

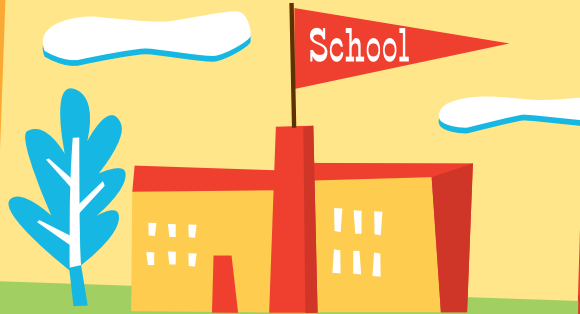


 SCHOLASTIC

My Time

B O O K

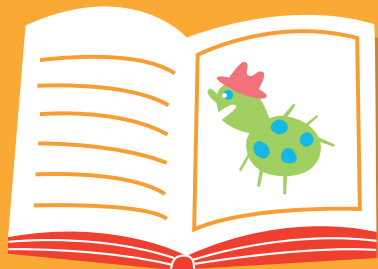
School



Books



Play



Family



Friends



Neighbors



 SCHOLASTIC

My Time

B O O K

By: _____



Dear Parent or Guardian,

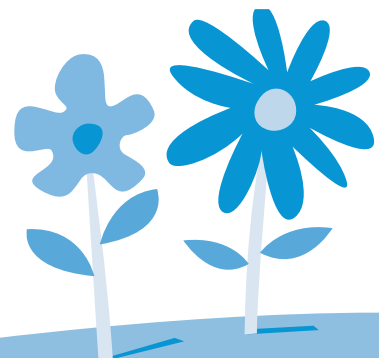
Even during extremely difficult and life changing events, it is important for you to remember that there are things you can do to help you and the children you care about begin to recover. An important part of healing is being able to express what you have experienced, how it made you feel and what you are doing now to start building towards the future.

It is especially critical to comfort young children with positive thoughts about the present and future of their lives. Children can't understand tragedy the way adults do and they need to be reminded of the things that can make them feel safe and happy.

Scholastic My Time, A Box for Comfort and Fun™, was created to give children their own space where they can turn for activities that are both enjoyable and healing. Providing children with books and opportunities to express their feelings through drawing, writing, playing and talking are effective ways to help them cope with stress and anxiety. The **My Time Book** allows children to illustrate their own book and reflect on the positive aspects of their lives. At the bottom of each page, there are important tips that will help you support the young children in your life. We hope that you find it useful.

Sincerely,

Your Friends at Scholastic





This is my family! No matter what we're doing,
it's being together that I love most.

Instructions

Draw a picture of you and your family doing something together that you enjoy.

COMFORT TIP

Family Support

Parents and family members are a child's most important support system. Frequently remind young children that they are not alone. As much as possible, keep children surrounded by trusted family members and friends.



Even when I'm scared, I know I'm never alone.

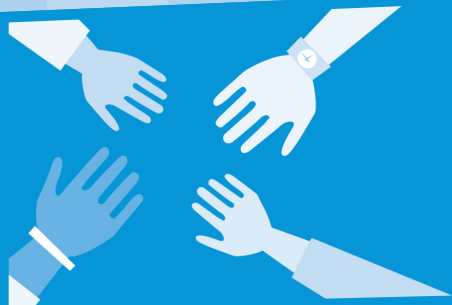
Instructions

Draw a picture of where and when you feel safest. For example, your picture can show you in a room at night cuddling with a favorite stuffed animal.

COMFORT TIP

Cozy Comfort Items

It's important to remember that young children can't understand crisis situations like adults can. Encouraging the use of "comfort items" such as an old stuffed animal or toy can go a long way in making children feel safe.



The people in my neighborhood
make it a special place.

Instructions

Draw a picture of you at your favorite place in the neighborhood—your school, park, library or community recreation center. Don't forget to include the people in your neighborhood like your teacher, librarian or coach.

COMFORT TIP

Count on Your Neighbors

Don't feel embarrassed to reach out for help! During difficult times, it's important for communities to come together.



I enjoy playing with my friends
and doing things that are fun.

Instructions

Draw a picture of a time when you were the happiest. Think about a special birthday party or when you learned how to ride a bike. Think about activities that are fun like playing sports or dancing to your favorite song.

COMFORT TIP

Laughter Heals

Laughter can be therapeutic for children and adults! Plan simple, fun activities that everyone can enjoy. Activities that bring about feelings of happiness are a critical part of the healing process.



At school I have teachers who care.

Instructions

What is your favorite part of the school day?
Draw a picture of you at school doing what you enjoy most.
Don't forget to include your teachers and friends.

COMFORT TIP

The School Community

The school community is made up of people that can and want to help you. Become involved with school activities. During difficult times, don't hesitate to ask school leaders for help.



There are things that I'm good at and love to do—
things that make me want to sing out loud!

Instructions

What are you most proud of? Draw a picture of you doing something you are good at and enjoy doing. For example, your picture could show you drawing, singing or reading.

COMFORT TIP

Self-esteem is Key

Reinforcing children's self-esteem is important, especially during confusing and unplanned situations. Even among very young children, trauma can lead to feelings of blame and depression. Remember to point out the positive things about your children to help them feel good about themselves.



When I feel scared, alone or sad,
I'll remember all the good things in this book—
and all my hopes and dreams
that I know will come true!

Instructions

Draw a picture of what you want to be when you grow up.

COMFORT TIP

The Future is Bright!

During difficult times, perhaps the most important thing you can do for children is remind them that tomorrow is a new day and that regardless of the situation, things will get better. Encourage children to think and look forward to the future. Talk with them about their hopes and dreams, and share yours with them as well.

COMFORT TIPS

	This is my family! No matter what we're doing, it's being together that I love most.	Family Support
	Even when I'm scared, I know I'm never alone.	Cozy Comfort Items
	The people in my neighborhood make it a special place.	Count on Your Neighbors
	I enjoy playing with my friends and doing things that are fun.	Laughter Heals
	At school I have teachers who care.	The School Community
	There are things that I'm good at and love to do—things that make me want to sing out loud!	Self-esteem is Key
	When I feel scared, alone or sad, I'll remember all the good things in this book—and all my hopes and dreams that I know will come true!	The Future is Bright!

For more information on how to support your children, check out these helpful resources:

The National Child Traumatic Stress Network
American Academy of Pediatrics
National Association of School Psychologists

www.nctsnet.org
www.aap.org
www.nasponline.org