

After the Injury: Tips for Kids



Jesse's Story

Jesse was riding his bike when a car turned the corner and knocked him down. On the way to the hospital in the ambulance, his arm hurt a lot and he felt really scared.

Different people can have different reactions. This is normal.

A week later, Jesse was wearing a cast on his arm and it still hurt sometimes. He missed being able to ride his bike with his friends. Sometimes, pictures of what happened came into his mind and he felt a little nervous about going near the corner where he got hurt.

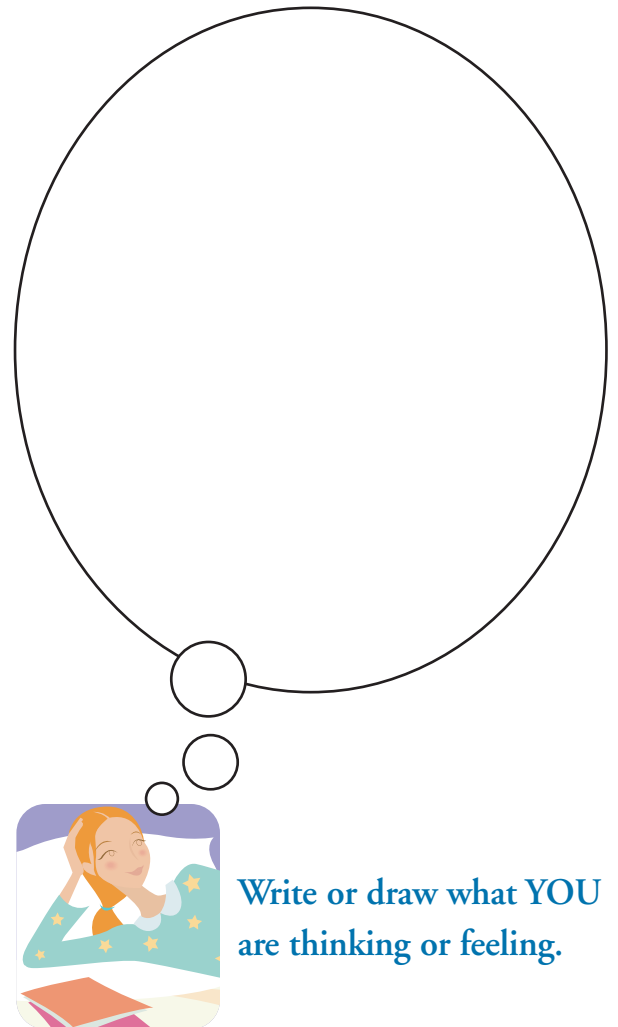
You might think about it a lot or feel upset, but this usually gets better with a little time.

Feelings people can have after something scary happens:

**HAPPY I'M SAFE ~ JUMPY ~ THANKFUL ~ SCARED
TIRED ~ FRUSTRATED ~ SHAKY ~ LONELY ~ SAD
WORRIED ~ GLAD IT'S OVER ~ MAD ~ CALM**

Can you find those words below?

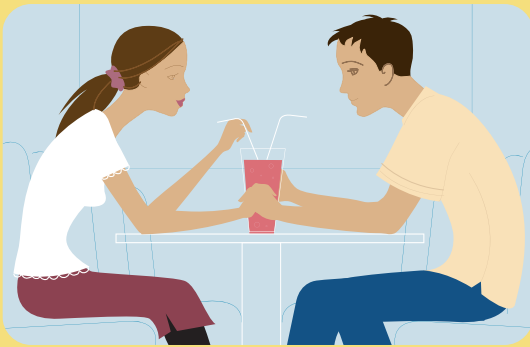
M D L G F S X W T B Y C G F E
S X E T L Y H H C X L R P R F
S R K R P A A A T L E S X U P
E A U M A N D R K X N C X S O
W X U Q K C D I J Y O M Z T K
C J C F B K S D T G L B F R O
A V U X I N B C E S U E D A M
L L K T D H S F T S O Q P T Y
M L A Z I V N X A I W V N E S
W P S N U G S D S W I T E D Y
E L P I R O T P Y R W A J R K
H A P P Y I M S A F E P C M E
W J T I R E D I R B T R N Z U
D E I R R O W J E G R T Z A A
V R U O X V G T S L N B S T X



Write or draw what YOU are thinking or feeling.

Turn to the other side to see how Jesse helped himself feel better.

What can help?



Whenever Jesse felt a little nervous, he reminded himself that he was safe now. He also remembered to do things he really enjoyed, like listening to music and spending time with his friends.

There are things you can do to help take good care of yourself.

Jesse's family helped him get back to doing normal things (school, sports and other activities) and they listened to him when he was feeling sad or worried. That helped, too.

You can ask for help if you are feeling worried or upset.

What can help *you* feel better?

The dotted lines show what Jesse did to feel better.

Check anything that has bothered you — then choose what *you* think might help.

Things I can do:

- Do something to relax
- Talk to my parents
- Have fun with friends
- Get back to normal activities
- Remind myself I am safe now
- Ask my doctor about it

MORE IDEAS:

Problems/things that bother me:

- Keep thinking about what happened
- Not sleeping well
- Feeling jumpy, worried or nervous
- Can't do something I used to do
- Sometimes it still hurts
- _____
- _____
- _____
- _____
- _____

Things other people can do:

- Listen when I want to talk
- Just hang out
- Do fun things together
- Play a game with me
- Tuck me in at night
- Help me do normal stuff

MORE IDEAS:

Remember:

- 1 Different people can have different reactions. This is normal.
- 2 You might think about it a lot or feel upset, but this usually gets better with a little time.
- 3 There are things you can do to help take care of yourself.
- 4 You can ask for help if you are feeling worried or upset.

