

FEELING ARE

**For what this
space...?**

OKAY

**Because I am Special
and I am Sri Lankan**

**A comfort book for children affected by the tragedy of
December 26 Tsunami in Sri Lanka**

On 26 December, a big disaster hit Sri Lanka and many other countries.

It has not happened like that ever before.

A big earthquake struck deep down in the Ocean a long way from Sri Lanka. It made some huge waves to come over the beach and when it came, it caused a lot of people to be drowned and homes to be lost.

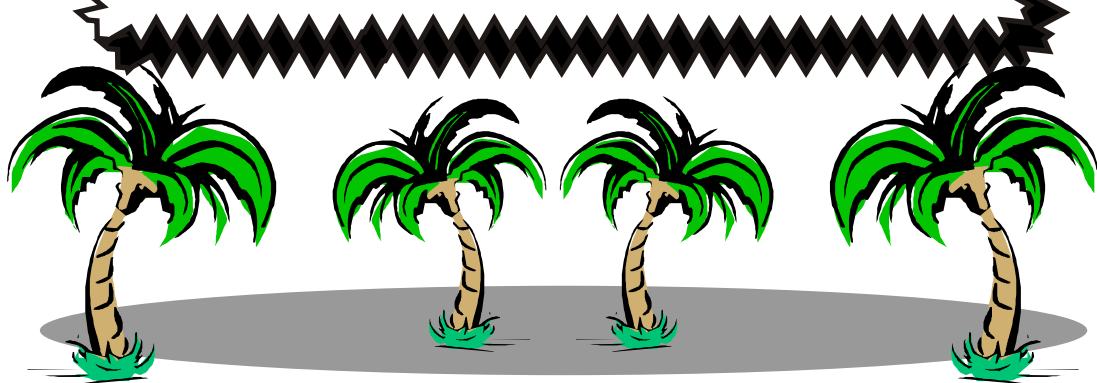
All Sri Lankans are feeling hurt.

It is not bad to feel hurt and this book will help you overcome these hurts.

But

- ☻ Sri Lanka is a good country.
- ☻ Sri Lankans are strong people.
- ☻ Sri Lankans will overcome these problems.

This book has been given to you by friends who want you to know that you are very special.



Who am I?

★ My name is: _____

★ My age is: _____

★ I live at: _____

★ My favourite colour is _____

★ My favourite book is _____

★ My favourite food is _____

★ My best friend is _____

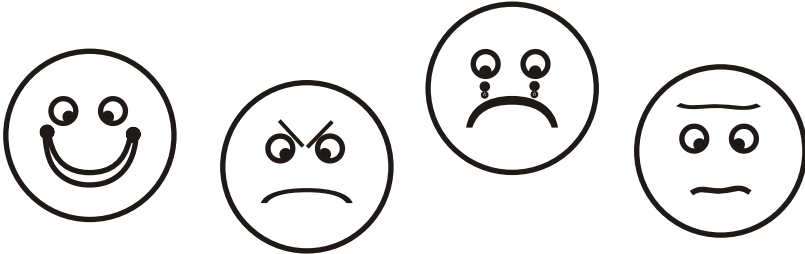
★ My favourite sport is _____

★ My favorite country is _____

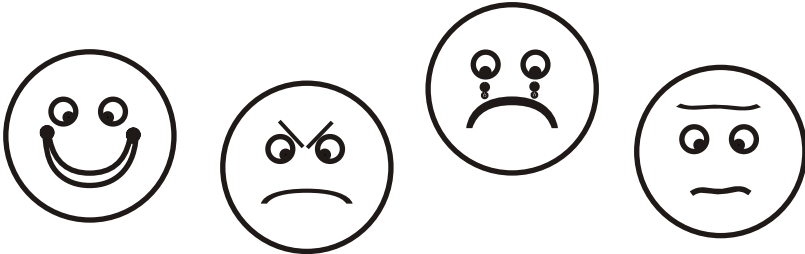
★ What happened to me when the tidal wave struck Sri Lanka.

My Life

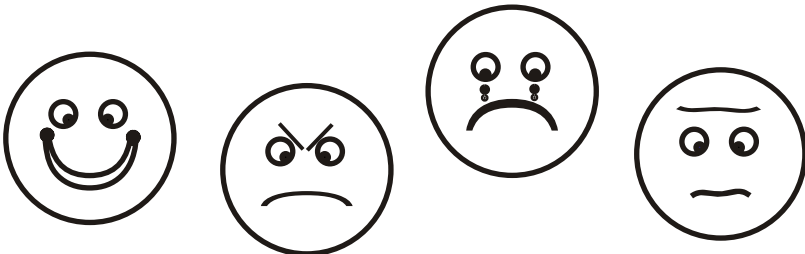
What was my life like before the tidal waves came on December 26th?



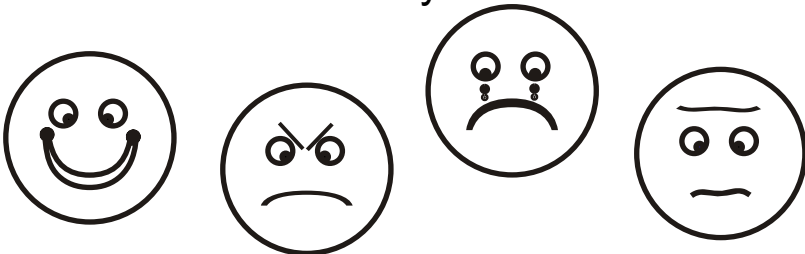
How did I feel about my life then?



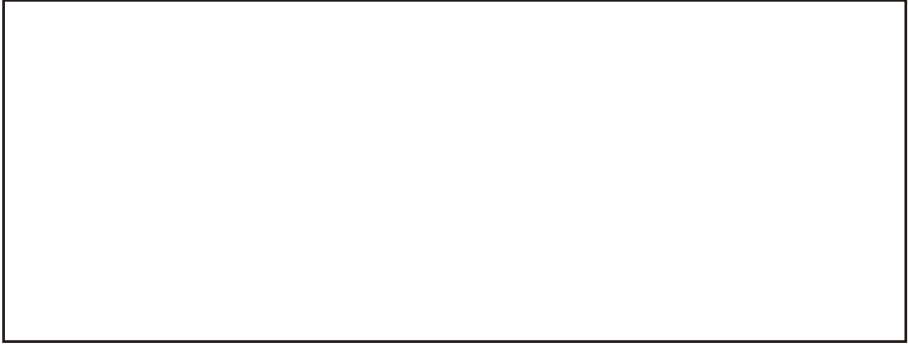
What is my life like after the tidal waves came on December 26th?



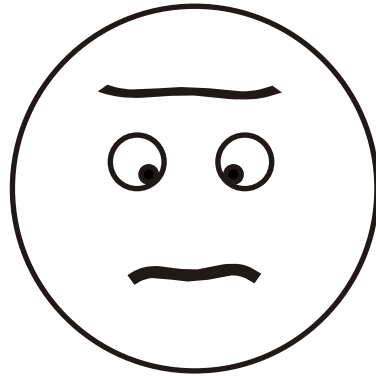
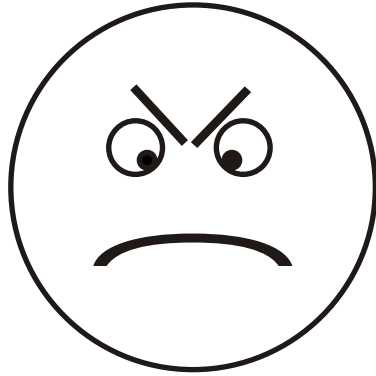
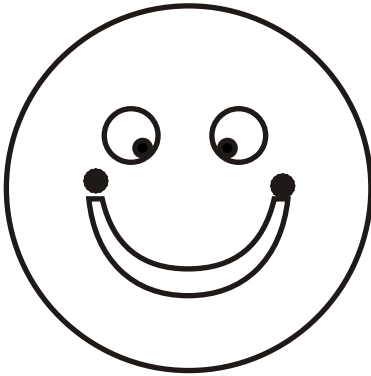
How do I feel about my life now?



Some Pictures of My Life



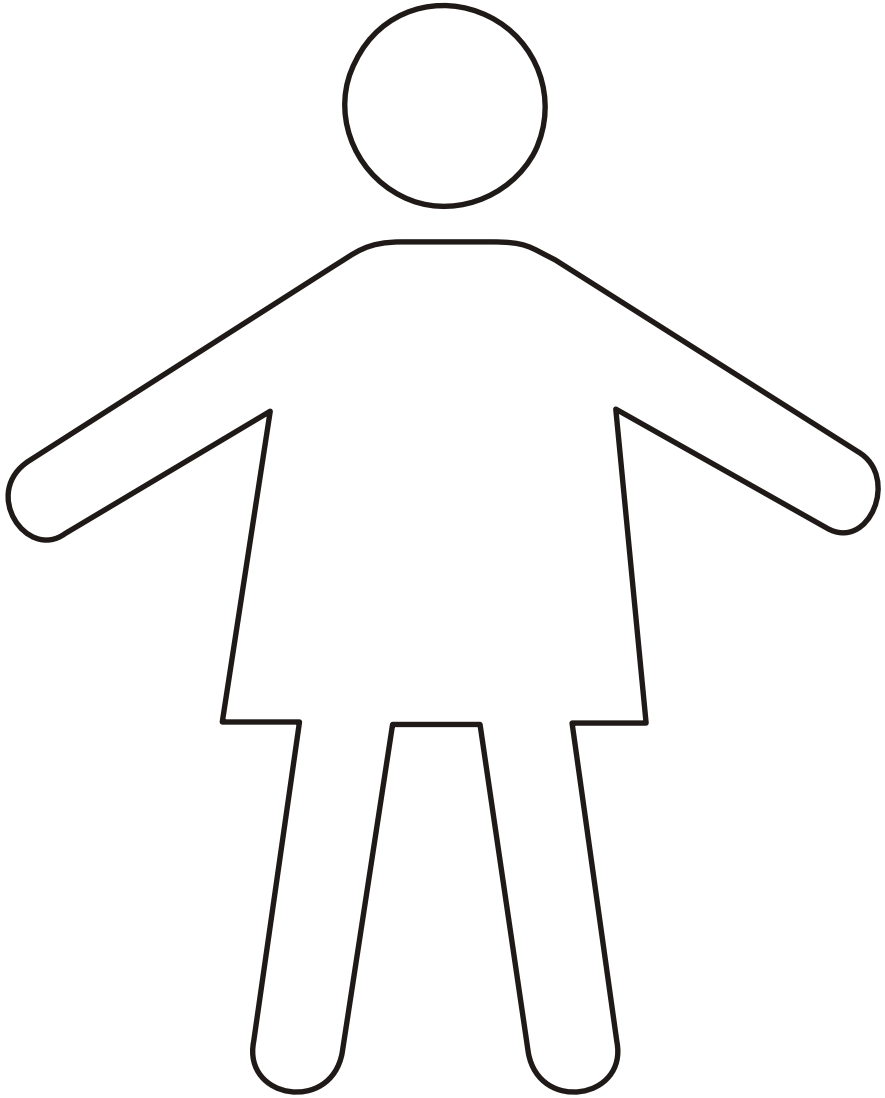
HOW I FEEL MOSTLY



It is okay to feel sad. We all feel sad when someone we love has died. There are some good things we can do to help when you have sad feelings.:

- Ask for help
- Talk to an adult I trust
- Play with a friend
- Have a big cry.
- Draw a picture.
- Take a walk
- Hug someone.
- _____
- _____
- _____

Where does it hurt ?



My Friends Who Died

If someone in your family has died or you have friends who died in the tidal wave, write their names here and say something about them. If you like, you can draw a picture of them.



What I want to say to my friends who died.

Write a poem, draw a picture or write them a letter.

How to Look After Yourself

It is really important that you look after yourself - especially until things get back to being normal.

1. Only drink the water provided by the relief workers. Keep your water container for drinking water only, don't use it for anything else.
2. Put your cups, into a plastic bag and tie it this will keep the germs from the flies away.
3. If you have a cut, be careful to keep it clean and not to play in any water or mud.
4. Piles of rubbish from peoples houses look like fun to play on but keep away, dangerous and dirty.
5. Don't go near broken damaged buildings. They can fall down on you.
6. Wash your hands with soap and clean water provided by the relief workers, if they don't give this, take a little of your drinking water with a clean cloth and wash your hands. Do this before and after every meal. Don't use the tap water, sea water or any water that is on the ground.
7. When vans bring food and water don't run after them, wait until they stop as you can get trampled and run over.
8. Keep away from areas where they use for toilets. Only go there to do the job. Wash your hands with soap and water.
9. Make sure you drink as much water as you can get.
10. Watch out when you are walking around for sharp objects like glass, metal peices, etc. Some of these things are hidden in the grass. Be careful
11. Stay with your family or carer at all times. Otherwise tell them where you are going.
12. If you find any fruit on trees make sure you can wash them well before eating.

