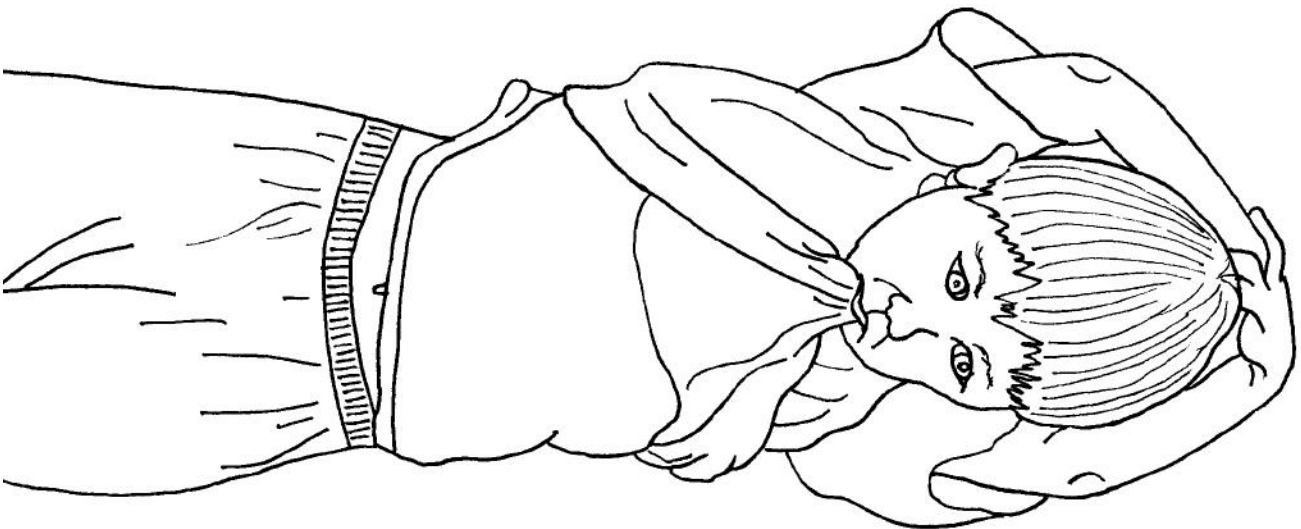
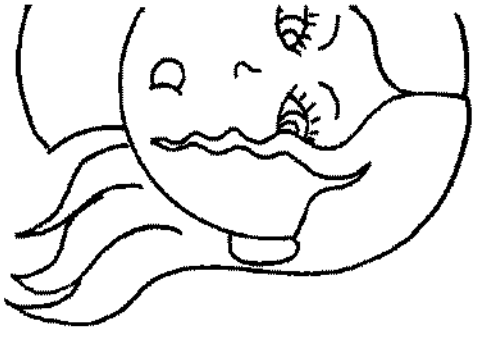
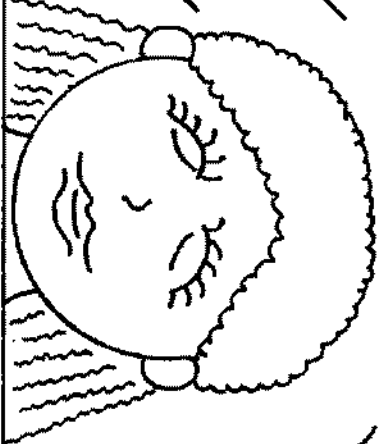
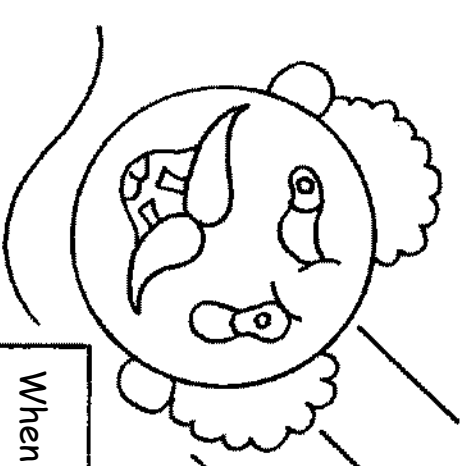


Draw what happened to you.

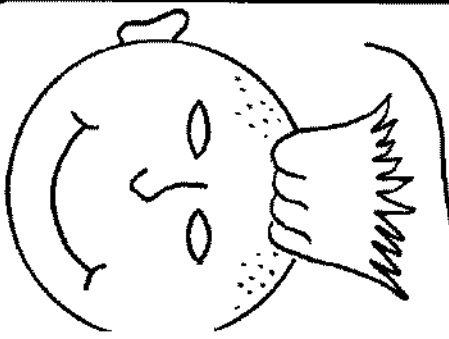
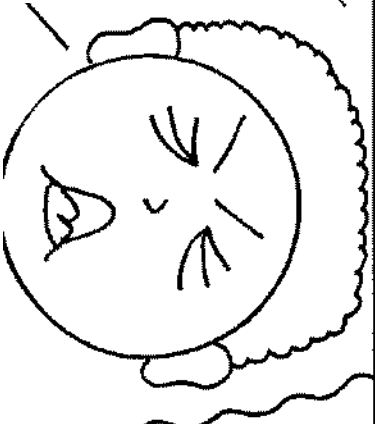
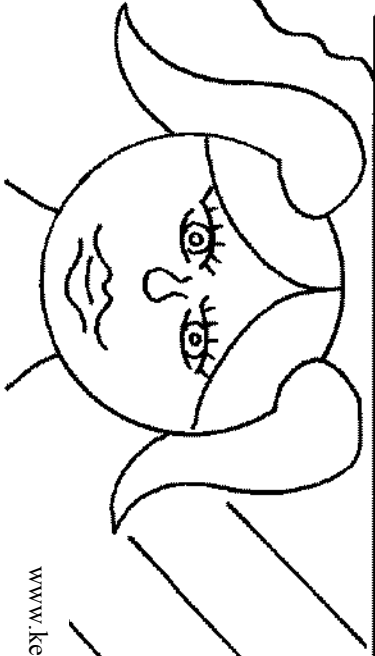


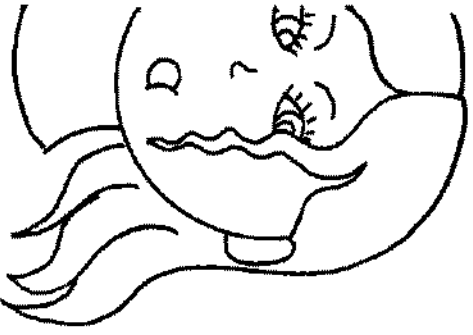
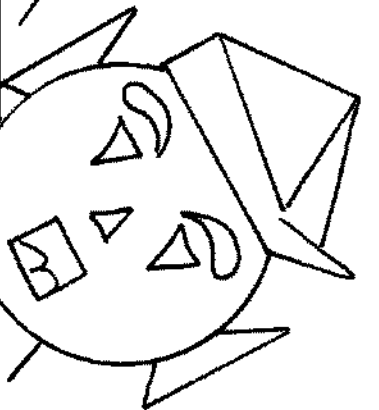
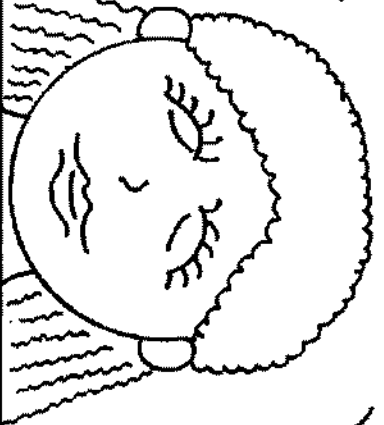


When disaster strikes, the mess it leaves behind can seem so big that it feels overwhelming – like we don't know how we'll ever recover from it. It may seem like our life is in shambles, and we're not sure where to start picking up the pieces again.

So what can we do to get back to normal? It all starts with putting one foot forward. Like climbing a mountain, if we just stand there and look in awe at how tall it seems, we'll never get to the top. But if we just start stepping because we know we must, before too long we're just a little bit closer . . . then that much closer . . . and then a little bit closer still, until finally, we've managed to reach the top.

One tear at a time. One smile at a time. One struggle at a time. One hug from a friend or loved one at a time. One wound healed at a time. That's how we'll get through this. So when your life seems like it's in shambles, don't sit back and look at how massive the mess seems. Instead focus on what can be done to take that one next step. Then another. Before long, you'll look back and be amazed at how far you came!





Write down some of the small steps you can start taking to get things back to normal. Have an adult help you think of things if needed:

A large rectangular box containing ten horizontal lines for writing.

