

THINKING ABOUT BUSHFIRES

DRAW! What things make you feel worried or sad when you think about fires?



QUIZ! Do any of these help you when you are feeling worried or sad about bushfires?

Talking to an adult about your worries	A lot / sometimes / Not at all
Playing or doing other things	A lot / sometimes / Not at all
Having a break from watching/reading about the fires	A lot / sometimes / Not at all
Thinking about how I can help others	A lot / sometimes / Not at all
Having a plan for how our family stays safe	A lot / sometimes / Not at all
Noticing all the people who are helping others	A lot / sometimes / Not at all
Remembering that we are safe now	A lot / sometimes / Not at all
Getting a hug from someone you love	A lot / sometimes / Not at all
Thinking about being happy and safe in the future	A lot / sometimes / Not at all

CREATE! Write a story or draw what makes you feel better when you think about fires.

