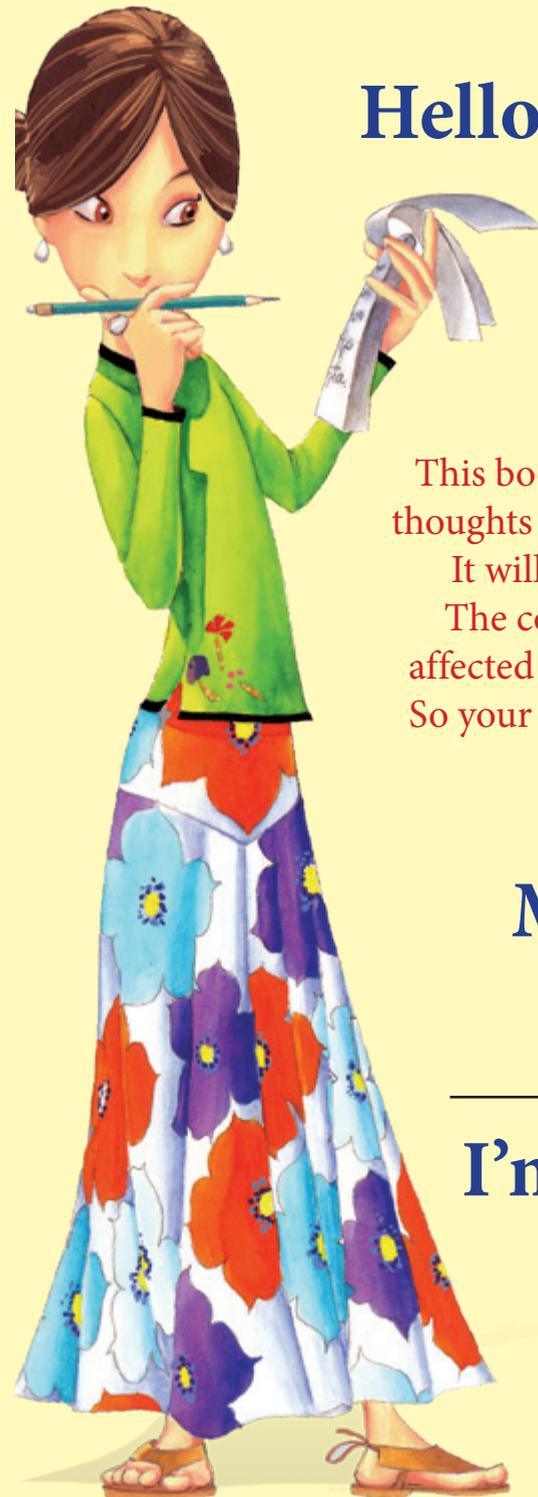


Hello, Survivor!



This book is just for you. It's full of thoughts to think and activities to do. It will help you heal and grow. The coronavirus pandemic has affected everyone in different ways. So your book will be different from everyone else's. It's yours!

My Name Is

I'm A Survivor

The Survivors Special Edition
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Living in Safety

You may feel worried or **afraid**.
And that's okay.

Survivors feel afraid sometimes. There are lots of wonderful things in the big, wide world. But there are some scary things too. Floods, wars, car accidents, and now this global pandemic (a disease that spreads fast worldwide is called a pandemic).

Write down a few things that worry you about the coronavirus pandemic:





**One writer was very afraid
when he made this wish:**

“I wish I had wings like a dove!
Then I would fly away and be at rest.
I would escape to a place far away.
I would stay out in the desert.
I would hurry to my place of safety.
It would be far away from the winds and storms I’m facing.”

Psalm 55:6–8

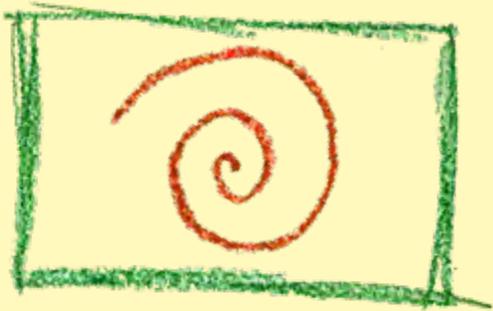


Have you ever made a wish like this?
What do you wish for when you are afraid?

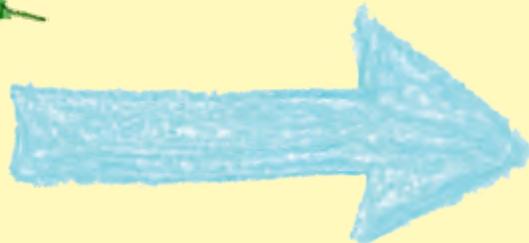


Give praise to the God and
Father of our Lord Jesus Christ!
He is the Father who gives tender love.
All comfort comes from him.
He comforts us in all our troubles.
Now we can comfort
others when they are in trouble.
We ourselves receive comfort from God.

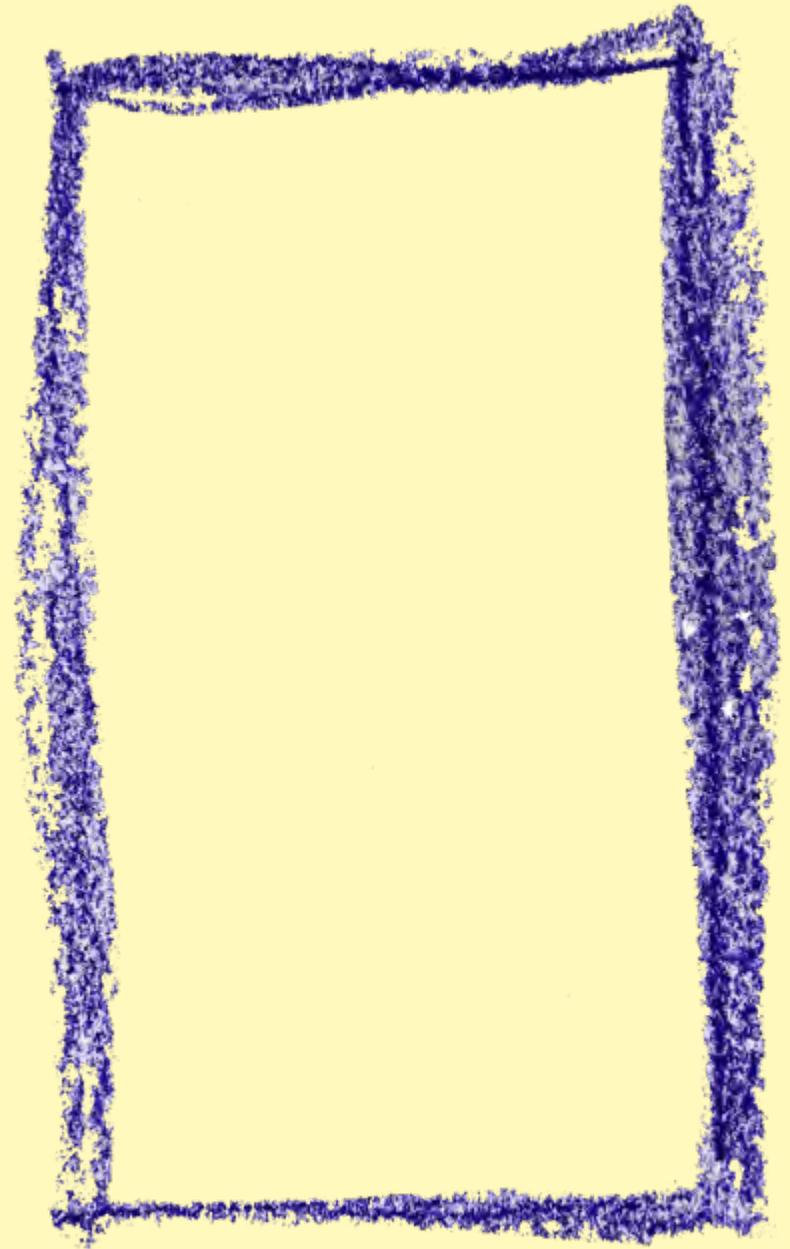
2 Corinthians 1:3-4



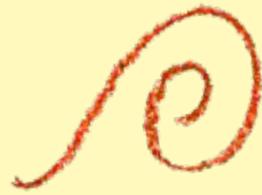
Write or draw your
wish here.



When I'm afraid, I wish ...



Tips for Survivors



Pray: You can always talk to God when you're afraid. He can be your place of safety.

Protect yourself from the coronavirus:

-  Wash your hands often with soap and water.
-  Don't stand too close to other people.
-  Try not to touch your eyes, nose, and mouth.
-  If you have a fever, a cough, or trouble breathing, ask your parents or guardians to talk to a doctor.
-  Play indoor games with your family instead of going out to play with your friends.



Take Action!

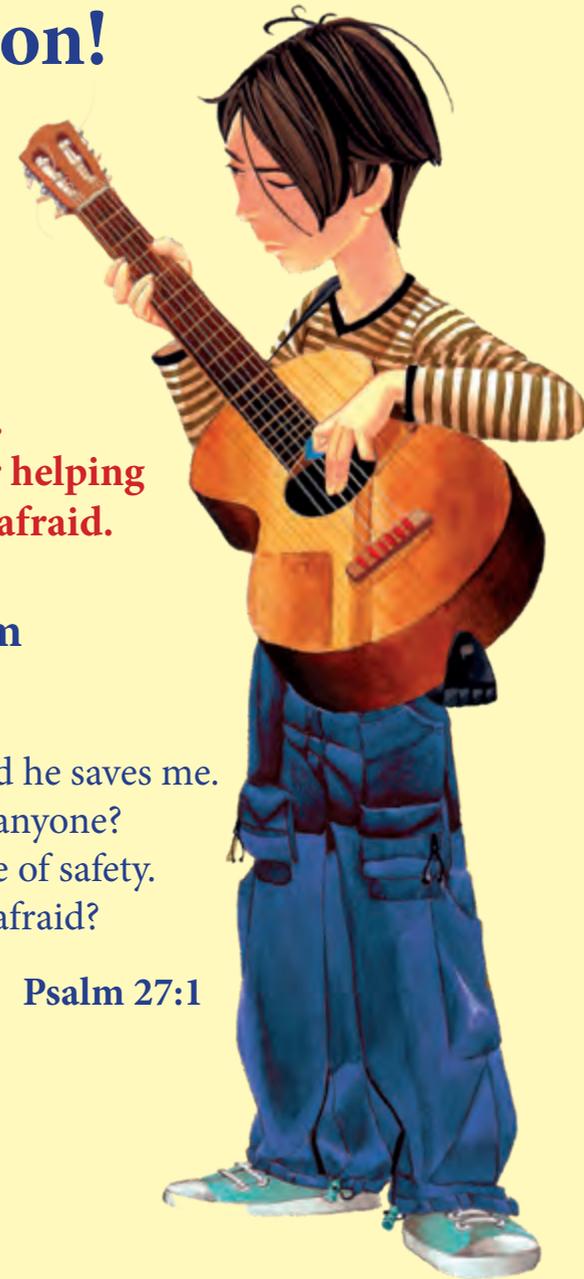
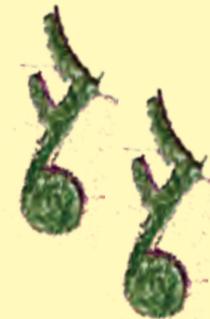


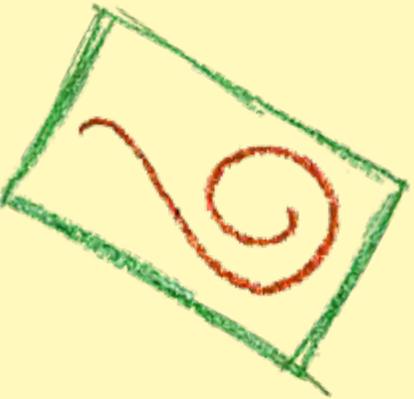
Make up a song.
Songs are wonderful for helping people to stop feeling afraid.

Here's one song from the Bible:

The LORD is my light, and he saves me.
Why should I fear anyone?
The LORD is my place of safety.
Why should I be afraid?

Psalm 27:1





Asking For Help

You may feel **overwhelmed**.
And that's okay.
Survivors need help sometimes.

It can be frustrating when you can't go outside or have no one to play with. You may feel bored or sad. It may be difficult to explain how you are feeling. It can even be hard to accept help from people.

The people in your life want to help you. But they won't know how to help unless you tell them what you need, so ... **TELL THEM!**



Jesus taught us how to ask for God's help.

He said,

“This is how you should pray.

‘Our Father in heaven,

May your name be honored.

May your kingdom come.

May what you want to happen be done

on earth as it is done in heaven.

Give us today our daily bread.

And forgive us our sins,
just as we also have forgiven
those who sin against us.

Keep us from sinning
when we are tempted.

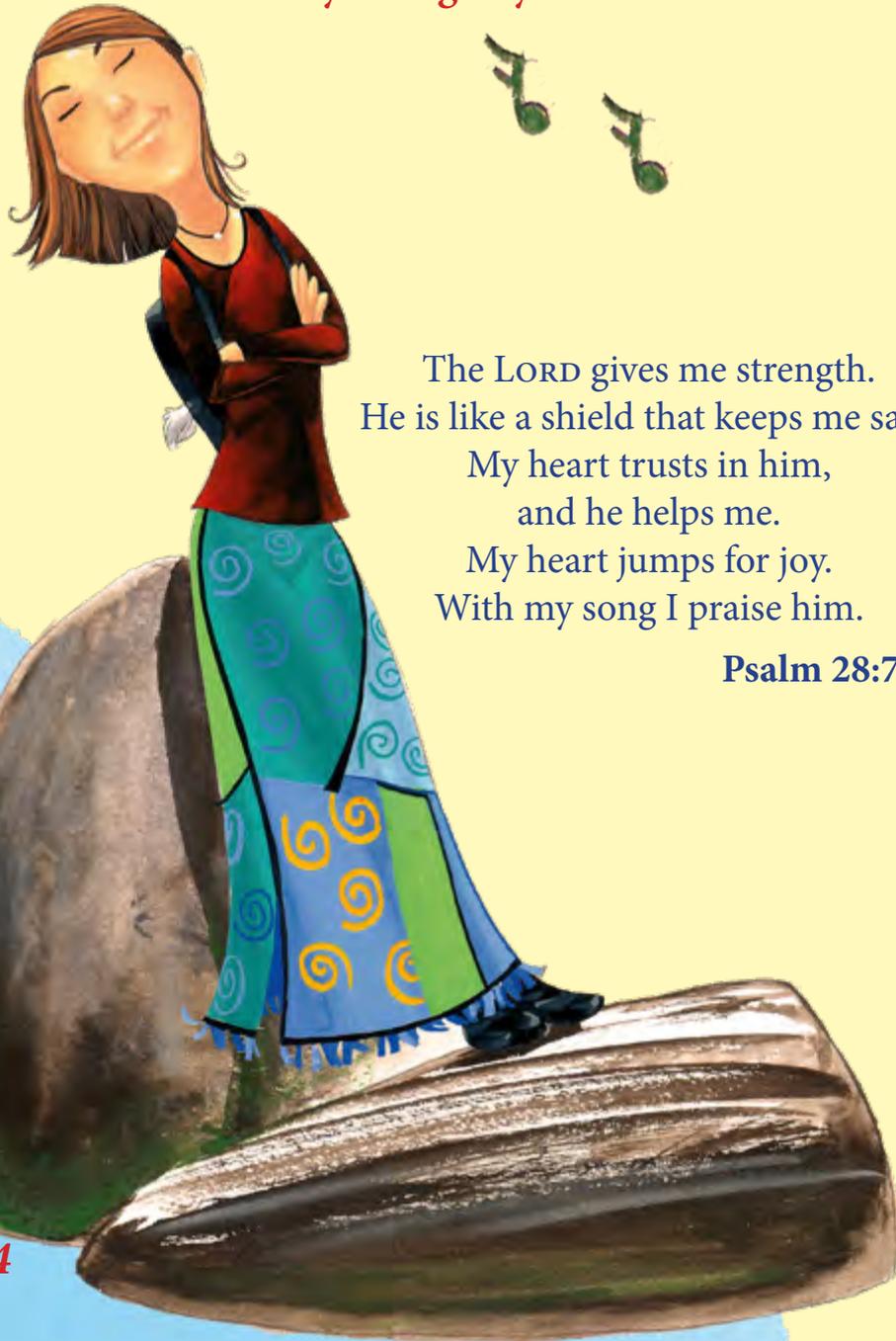
Save us from the evil one.’”

Matthew 6:9–13

Ask God for what you need!



**We can always ask God for help.
Make the prayer on the next page your own
by filling in your words.**



The LORD gives me strength.
He is like a shield that keeps me safe.
My heart trusts in him,
and he helps me.
My heart jumps for joy.
With my song I praise him.

Psalm 28:7

Dear God,

Thank you for loving me so much.

Today I feel

because of

I need your help. Please

Thank you for



Tips for Survivors

-  **Tell people what you need.**
Let people know how they can help you.
-  **Pray a personal prayer.**
Ask God to keep you and your family safe.
Thank him for looking after you.

Take Action!

Be a helper.
Watch for someone else who needs help.
You can help out around the house by
tidying your room or washing dishes.
It feels great to help!
Remember that you can ask for help
when you need to.

Feeling Comfort

You may feel **sad**.
And that's okay.
Survivors are sad sometimes.

You may be missing a family member or
a friend who isn't allowed to leave their home.
You may be missing someone who has died.
You may think a lot about how things were before.
You may not know exactly how you feel.

God, you see the problems of people in trouble.
You take note of their pain.
You do something about it.

Psalm 10:14



Jesus said,

Blessed are those who are sad.

They will be comforted.

Blessed are those who are humble.

They will be given the earth.

Blessed are those who are hungry and
thirsty for what is right.

They will be filled.

Blessed are those who show mercy.

They will be shown mercy.

Blessed are those whose hearts are pure.

They will see God.

Blessed are those who make peace.

They will be called children of God.

Blessed are those who suffer for doing what is right.

The kingdom of heaven belongs to them.

Matthew 5:4–10





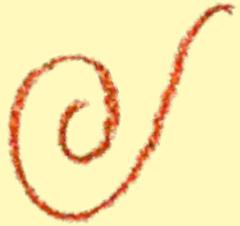
What are some of the things you love to do?

Do you like running really fast?
Do you like hunting for weird-looking insects?
Do you like drawing?

**Make a list of Great Things to Do.
Write down your favorite activities.**

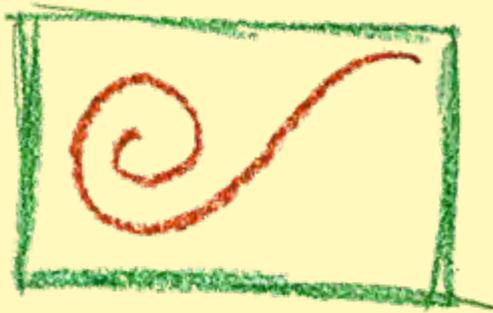


Great Things to Do



Tips for Survivors

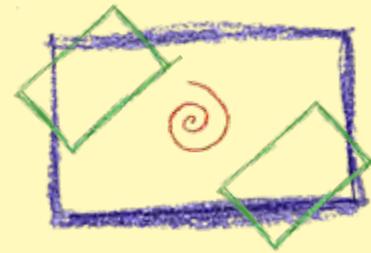
-  Tell someone who loves you how you are feeling. It can help to share your thoughts and feelings.
-  Tell God about your sadness. Ask him to comfort you. Look for a blessing.
-  Do something on your **Great Things to Do** list.



Take Action!

Make a Sense Box.

-  Get a box.
-  Decorate the box with paint or crayons or anything else that will make it special.
-  Fill the box with interesting objects. Objects with your favorite smells, tastes, feelings and sounds.
-  When you are sad, get your Sense Box out and enjoy some of your favorite things.



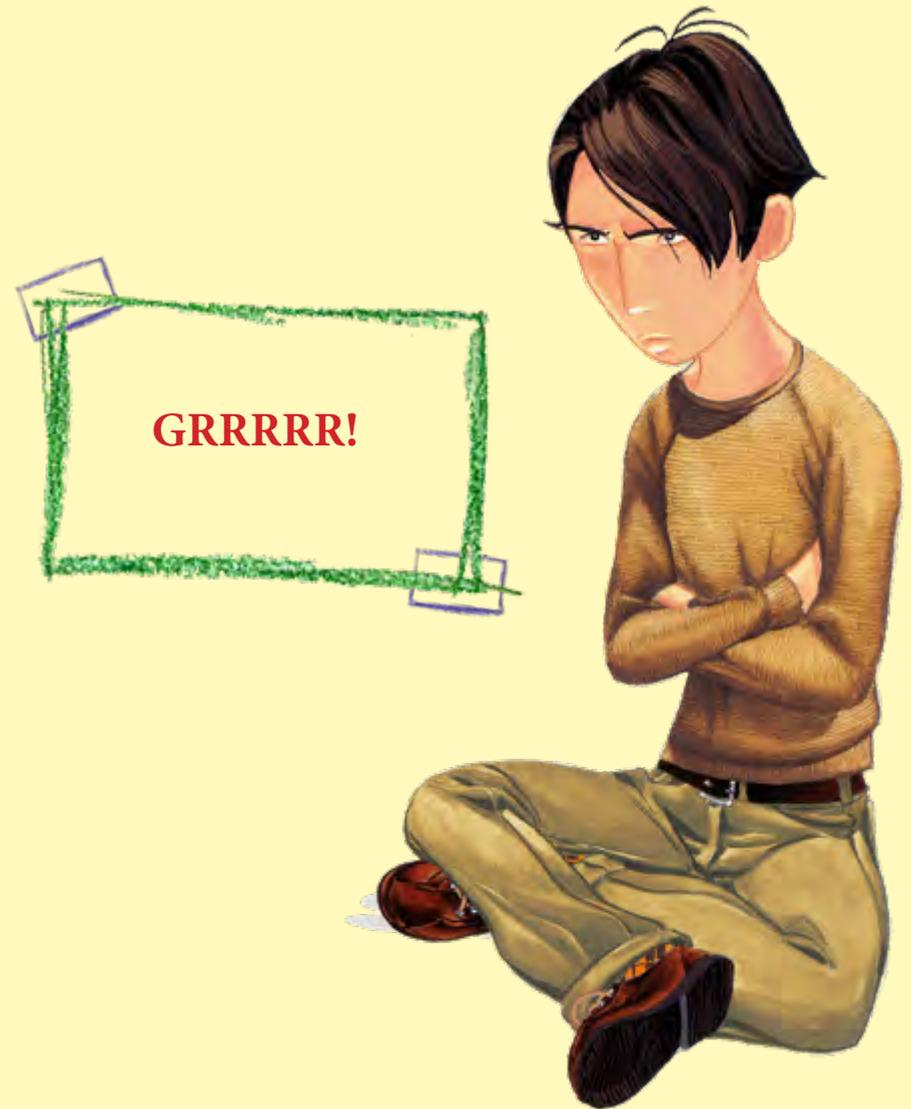
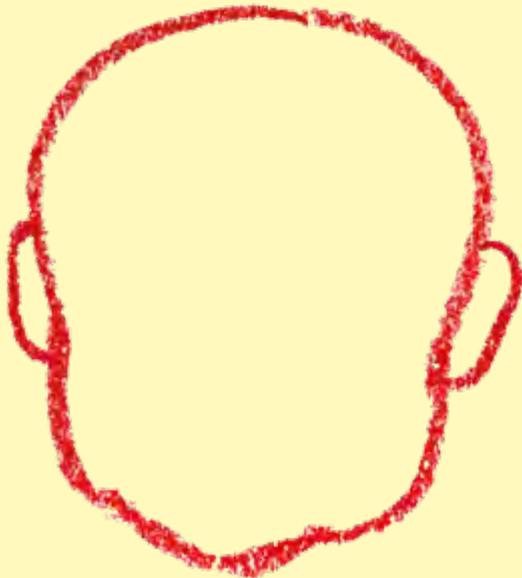
Letting Go

You may feel **angry**.
And that's okay.
Survivors get angry sometimes.



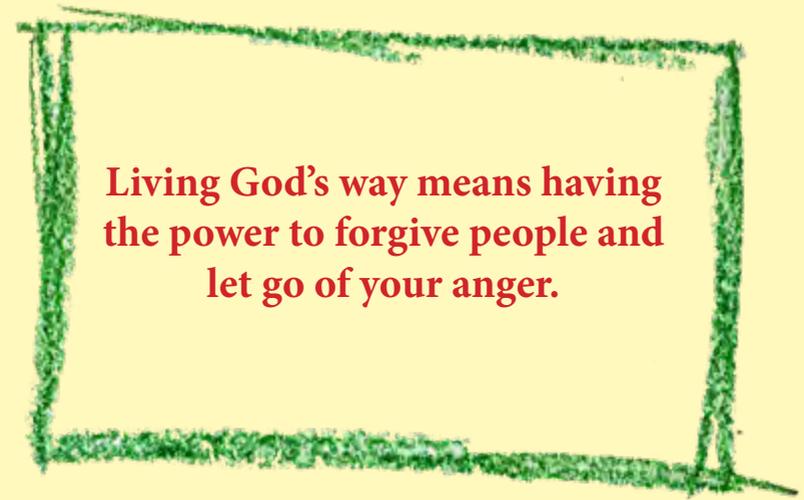
You may feel like life isn't fair.
You may be angry about not being able to go out.
You may wish that things were different.

You can draw an angry face here,
if you are feeling angry.





It's okay to be angry,
but it's even better to let go of anger.
Lots of times we need to forgive someone for
something they did that hurt us.
Then we can begin to let go of our anger.



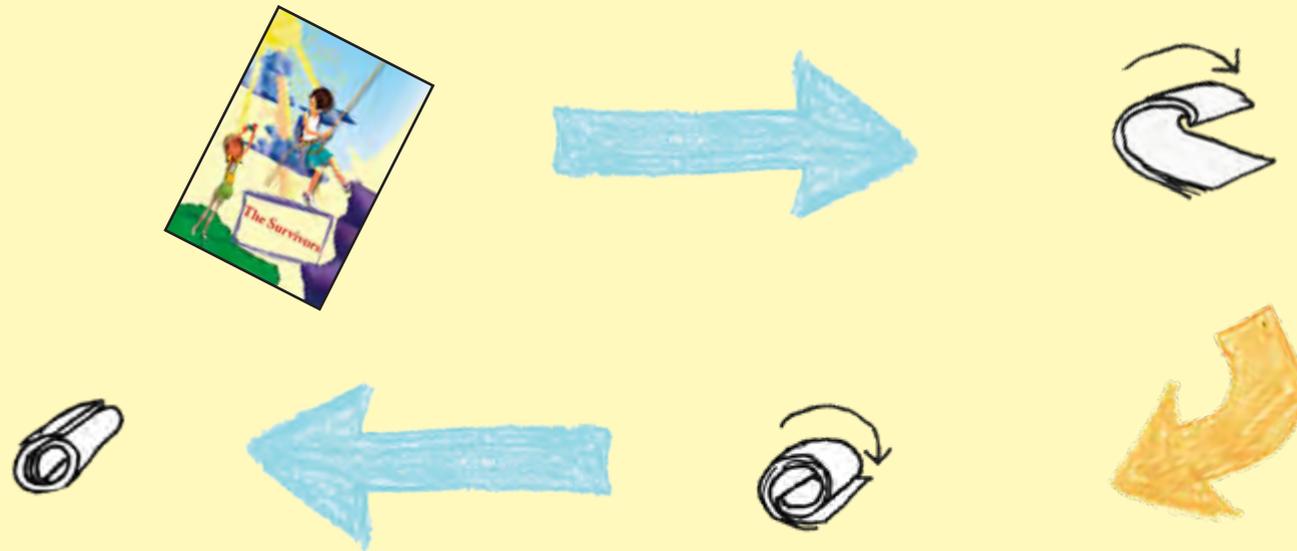
You are God's chosen people. You are holy and dearly loved. So put on tender mercy and kindness as if they were your clothes. Don't be proud. Be gentle and patient. Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you.

Colossians 3:12-13

Sometimes, you may just need to yell really loudly to get rid of your anger.

Make a **Yelling Tube**.

1. Roll this book up like this.



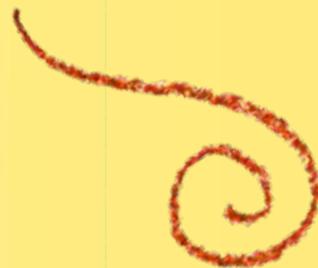
2. Put your mouth up to one end of the tube.
3. Put your hand over the other end of the tube.
4. Take a deep breath.
5. Yell as long and as loudly as you can.





Do not let the sun go down
while you are still angry.

Ephesians 4:26



Tips for Survivors

-  Forgive people. Ask God for the power to forgive the people who have hurt you.
-  Let go of anger. Use your Yelling Tube.

Take action!

Easy ways to avoid unnecessary anger.

-  Pretend you are the other person. What changes when you see things from another point of view?
-  Take three deep breaths before you respond.
-  Get enough sleep.



Go forgive!

Making a Connection

You may feel **lonely**.
And that's okay.
Survivors feel lonely sometimes.



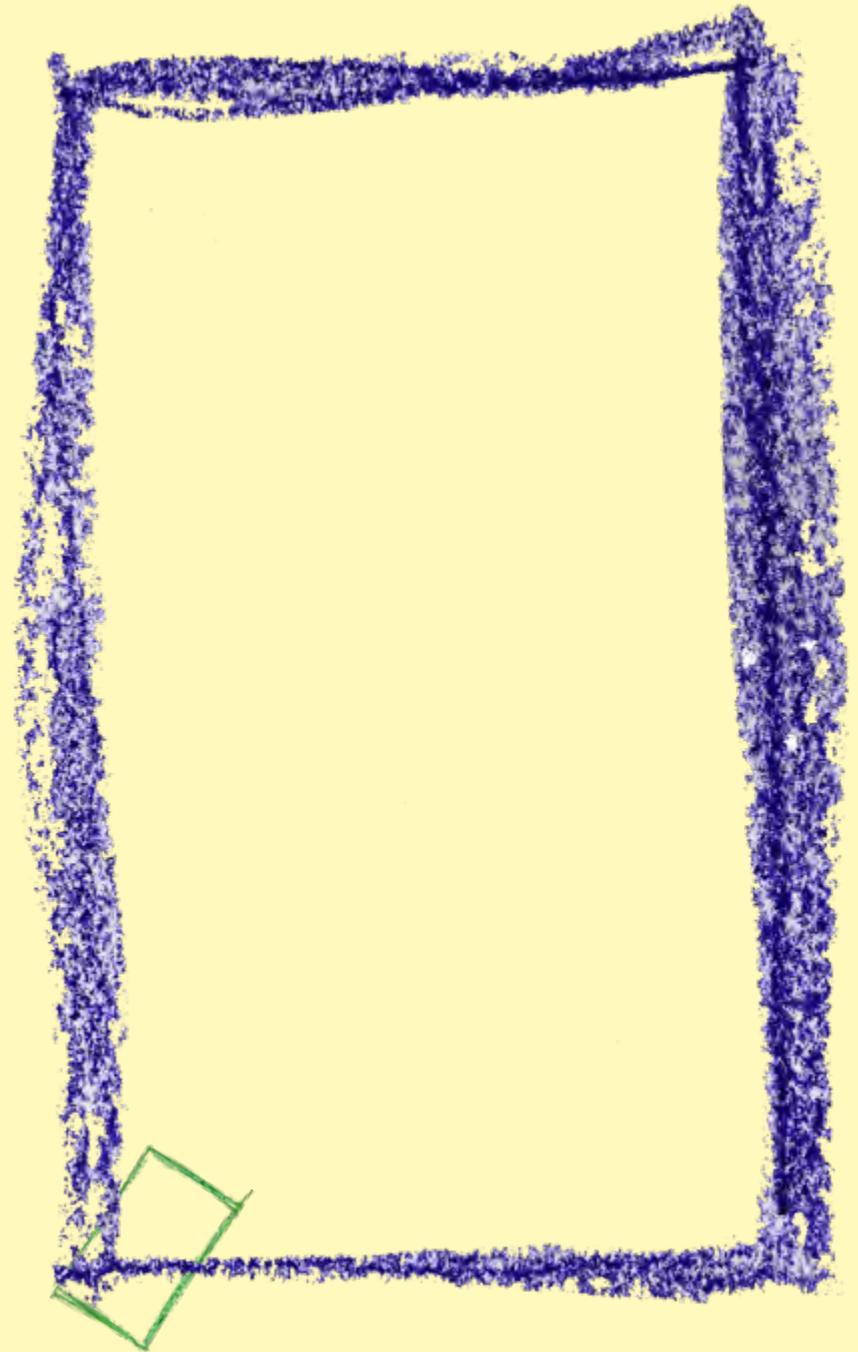
You may feel like the world is big and
you are very, very small.
You may miss someone you love.
You may be far away from your friends or
family.

**If you are missing someone,
write the person's name here.**



**Decorate the name so that it looks like the
person in some way.**

**Make the name look *fancy* or like a robot, or
REALLY BIG or very small.**





**From the very beginning of the world,
God said that it was not good for us to be alone.**

God is in his holy temple.
He is a father to children
whose fathers have died.
He takes care of women
whose husbands have died.
God gives lonely people a family.

Psalm 68:5-6

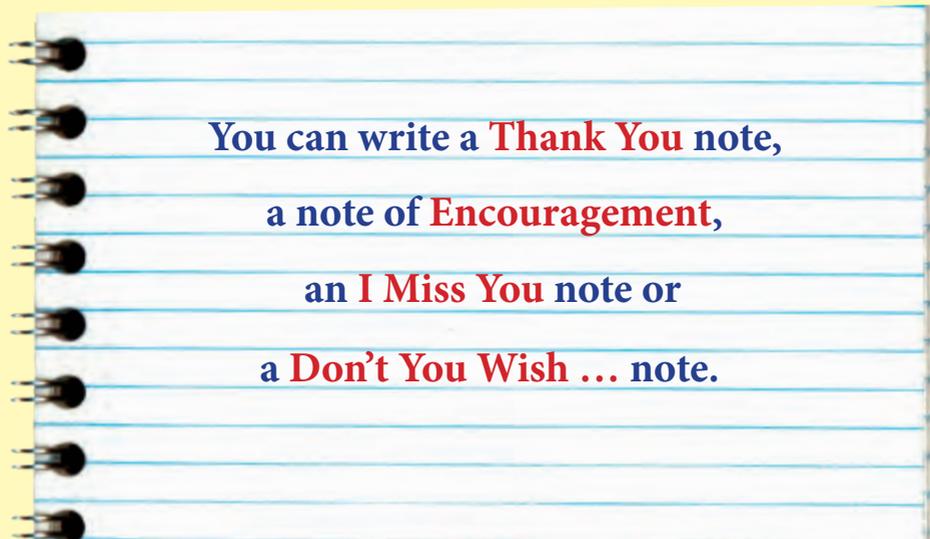
It takes a whole community to live well.

Be a friend!

If you are feeling lonely,
reach out to the people near you.

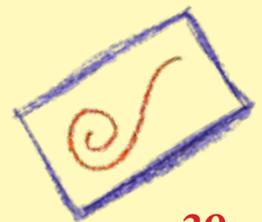


One great way to reach out to people
is to write them a note.



Let your creativity go wild!

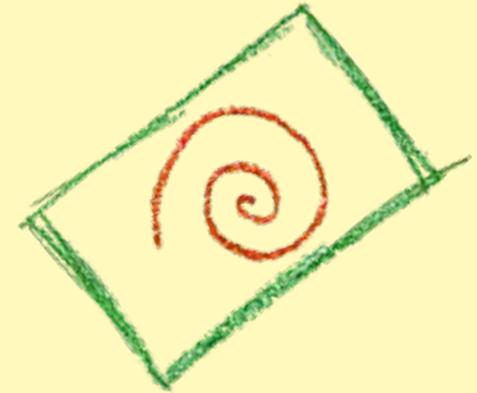
The note you write will be a way to connect
with someone.





Tips for Survivors

-  Look around you and thank God for the wonderful people living with you.
-  Reach out and connect with someone by writing a note.



Take action!

Learn to love the people around you
with a love that looks like this:

Love is patient. Love is kind. It does not want what belongs to others. It does not brag. It is not proud. It does not dishonor other people. It does not look out for its own interests. It does not easily become angry. It does not keep track of other people's wrongs. Love is not happy with evil. But it is full of joy when the truth is spoken. It always protects. It always trusts. It always hopes. It never gives up.

1 Corinthians 13:4-7

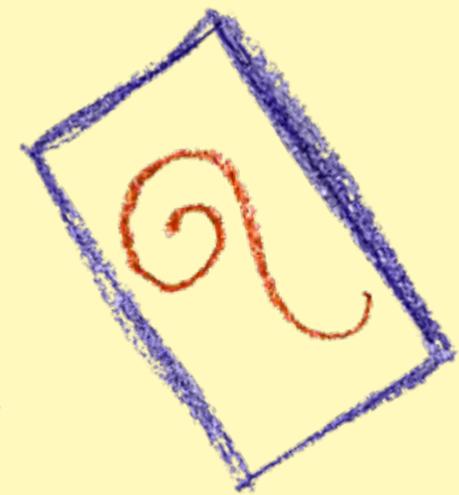
When This Is All Over

You don't know how long this pandemic will carry on.
But you can trust God to see you through it.
In the meantime, you can start planning what you want to do when it's all over!
Write a list of the things you want to do:

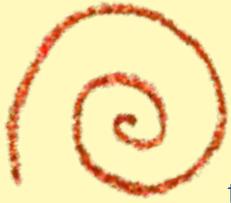


God is our place of safety.
He gives us strength.
He is always there to help us in times of trouble.
The earth may fall apart.
The mountains may fall into the middle of the sea.
But we will not be afraid.
The waters of the sea may roar and foam.
The mountains may shake when the waters rise.
But we will not be afraid.

Psalm 46:1-3



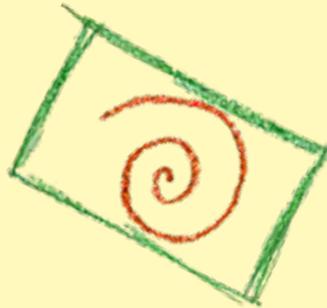
The Bible tells us:



God so loved the world
that he gave his one and only Son.
Anyone who believes in him
will not die but will have eternal life.

John 3:16

**Jesus died on the cross for our sins,
but God brought him back to life after three days and
he is still alive today!**



He suffered the things we should have suffered.
He took on himself the pain that should have been ours.

Isaiah 53:4

**Jesus wants you to trust him and give your life to him
so that you can be with him always. If you are ready
to give your heart to Jesus, pray this prayer.**

Lord Jesus,

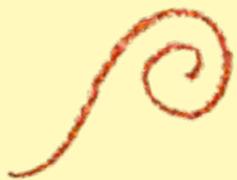
**I know that you love me and
that you died on the cross
for me.**

**I am sorry for the things
I have done wrong,
and from now on
I want to live for you.**

**Take control of my life,
as I learn to trust
and follow you.**

**Thank you for being my
savior!**

Amen.



Handwriting practice lines on page 46, consisting of 15 horizontal red lines.

Handwriting practice lines on page 47, consisting of 15 horizontal red lines.

