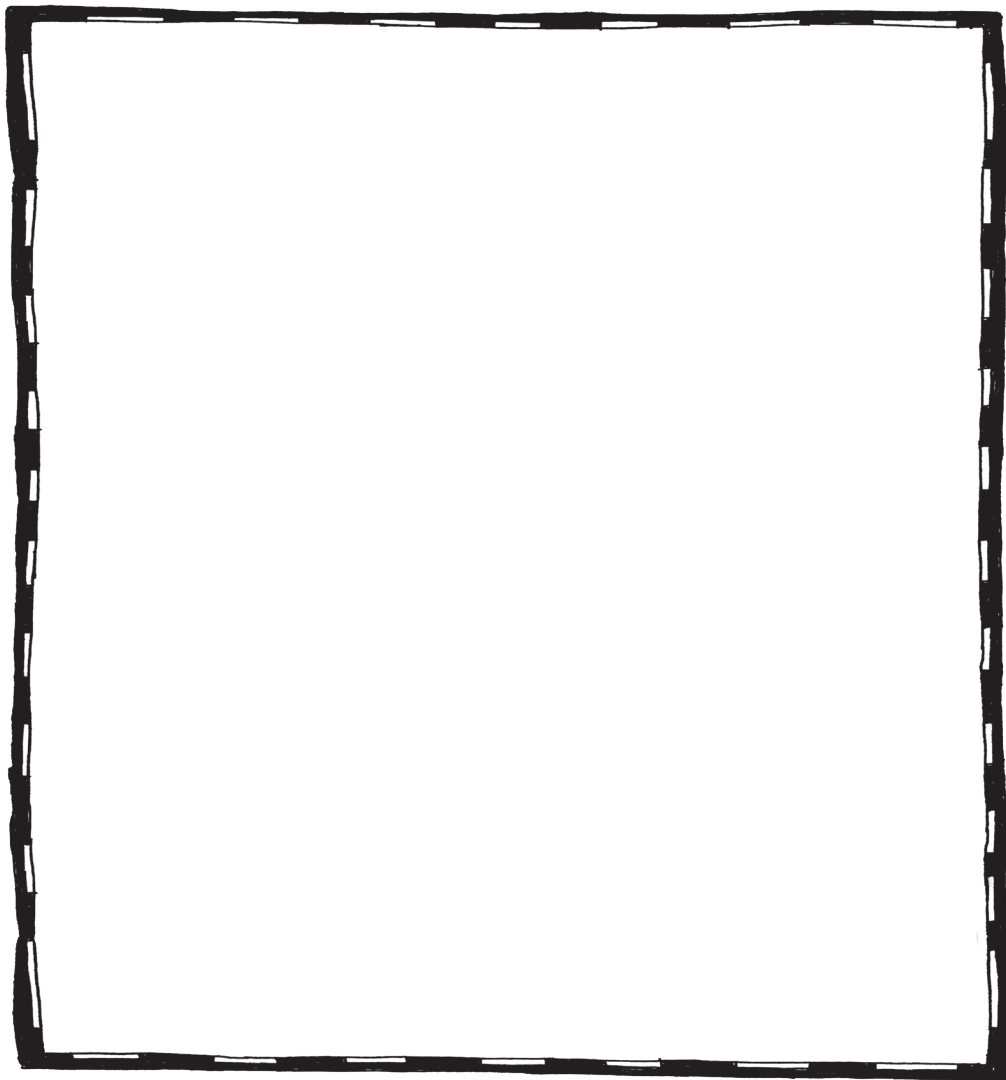


Another way to quiet false alarms is to get accurate information about the bad thing that happened. What happened, and where? Why did it happen, and who is working to keep you safe?

Let's talk about those things. Do you know what happened? If you have any idea at all, draw or write about it here.

If you have no idea, ask the person who gave you this book to tell you what happened—just the basics—then draw or write about it.



After you talk to a grown-up you trust, try to put what you have learned into your own words.

Why did this particular bad thing happen?

A large rectangular box with a decorative, scalloped border, intended for writing a response.

Was it caused by nature, or by humans, or both?

Nature

Humans

Both

Did someone do something on purpose, or was it an accident?

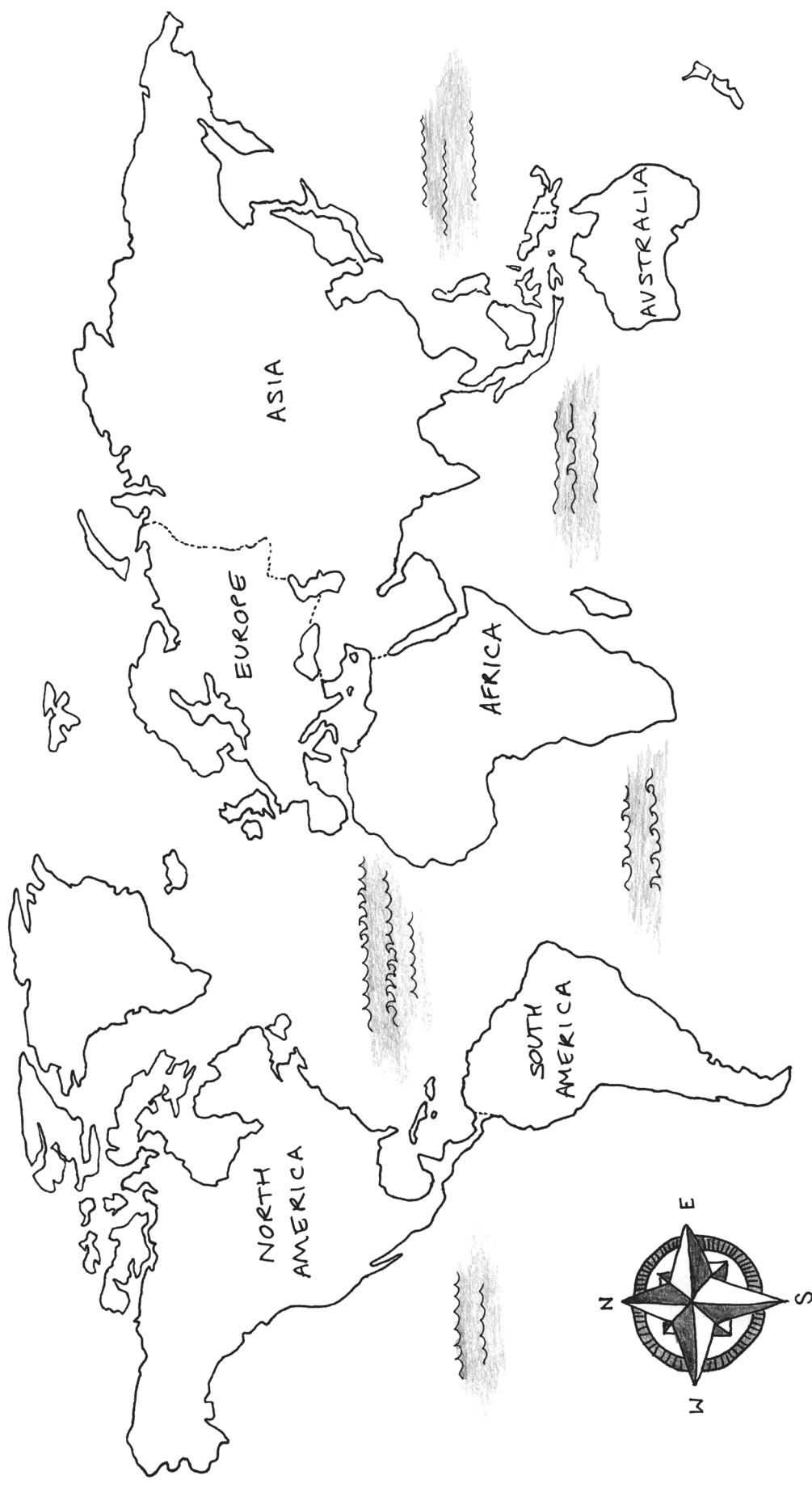
On purpose

Accident

Whether the answers are simple or complicated, understanding why a bad thing happened helps us make sense of it. It puts us one step closer to knowing if the feeling of **High Alert** is accurate, or if it is a false alarm.

Another piece of information that helps us know if we are in danger is the location of the bad thing, so let's talk about that.

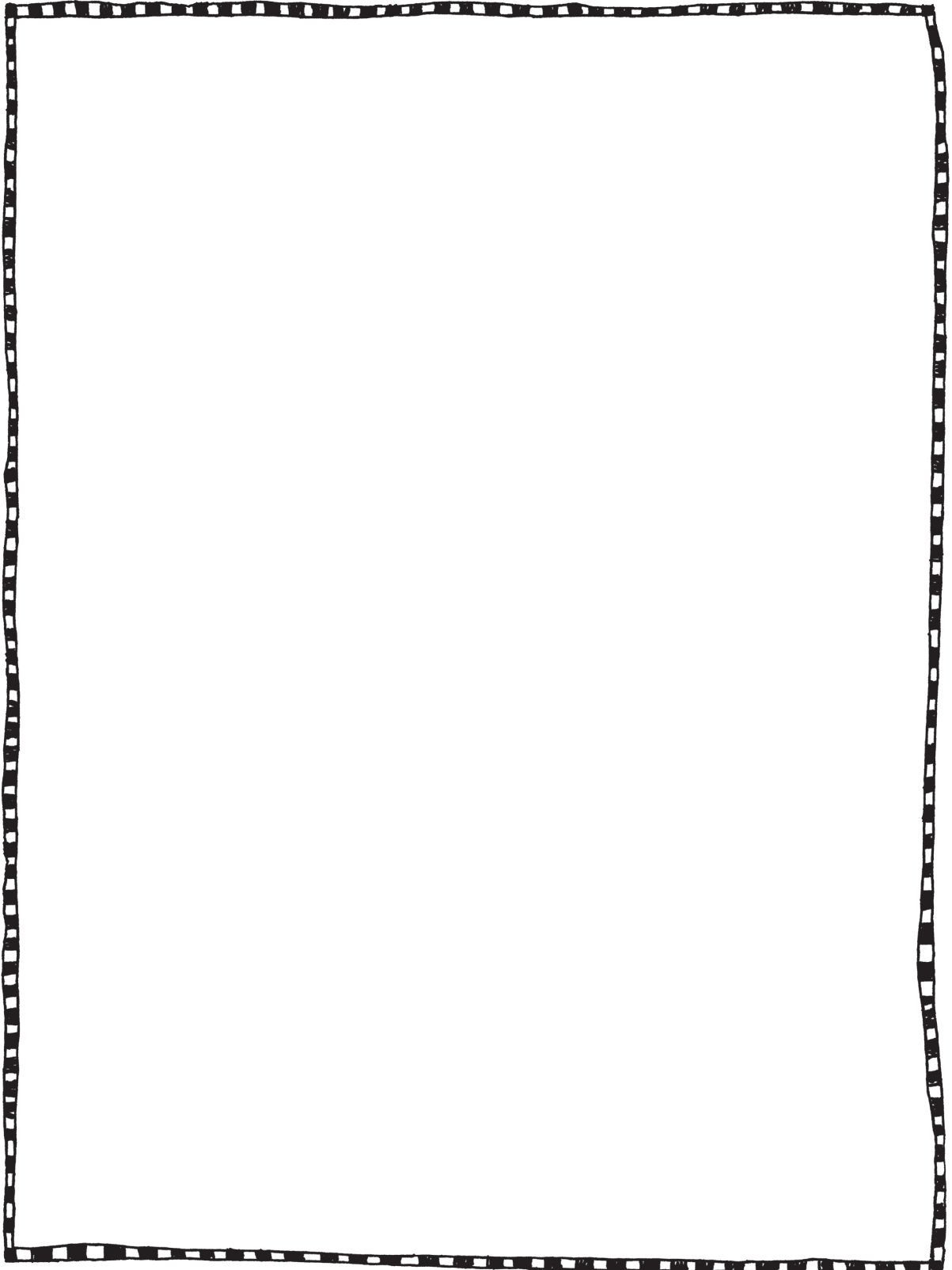
Where did the bad thing happen? Say the name of the place or ask a grown-up to tell you.



Think about the specific bad thing that happened.

Who is helping the people who were directly affected?

What are they doing to help?



Who is working to reduce the chances of the bad thing happening again? What steps are they taking?

A large rectangular box with a thick, hand-drawn black border. The border is composed of many small, irregular black squares and dashes, giving it a textured, hand-drawn appearance. The interior of the box is completely blank white space, intended for a drawing or response.



SAD



SCARED



NERVOUS



WORRIED



CONFUSED



ANGRY



IRRITABLE



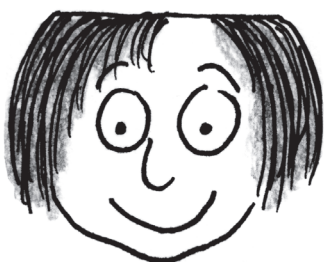
BORED



GRUMPY



COMPASSIONATE



HELPFUL



TIRED



1. I am a person who is...

(kind, compassionate, fair, funny, nice, friendly)

2. I care about...

(soccer, my sister, horses, doing well in school)

3. I feel good about myself when I am...

(building things, helping my brother, solving problems, having fun with my friends)

What can you and your family do to help?