

# UNDERSTANDING trauma







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When we see or experience  
something really  
scary or dangerous,  
it can make us feel  
really BIG feelings.

Those big feelings are  
called "trauma"




## Trauma can feel like...




SOMETIMES I DO THINGS THAT I HAVEN'T DONE IN A LONG TIME, LIKE SUCK MY THUMB OR WET THE BED



SOMETIMES I DON'T WANT TO PLAY OR EAT OR DO ANYTHING BUT BE BY MYSELF




SOMETIMES I GET CONFUSED ABOUT WHAT HAPPENED OR HOW I CAME HERE



SOMETIMES I  
HAVE REALLY  
SCARY DREAMS  
OR I DON'T  
SLEEP MUCH



SOMETIMES  
I FEEL ANGRY  
BECAUSE MY FEELINGS  
ARE SO BIG OR BECAUSE  
EVERYTHING IS SO  
DIFFERENT

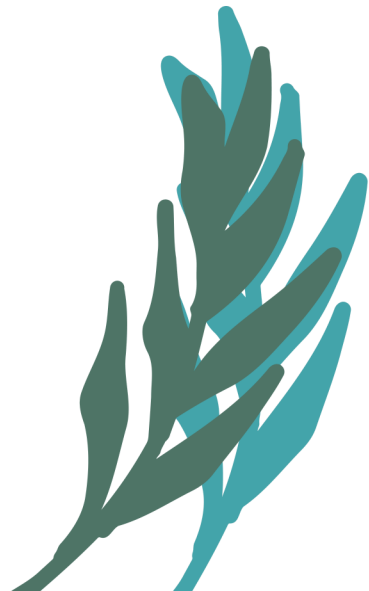


SOMETIMES  
I FEEL SO SAD  
AND WANT  
TO CRY A LOT



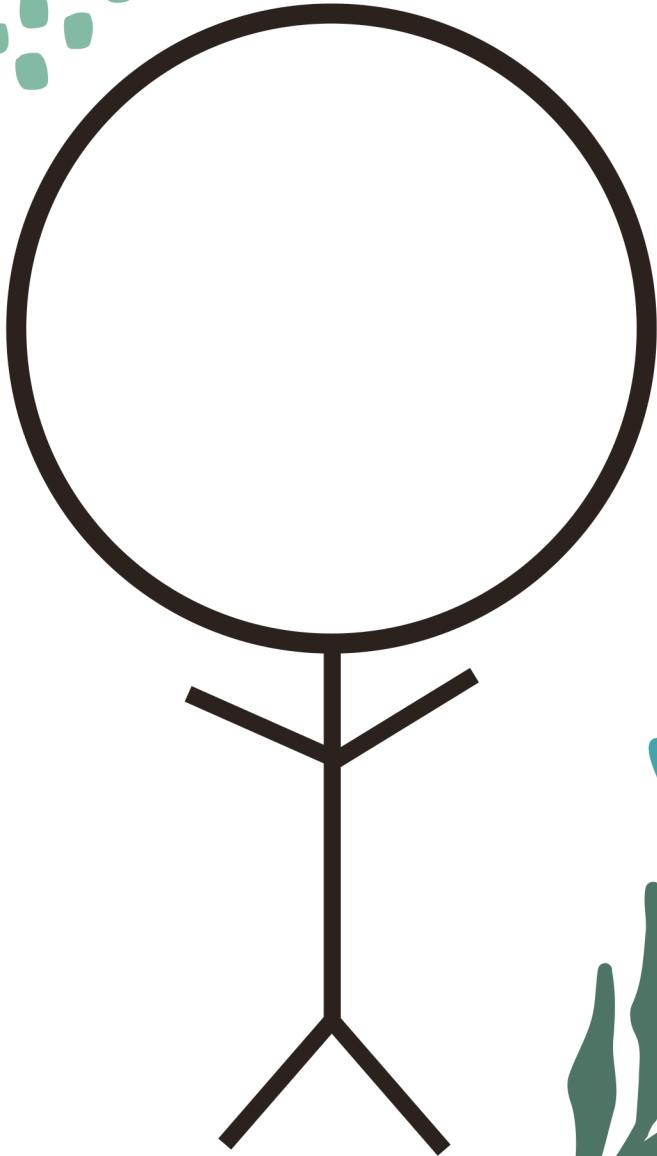
SOMETIMES  
I DON'T FEEL  
ANYTHING  
AT ALL

These children are feeling some BIG feelings of trauma. Can you colour the pictures?





Can you draw  
how you feel?



When you feel those big feelings from trauma, there are some things you can do to help you calm down!

### Big Stretch

1. BREATHE IN SLOWLY AS YOU TRY TO TOUCH YOUR TOES
2. BREATHE OUT SLOWLY AS YOU STAND UP AND REACH YOUR HANDS ALL THE WAY UP
3. BRING YOUR HANDS BACK TO YOUR SIDES AND TAKE 2 DEEP BREATHS
4. REPEAT THE BIG STRETCH TWO MORE TIMES



### Big Breaths

1. PLACE ONE HAND ON YOUR CHEST AND THE OTHER ON YOUR BELLY
2. THROUGH YOUR NOSE, BREATHE IN FOR 4 SECONDS
3. HOLD YOUR BREATH FOR 2 SECONDS
4. BLOW OUT THROUGH YOUR MOUTH FOR 4 SECONDS - LIKE YOU'RE BLOWING OUT A CANDLE!







## What do you see?

LOOK AROUND YOU.  
CAN YOU FIND  
SOMETHING RED?  
SOMETHING SOFT?  
SOMETHING COLD?  
SOMETHING BLUE?  
SOMETHING ROUND?



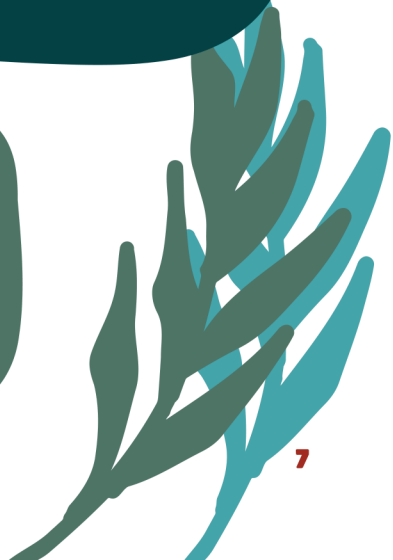
## Big YAWN

1. SIT COMFORTABLY
2. SHAKE OUT YOUR ARMS THEN LET THEM REST IN YOUR LAP
3. OPEN YOUR MOUTH BIGGER AND BIGGER WHILE YOU SLOWLY BREATHE IN
4. KEEP GOING UNTIL YOU CAN'T OPEN IT ANYMORE, THEN BLOW OUT WITH A BIG HUFF



## Sing

SING A SONG YOU LOVE.  
MAKE ONE UP  
IF YOU WANT!

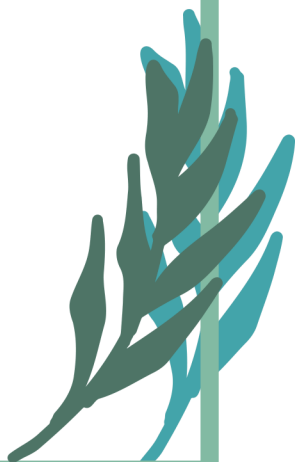
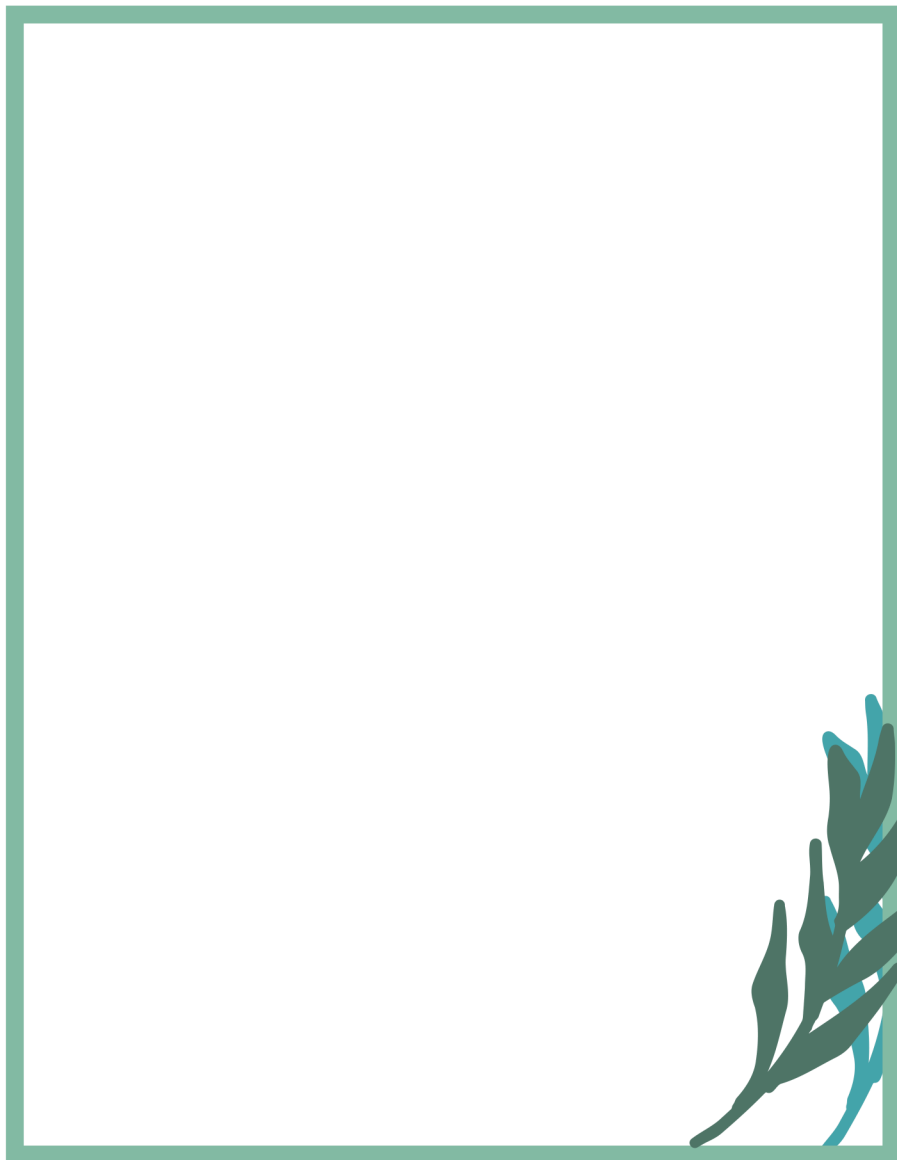


Circle the ones you like to do the most!



Can you think of other things you  
can do to help yourself calm down?

Draw or write about them.



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**FOR MORE RESOURCES,  
WRITE TO [MCRT.YWAMEUROPE@GMAIL.COM](mailto:MCRT.YWAMEUROPE@GMAIL.COM)**



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