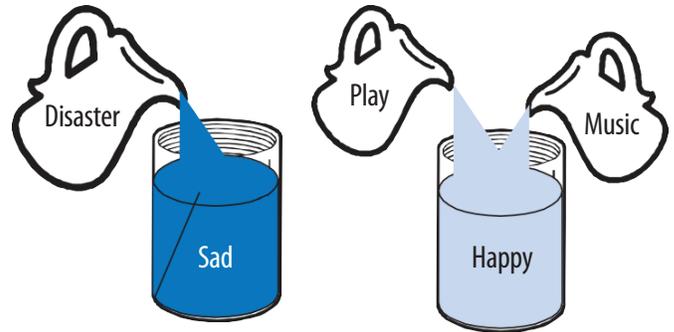


For Children: Choosing Things to Do



What You Should Know

Since the disaster, you may feel like you are filling up with a lot of icky feelings—sadness, fear, and just plain feeling bad. It’s not easy to make those bad feelings go away. BUT, we can work on filling up some of your time with activities that will fill you with positive, happy feelings. Since the disaster, you have probably had some chores that you did not want to do. Let’s spend a little time choosing a few things that you do want to do.



Some Activities to Think About

Here is a list here of some things that many children enjoy doing. Circle a few things on the list that sound like fun. If you (or a grown-up) can think of fun things that are not on the list—maybe something you did before the disaster that made you feel good—add them to the list. Then, pick a few things from this list to try this week.

Pick at least one thing that you can do alone and at least one thing that you do with someone else.

Indoor Activities	Outdoor Activities	Activities with Others	Rebuilding Activities
Drawing, painting	Playing with a pet	Telling jokes	Helping make a park or playground usable again
Doing crafts	Running	Talking to a friend	Babysitting brothers or sisters
Singing	Going to the park	Talking to a grown-up	Helping make a play area in your house or yard
Playing an instrument	Going for a walk	Playing a game	Helping at a fundraiser
Listening to music	Shooting baskets	Meeting someone new	Watching a friend’s pet
Writing in a journal	Jumping rope	Going to the mall	Helping fix up a school
Playing computer games	Swimming	Emailing, texting, blogging	Helping around the house
Reading	Skating/skateboarding	Playing sports	Doing something to honor disaster victims
Watching a movie	Riding a bike	Spending time with family	Helping with community clean-up activities
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