

# Staying Calm When Things May Not Be



By: Perry Binet, MS Ed

Reviewed By:  
Rozi Wax, LMFT, LMHC  
Heather Ferguson, PhD

Disclaimer:

I'm not a therapist, I'm a mother and educator. I wanted to do something small to help children (and adults) cope. I am in no way diminishing or sugar coating the situation... What is going on is incredibly sad, painful, and beyond comprehension. There are no words... Encouraging children to self-regulate and create happy memories in their safe space, does not mean that as adults we can't think about and feel the pain along with others at the same time. I'm purely trying to help children and families who are safe and away from danger, in the meantime. Our hearts break for those in imminent danger.

Enjoy this free resource. Sending love. Stay safe and happy reading!

May Hashem protect us all and send the Geulah quickly. Am Yisroel Chai!

-Perry

© Copyright by Perry Binet 2023

All rights reserved.

Perrybinet@gmail.com

This may be shared and distributed 'as is' for therapeutic, educational or personal purposes. This may not be sold, copied, changed or edited in any way.

## "Staying Calm When Things May Not Be"

This is a social story for children in reference to the recent happenings in Israel. It is recommended to be read by a parent, in a calm, low and relaxed voice, while validating the child's feelings and sparking open conversations and sharing ideas. (Be sure to check that the listener understands some of the bigger words.) A cozy spot on the couch, together, is a bonus 😊

Thank you to the following people for your incredible feedback and insight:

Rozi Wax, Trauma Therapist

Heather Ferguson, Psychologist

Tova Wacholder, Director of YahalomNY, Agudas Yisroel

And, of course... Thank you, Hashem, for granting me the ability to try and help others.

Hello, my child, and how are you today?  
Is there anything you would like to say?  
I'm sure you heard about the recent  
news,  
So, let's sit and have an open schmooze.



What's happening may seem confusing to  
you,

And can affect whatever you think or do,

What have you heard? Please tell me, my  
dear,

I am here for you, and I really care...



(Open dialogue between parent and child, clarify what child heard...)

I am so glad you are sharing this with me,

Whatever you need will still be here,  
don't worry,

You will still have a home, clothing, and  
food,

We're all still here and will lift each  
other's mood.



Yes, it is sad when there is a fight,  
Yes, it can be scary and not right,  
Most people don't hurt others and are  
good,  
And most people really do as they should.



If you think about the scary things and  
worry,

Know that we all want this over in a  
hurry,

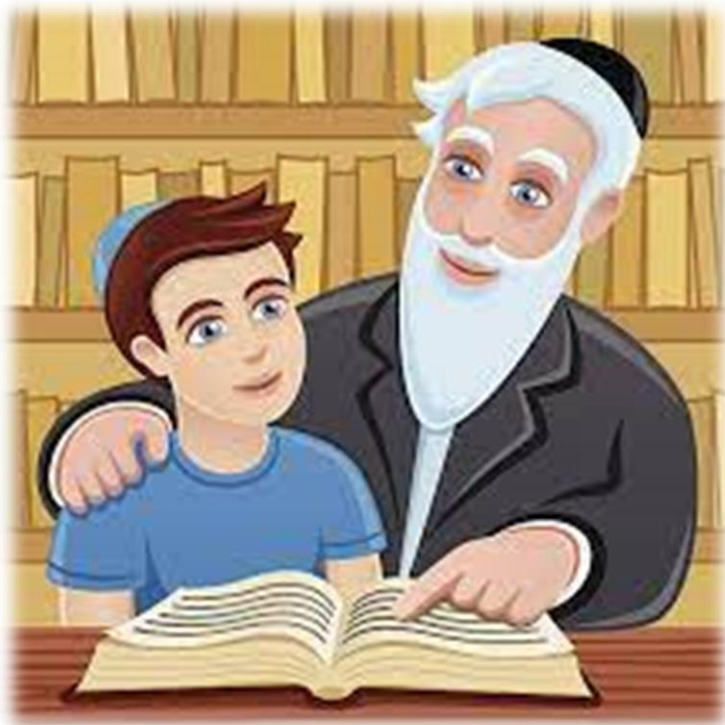
There are strong soldiers that are  
working on,

Making sure the bad guys should quickly  
be gone.





They're fighting and trying to keep  
people safe there,  
Others learn Torah to help protect us  
everywhere,  
The way we push away darkness is with  
light,  
And that is how we can surely win this  
fight!



If you feel like you want to help out, too,  
There are some things that we can all do,  
We can daven to Hashem to keep us safe  
and sound,  
And to send strength to everyone all  
around.



© Walder

We can say some Tehillim and give tzedakah,

Do more mitzvos, or even just one great mitzvah,

We can be extra kind and caring to others,

And help those in Israel-our sisters and brothers.



If we want information or are confused,  
We don't have to be the ones checking  
the news,  
We can ask an adult to help us  
understand,  
Turn to them and remember we're in  
Hashem's hands.



© Weller

It's important to notice how we feel in  
our heart,  
We can listen to our body-every small  
part,  
We can sit down, pause, and figure out  
how,  
We are really doing and feeling right now.



We may feel big feelings in parts of our body,

From our head, shoulders, knees, feet and tummy,

Our stomach can feel like butterflies are in it,

We may feel more tired, too, we'll admit.

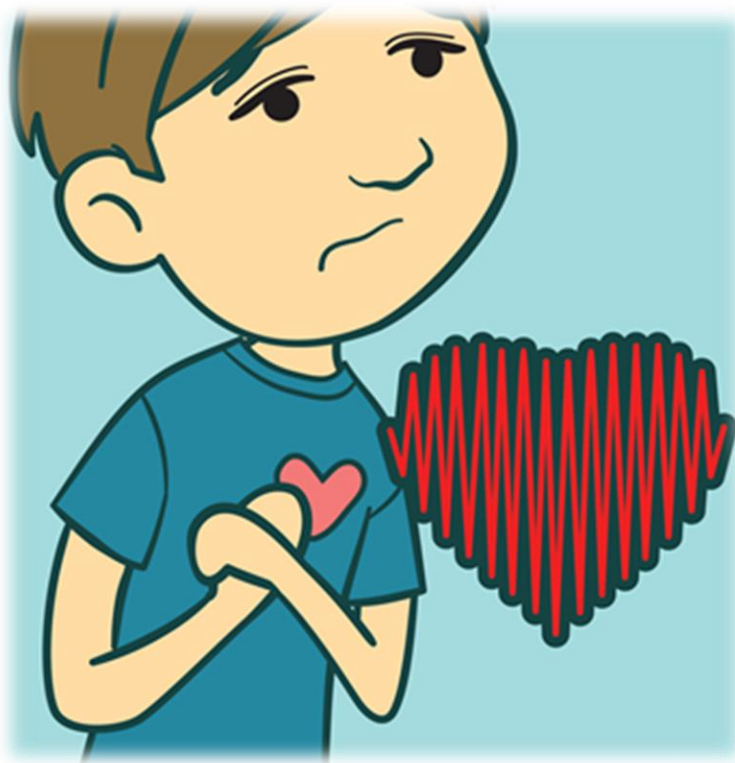


Our hands may feel sweaty, and we may  
just feel sick,

We might have a headache with our heart  
beating quick,

Our shoulders and muscles may feel  
tense and tight,

With aches and pains and just not feeling  
right.



We might feel confused, worried or sad,  
Or scared, angry, nervous, or mad,  
We may also feel many things at once,  
too,  
Or we might feel nothing and not know  
what to do.

## HOW ARE YOU FEELING?

HAPPY



SAD



ANGRY



CONFUSED



SCARED

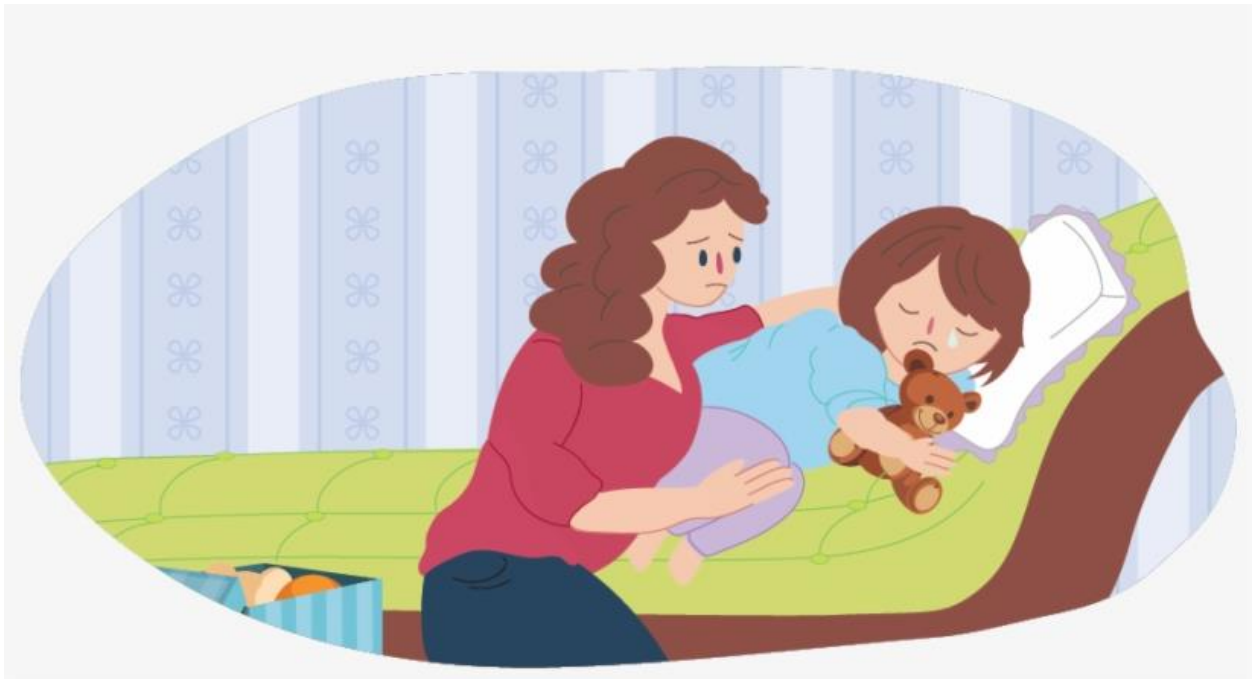


TIRED





We might feel blue and may want to cry,  
That is fine, too, we can give it a try,  
We might feel like we have nothing to  
say,  
We may feel fine and go about our day.



Do you know what's so cool about feelings we feel?

There isn't only one right one. Yes, for real!

Every feeling is so normal and very okay,  
At any given time-at night or by day.



EVERY. SINGLE.

*feeling*

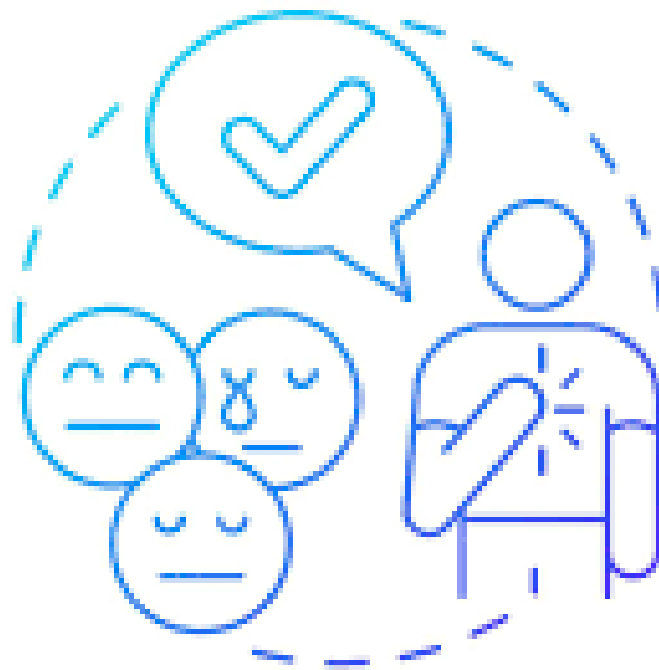
IS. OKAY.



So, think about that and give it a name,  
To that big or little feeling-without any  
shame,

How do you feel now? Please think and  
tell me,

No matter how, I love you, sweetie.



**NAME YOUR FEELING**

And when your feelings are so big and a  
bit much,  
You can always come to me for a hug or  
warm touch,  
You can talk to Hashem, always, my dear,  
And remember that He hears you and  
He's right here.



Let's remember to focus on what we can control,

To take care of our needs-that's part of the goal,

Do you know it's also a big mitzvah to,

Take care of ourselves, both me and you.



Let yourself feel however you feel like  
feeling,

It's all normal- we all have our own way of  
dealing,

You can do a good job at calming yourself  
down,

Whether you want to stay with a smile or  
frown.



It's great to try to stick to our daily routine,  
And keep ourselves fresh and healthy and clean,  
Of course, we should try to sleep well and eat,  
And also, to give ourselves a lovely treat.



© Weller

You can take breaths from deep in your stomach,

You can take some time to listen to music,

You can give yourself a tight squeeze or a hug,

Or get comfy with a blanket, lay on a rug.





You can write what's on your mind if  
you're able,  
Or tap your fingers, gently, on the table,  
You can draw how you feel no matter  
what it looks like,  
Or play with sand, play dough, or ride a  
bike.

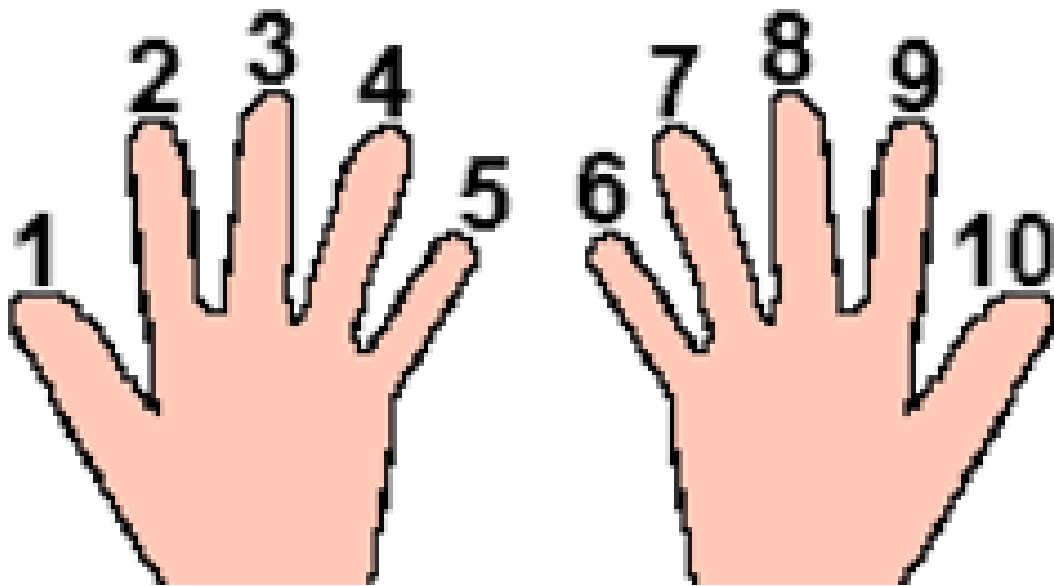


You can squish a little ball or count to ten,

And breathe once more as you count again,

You can take a cup of water and drink,

Or go to a quiet place to just think.



You can move your body and exercise for fun,

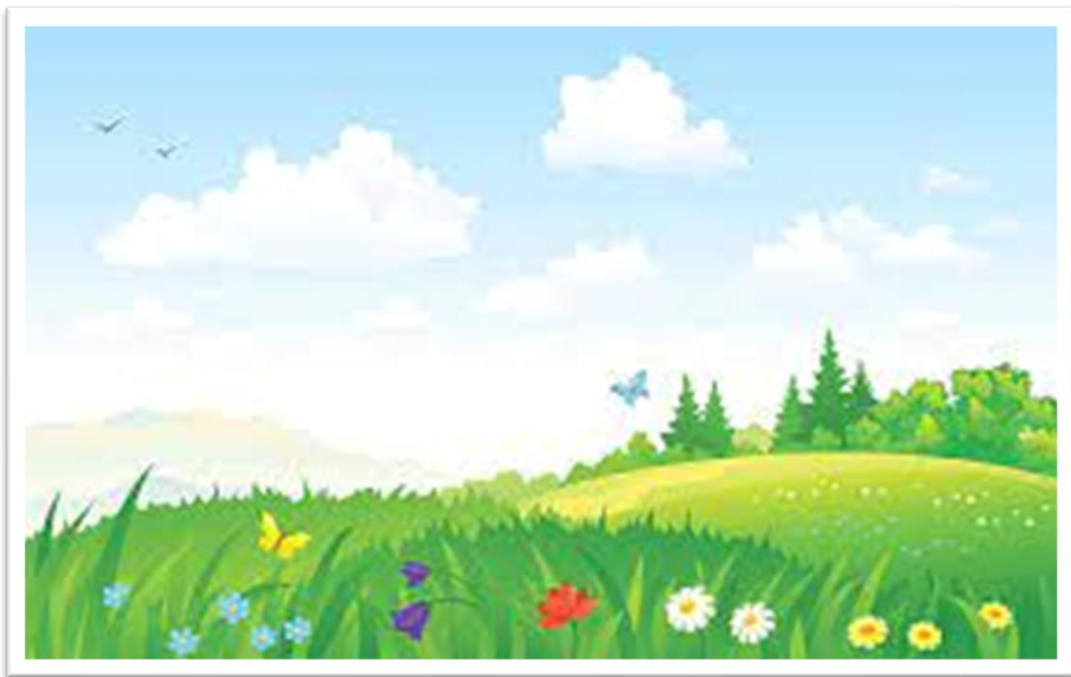
Or you can leave your house and go for a run,

And just because you're awesome, when you get back,

Enjoy the yummy taste of your favorite snack.



You can look at pictures of Hashem's  
world, so pretty,  
Or those of nice nature scenes or any  
city,  
You can smell flowers or any calming  
smells,  
Or touch anything from pom poms, fur, or  
shells.



Now let's try this: Put your feet onto the ground,

Notice and point to five things that are around,

You can tell yourself: "I am safe in my space",

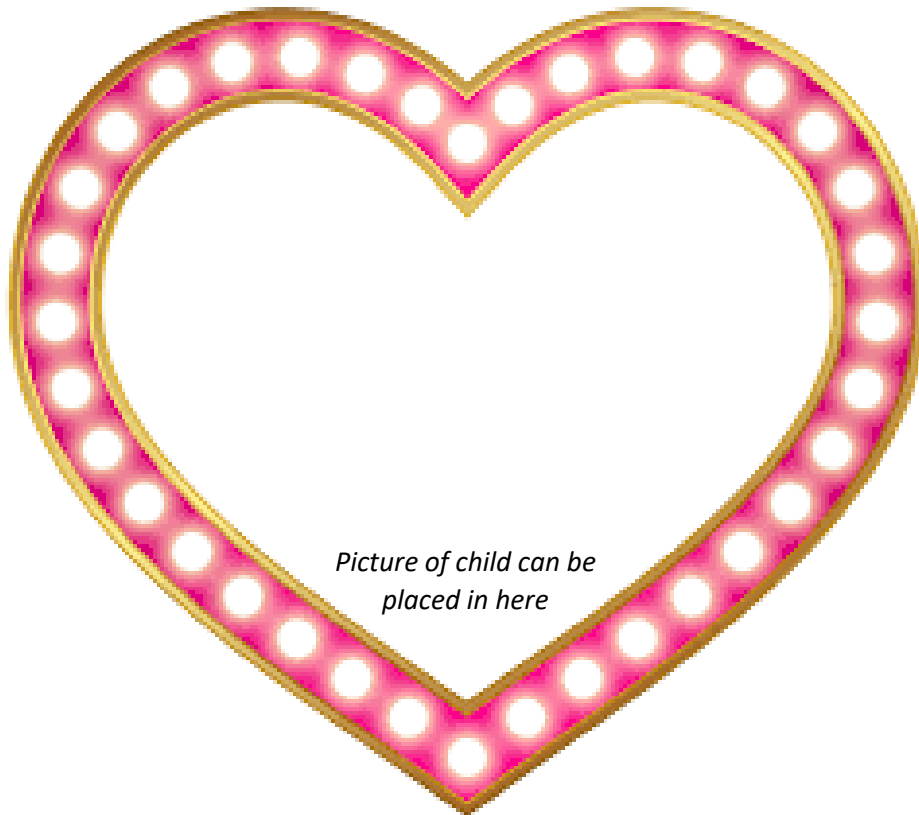
Feel free to put a smile back onto your face.



If you don't feel like smiling, that's ok,  
too,

Feel free to just feel and simply be...  
YOU!

You are so awesome and you are mine,  
We all react differently to news and  
that's fine.



In the meantime, we can still try to  
enjoy,  
Time with our family or our best toy,  
There is so much to do, let's take a look,  
From playing games to reading your  
favorite book.



You can paint and make an art project, so cool,

And tell family what you learned in school,

You can listen to your choice of music or song,

And you can even sing, jump and dance along.





You can take a walk outside and look at  
the trees,  
You can jog or run around while you feel  
the breeze,  
You can prepare delicious food and bake,  
And then make a nice bracha on your very  
own cake!



You can play games like monopoly or trouble,

You can go outside and blow some bubbles,

You can make a puzzle on the floor this time,

Or have fun with ingredients and make some slime.



As you learn to talk to those who you  
really love,  
About how you feel and what you might  
be scared of,  
Give yourself a pat for learning how to  
cope,  
And always remember to continue to  
hope.



Know even more that Hashem loves us a  
ton,

He knows what's best and cares about  
everyone,

Hashem likes when we daven and turn to  
Him,

To talk to Him, do mitzvos, or say  
Tehillim.



© Wabbe

These hard times will pass. May it be  
very fast,  
And hopefully Moshiach will come quickly,  
at last,  
Hashem can help us from one second to  
the next,  
Even by the time we finish reading this  
text.



And anytime you're feeling sad or filled  
with worry,

You can always come and talk to \_\_\_\_\_

(fill in specific adults) and me,

I'm here for you and though I won't  
always know "why",

Remember that you're awesome, and I  
love you till the sky!





# How do you feel now?

**HOW DO YOU FEEL TODAY?**

 Happy	 Sad	 Angry
 Tired	 Scared	 Excited
 Shy	 Embarrassed	 Surprised
 Disappointed	 Jealous	 Proud

www.RewardCharts4Kids.com

...or something else



## Draw or write it out...

Stick post it notes on (for reusable purposes) and draw/write your feelings.

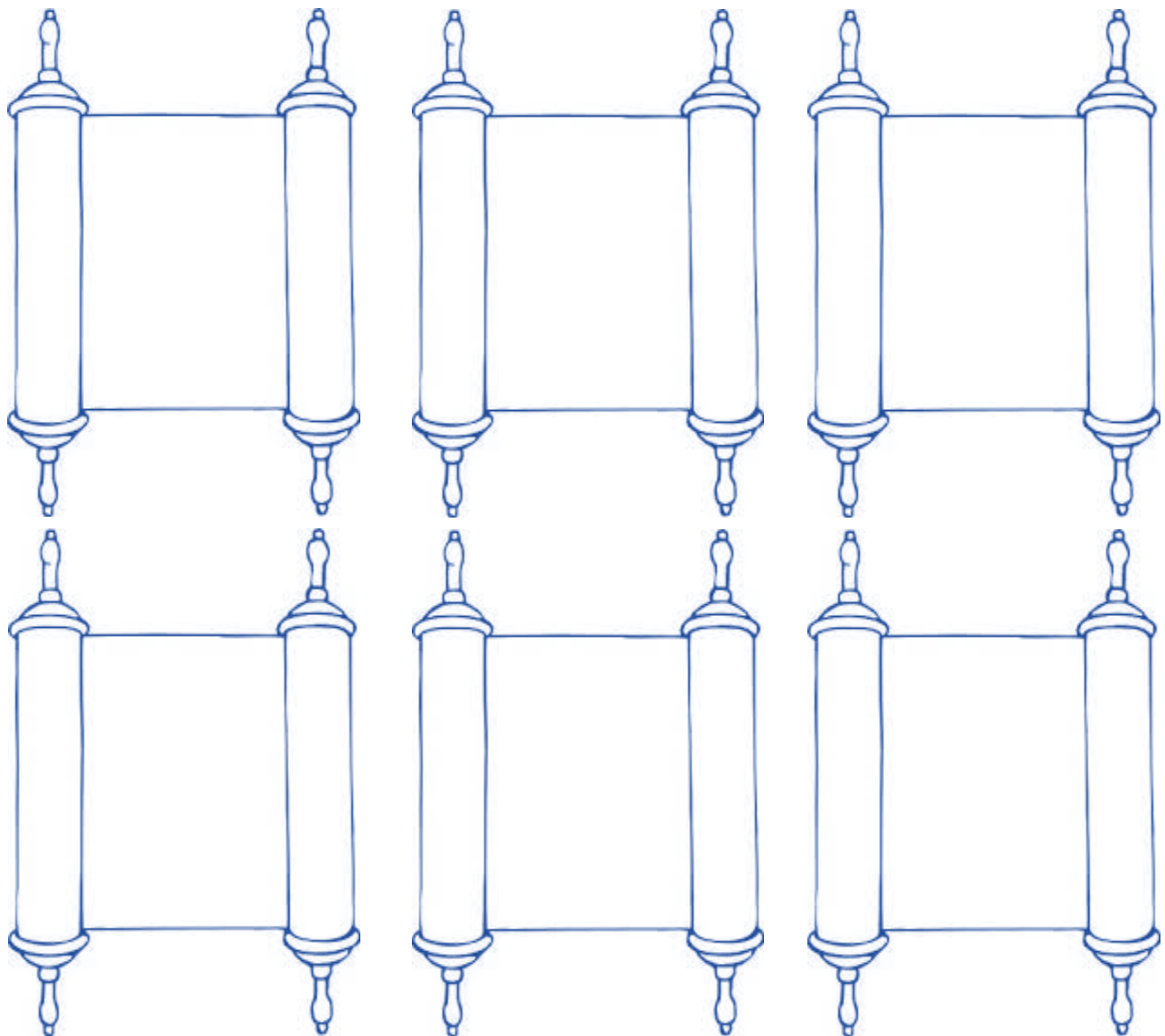


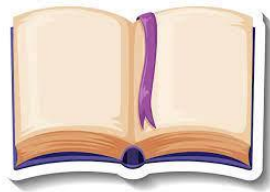




# Mitzvos I can do...

Write/draw pictures (in the Torahs) of all the special mitzvos you are doing.





# People I can daven for...

A large, lined scroll with a decorative, irregular border. The scroll is oriented vertically and contains approximately 18 horizontal lines for writing. The top and bottom edges of the scroll are rolled up, giving it a three-dimensional appearance.

**SENDING YOU  
A GREAT  
BIG   
HUG**

To the parent reading this:

Now try reading this again, on your own, and imagine yourself in Hashem's hands having a conversation with Him...

To print as a little booklet:

Open in Adobe, print all pages, page sizing and handling-booklet, booklet subset-both sides, binding-left binding.

All image credits: Google



# ישועת ה' פהרף עין!

Hashem's help (salvation) can come in the  
blink of an eye.

Stay strong!