Popp-Anderson, MS, LICSW, LADC
Theresa Spiering, M.Ed.

***For information on how to purchase this coloring book
or to contact the CRT coordinator:***

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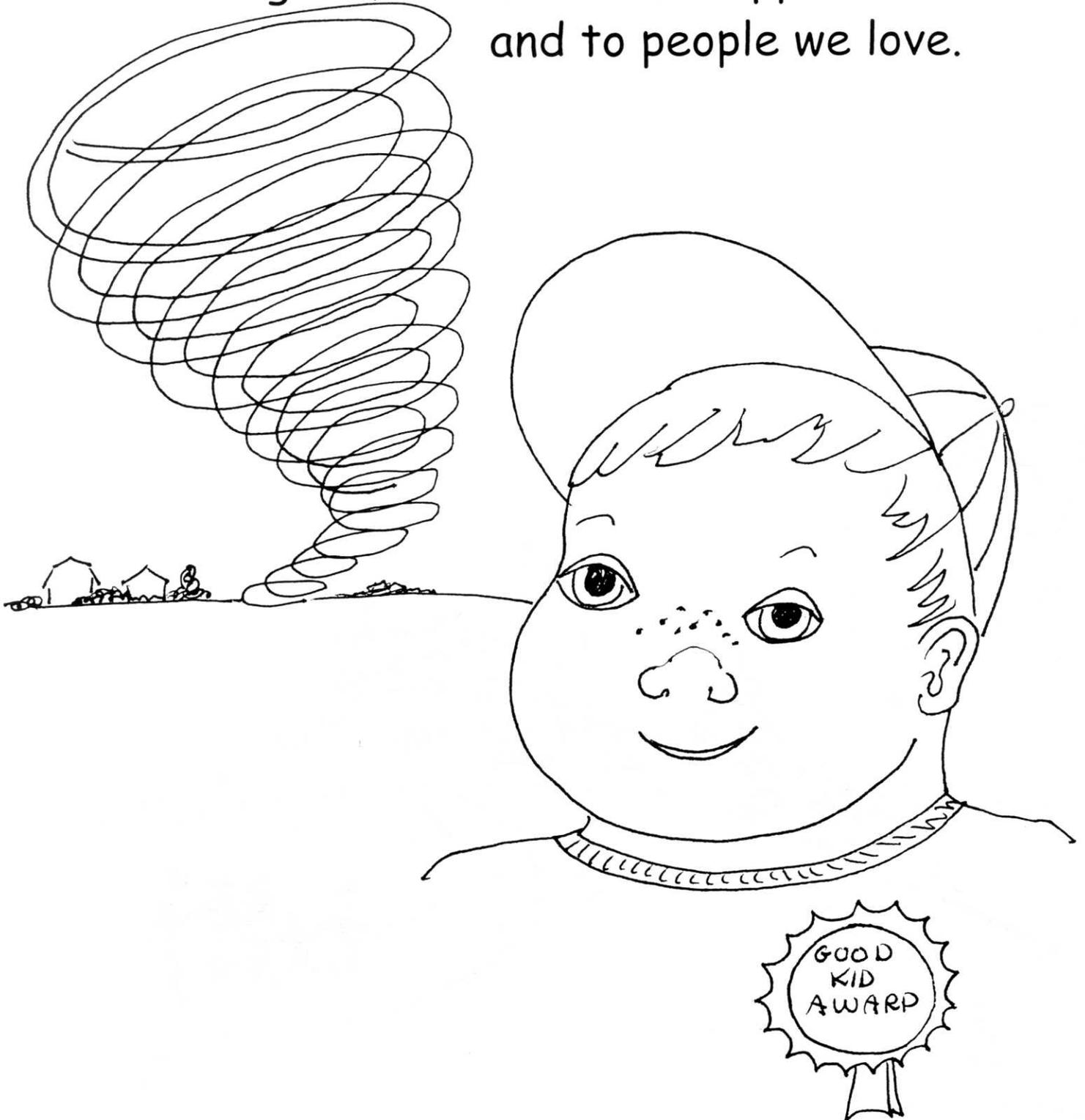
Sometimes scary things happen.
We call these disasters.



Draw a picture of yourself
before the disaster.



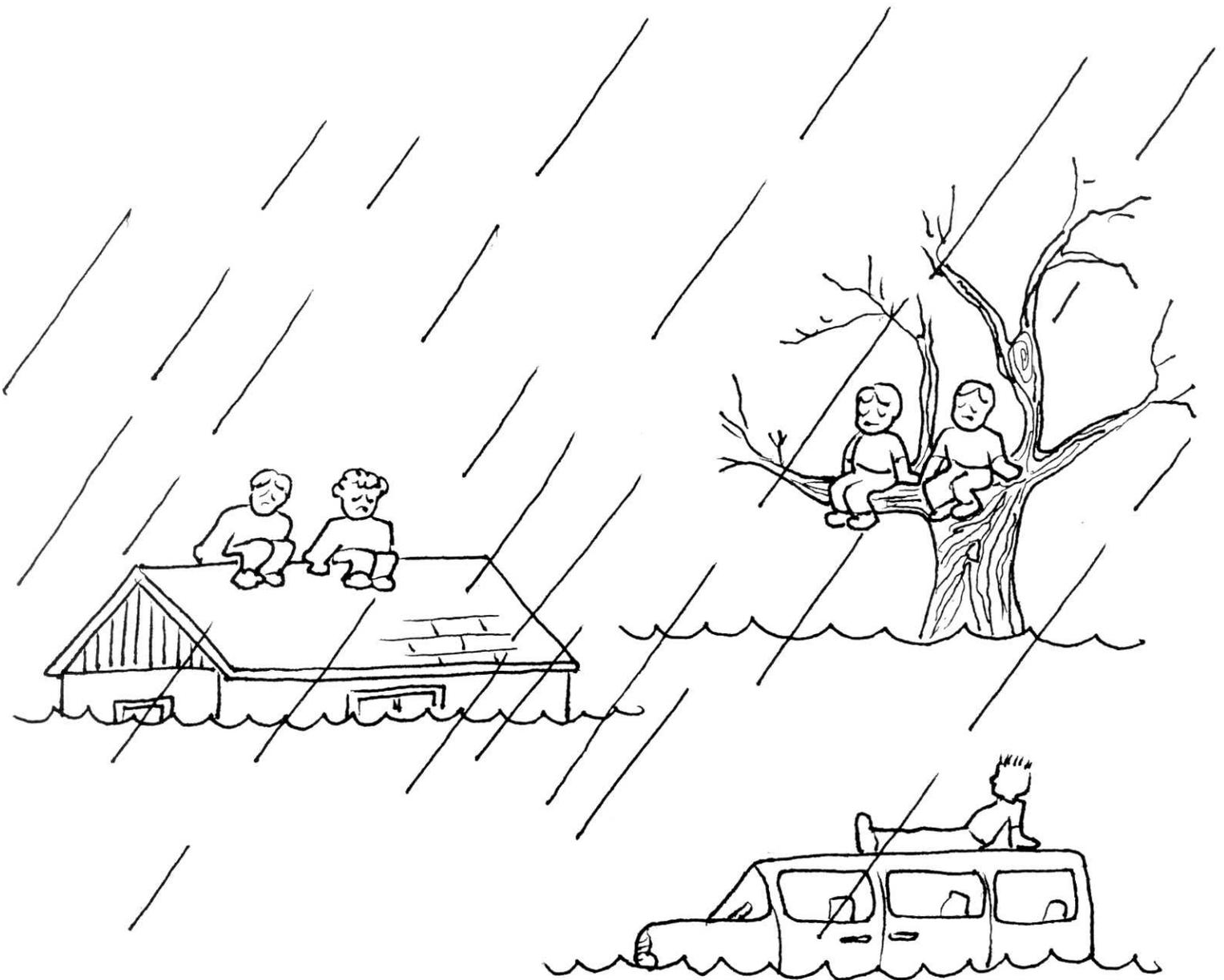
We think if we're good, good things will happen to us. But even when we've been good, disasters can happen to us and to people we love.



A disaster affects you
and your family
and people you know.



It can affect people in your family,
neighborhood, state, country,
and the world.



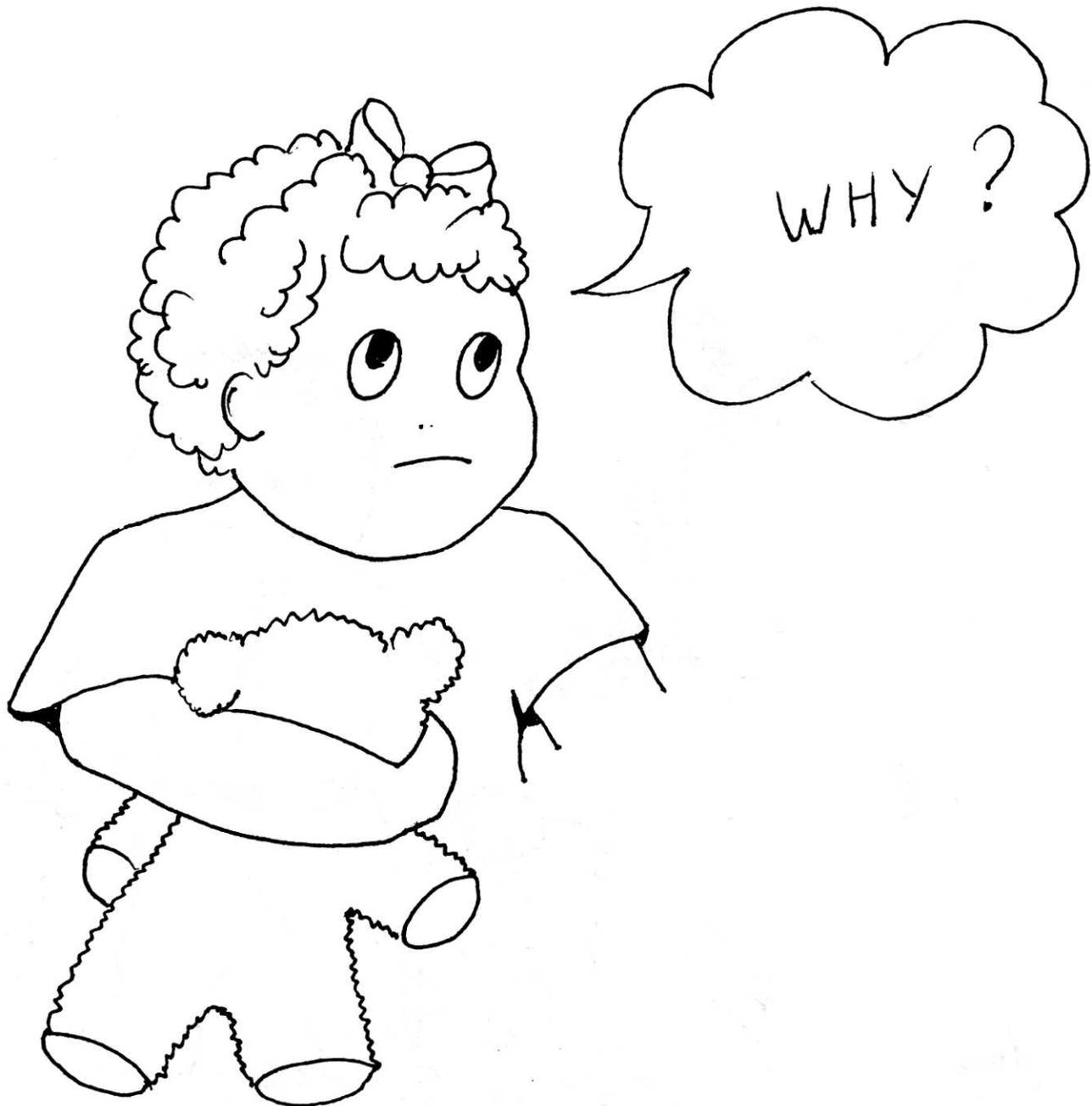
In the disaster, there was no warning
and no time to get ready.



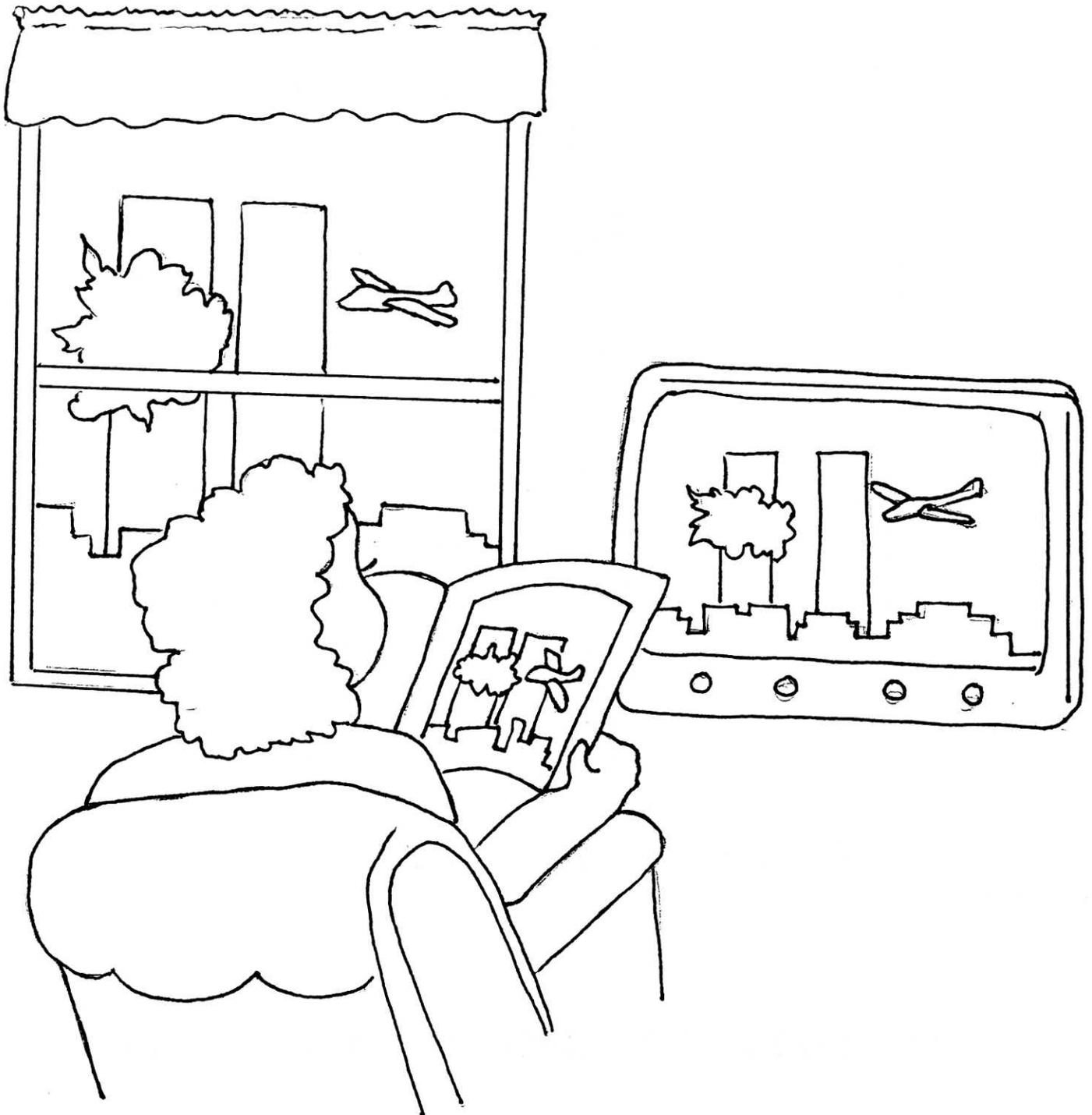
You didn't expect
the disaster to happen.



You may wonder
why anybody would do this
or why it happened to you.



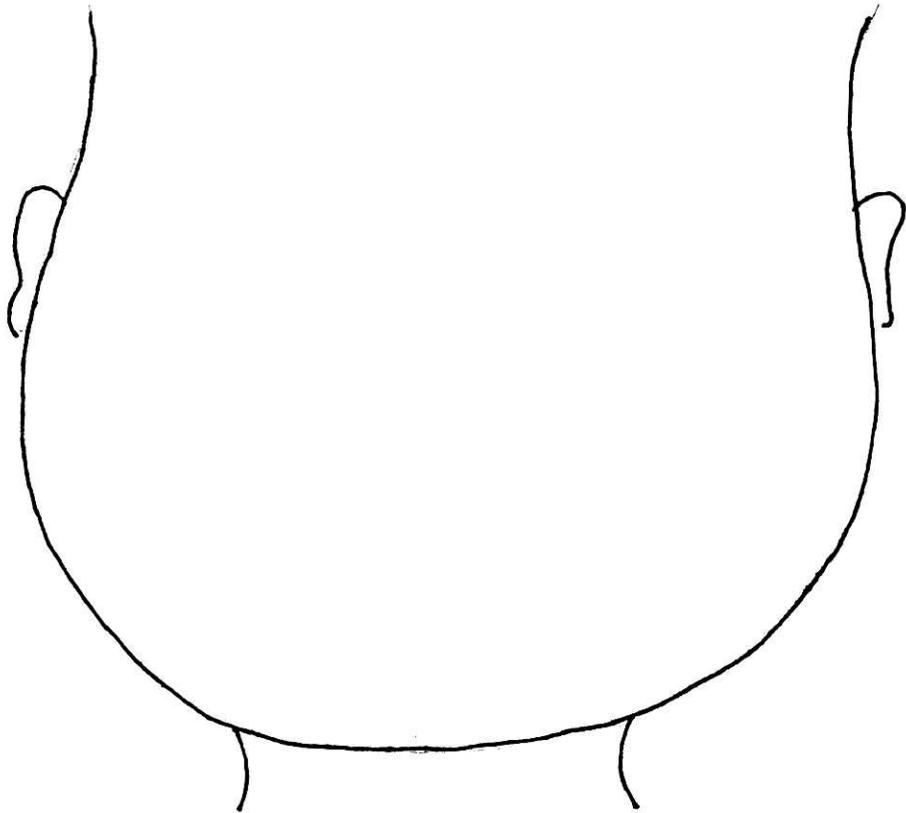
You might hear about it again and again
on the T.V. or radio
or read about it in the newspaper.





It's sad when someone is hurt or dies.

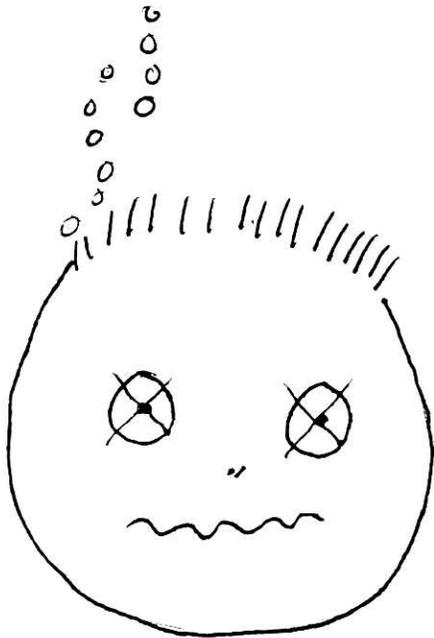
Draw a picture of yourself
when you learned about the disaster.





You might think
you made the disaster happen,
but you didn't.

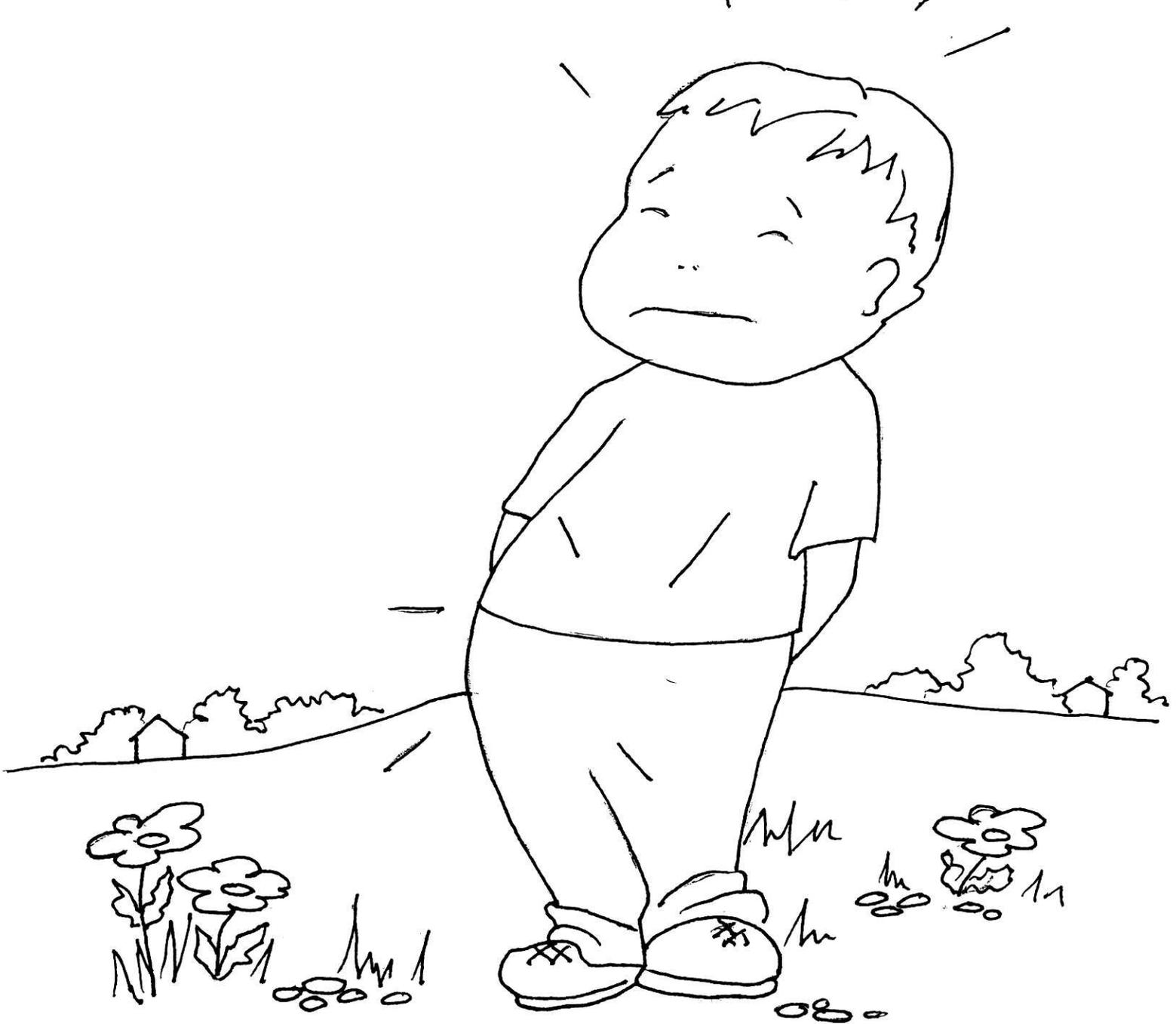
It's normal to feel that way.
It's also normal to feel sad
or angry or afraid
or all three.



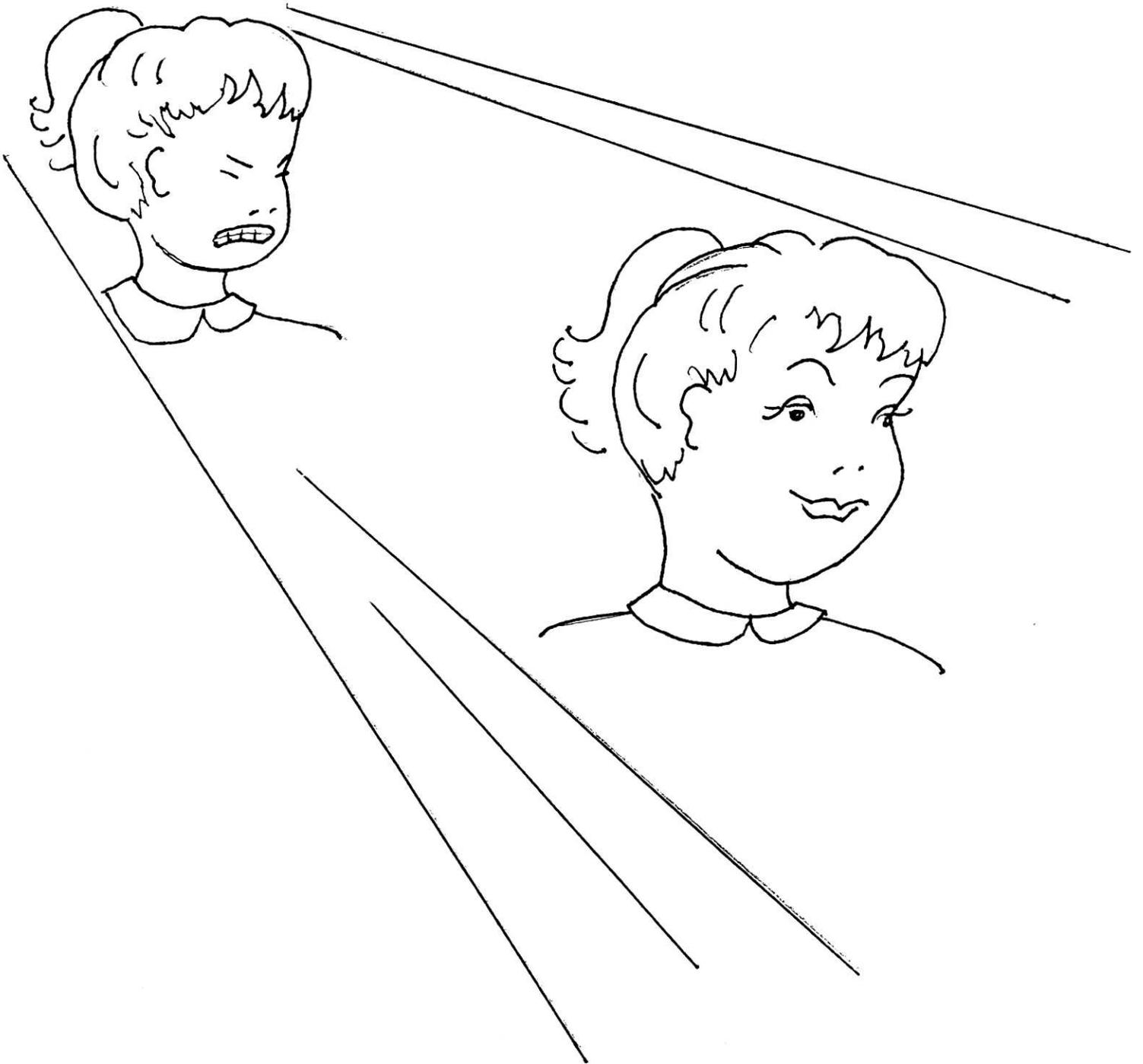
Sometimes
The feelings go away
and you think
you're getting better...
but then they come back again.
That's normal too.



You might even have stomach aches
or headaches—that's normal too.
But when will you feel better?



Everyone is different and
everyone's feelings are different too.
You will feel better some time!

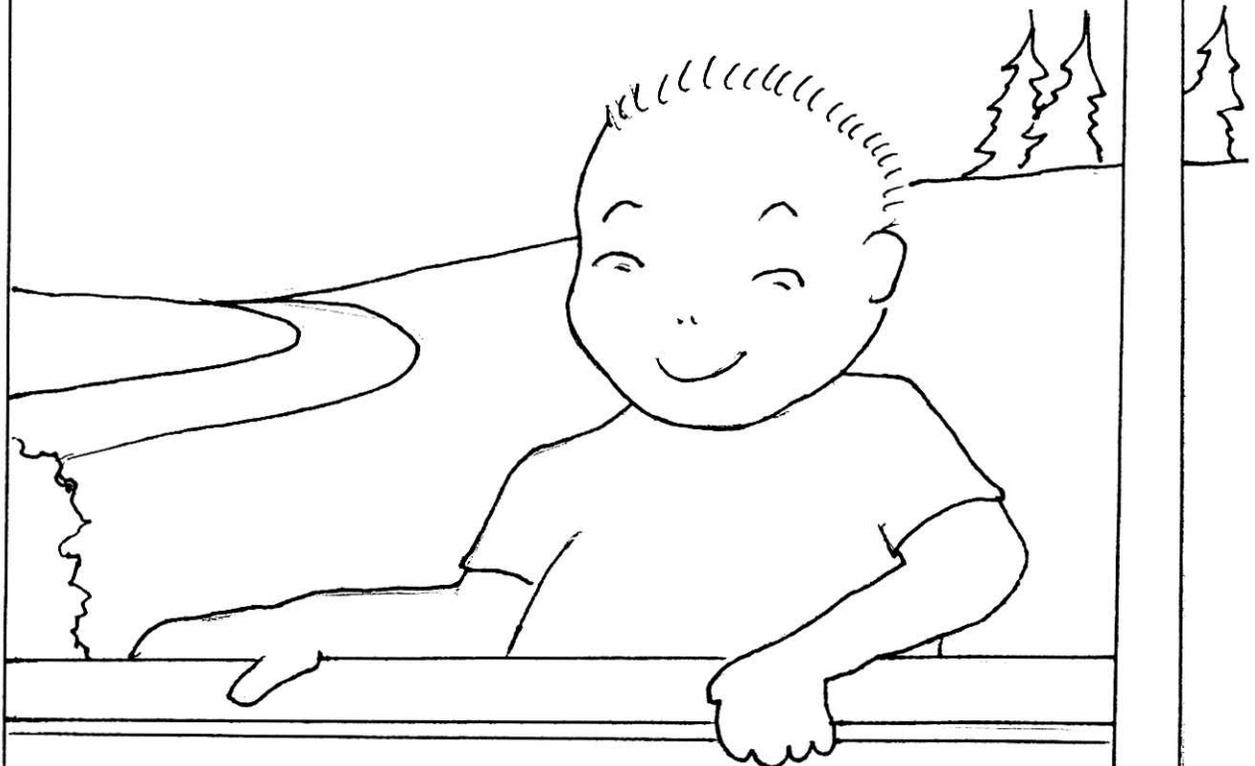


Talk about your feelings and thoughts
with someone you trust—
like your parents or a favorite teacher.



Ask for help! If you still have nightmares or stomach aches for more than 2 months after the disaster, ask your parents to find someone you can talk to about your troubles.

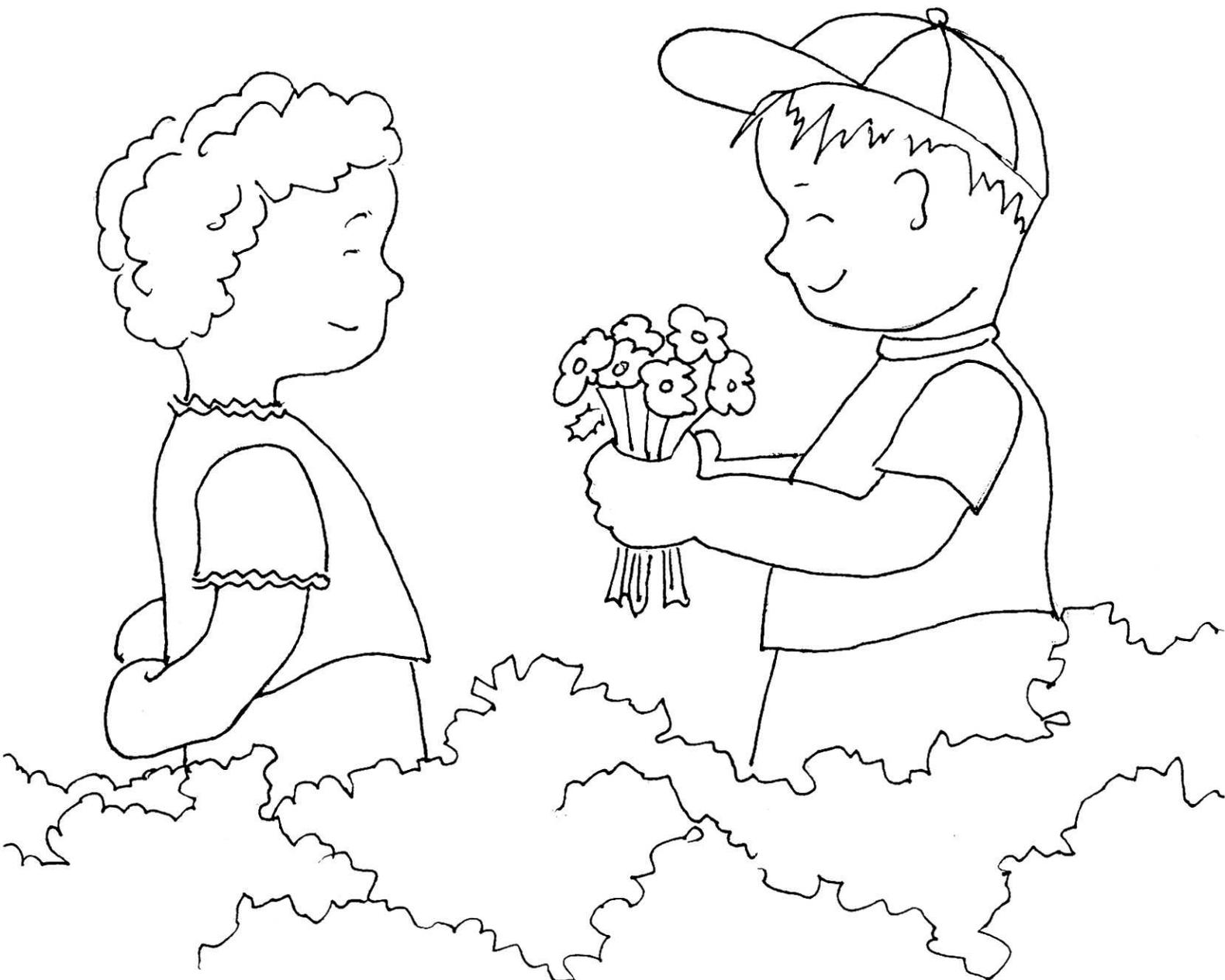
HELP AVAILABLE 5¢



TALK IS GOOD FOR YOU

WHAT CAN YOU DO?

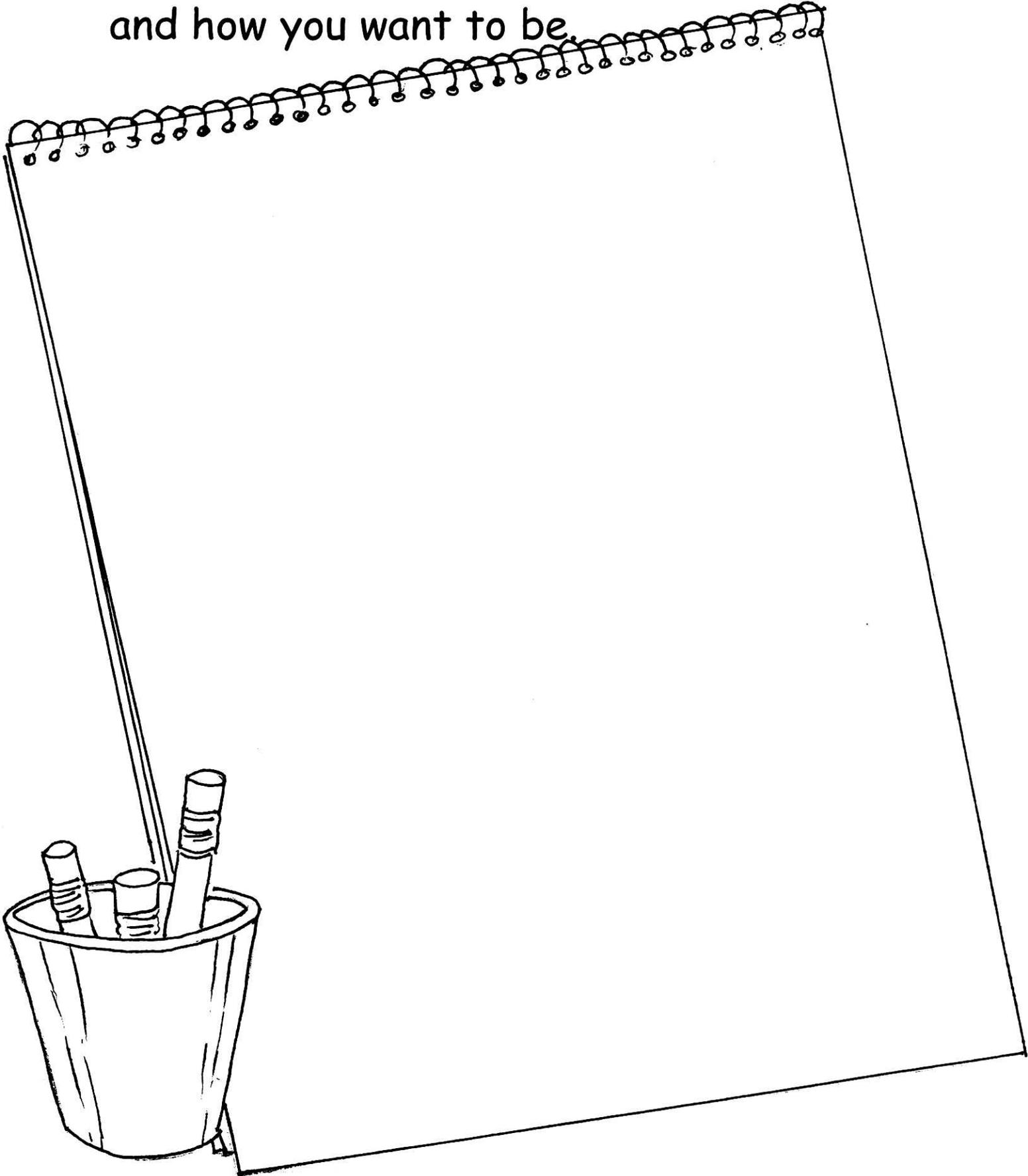
Be kind to others. Let yourself know that there is kindness and caring all around you. And let it start with you.



Be kind to yourself too!



Draw a picture of yourself in the future
and how you want to be.



This coloring book was made possible, in part, by
the generosity of the following contributors:

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The Freeborn County Community **Crisis Response Team** is committed to offering and providing compassionate support to people traumatized by disaster.