



Jirasart Witthaya School
Ayutthaya, Thailand

Ruang Naam-Tuam
RONG RIAN
MA HAT SA JAN

Activity Workbook
for
Children, Families and Teachers

MY FLOOD STORY:

A GUIDED ACTIVITY WORKBOOK FOR CHILDREN, FAMILIES AND TEACHERS

A simple and straightforward guide that encourages healthy expression, learning and coping. Use to help children, teenagers and families overcome bad memories and fears.

Edward Oklan, M.D., M.P.H
and Gilbert Kliman, M.D.

Illustrations by Anne Kuniyuki Oklan, R.N.

Adaptation by Brett Baxter

From The Children's Psychological Health Centre, a non-profit 501(c)3 organisation. 2105 Divisadero St., San Francisco, CA 94115. First Edition Text Copyright © 1993, Edward Oklan, M.D. Illustrations Copyright © 1993 Anne Kuniyuki Oklan. All rights reserved.

TABLE OF CONTENTS

Guide for Parents and Teachers	1
Guide for Children and Teenagers	5
My Flood Story	7
Pictures to Color	
THE FLOOD	13
GLAD TO BE ALIVE	16
GETTING BETTER	17
SCARED FEELINGS	21
A CHILD DREAMING	23
A CHILD CRYING	26
SAND BAGGING, A CHILD'S DRAWING	28
DOWNTOWN FLOODING	30
BUILDING A LEVEE	31
CLEANING UP	32
CHILDREN PLAYING	33
RED CROSS SHELTER	34
RED CROSS SHELTER, A CHILD'S DRAWING	35
ASKING FOR HELP	43
Newspaper Clippings	44
More Things to Do	47
A Quiz about Floods	48
Suggested Reading List	52
Relief and Mental Health Services	53
Children's Mental Health Checklist	55
Who Wrote This Book?	57

Guide for Parents and Teachers

This workbook is meant to give psychological first aid to both you and the children you know, love and teach.

You have been through a great stress, just as your own children and students have.

Your idea is probably the same as ours. You want to try to help children change a possibly traumatic situation into a constructive learning and coping experience.

Getting Started

1. Read the whole book yourself before your child or student does, if he or she is under ten or eleven years of age.
2. Be sure to read the "Guide for Children and Teenagers" to children who can't read it themselves, and answer any questions they may have.
3. Point out to your child or student that the flood was a time that his family and the whole community will remember. He or she can be part of an important happening and can help make a record of it with this workbook. Perhaps years later people will discover his workbook, and it will be part of history.
4. Be flexible in your work with your child. Working on this book may take several months. The entire book does not have to be completed in order for the book to help. Never force a child to face a section of the book against his or her will. Allow each child to select which parts of the book to work with first and to stop using the book whenever he or she wants, even though it may not have been completed.
5. A child who cannot or will not work with you should have his resistance respected. See the Mental Health Checklist at the end of the book.

The Youngest Children:

You cannot expect complicated verbal participation in the use of this workbook with children younger than three. But two and three year olds can color in pictures with some help. Try to let babies and toddlers be present while older children work with you.

A sense of family caring and unity is a help to younger children in stressful times.

Please see the section on use of illustrations with young children for further guidance.