

# My Personal Story about Living in Gaza



2009

# My Personal Story about Living in Gaza

Name: \_\_\_\_\_

I call My Book: \_\_\_\_\_

Date: \_\_\_\_\_

## A Guided Activity Workbook for Children & Families

*A simple guide to encourage resilience, learning and coping. Use it to help children, teenagers and families with chronic and acute stresses of life in Gaza, their fears, and difficult feelings.*

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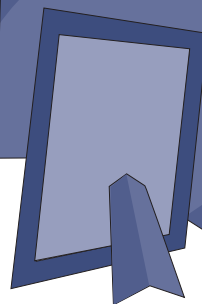
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# DEALING WITH MEMORIES

## This section is for children and teenagers

*Some children and teenagers find themselves thinking about or remembering things about the violence, even when they don't want to remember. If you write down and draw your memories, especially if you tell a grownup about those memories, that is a good way to help stop the memories from bothering you as much any more. Combine writing and drawing about the upsetting memories with writing and drawing about happier and better memories.*

*This section can also help children and teenagers who avoid or stop themselves from thinking about attacks at all. Sometimes children and teenagers can't remember much at all about what went on. Sometimes what happened was so upsetting and confusing that it is hard to know what actually happened and when. Drawing and writing about it, and talking about it with a grownup, can help you think more clearly and understand better what happened, so it doesn't bother you as much. Be sure to include your GOOD memories.*

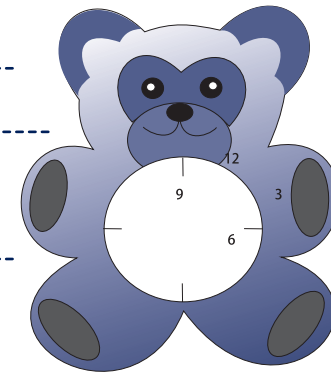


Today's date is .....

The part I most hate to think about is .....

The time of day this thing I hate to think about usually comes to my mind is

.....  
.....  
.....  
.....



Things that make me think about this are:

.....  
.....  
.....  
.....  
.....  
.....  
.....

Things that I can do to help stop remembering for a while are:

1. Think of very good things that happened in my life.
2. Exercise hard, even indoors such as doing push-ups or running in place.
3. Make myself think of very good things that I expect to happen in my life.
4. Draw pictures of things I am hoping will happen.
5. Teach good things to younger children.

Additional things I can do are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

The part I can't remember too well is

\_\_\_\_\_

\_\_\_\_\_

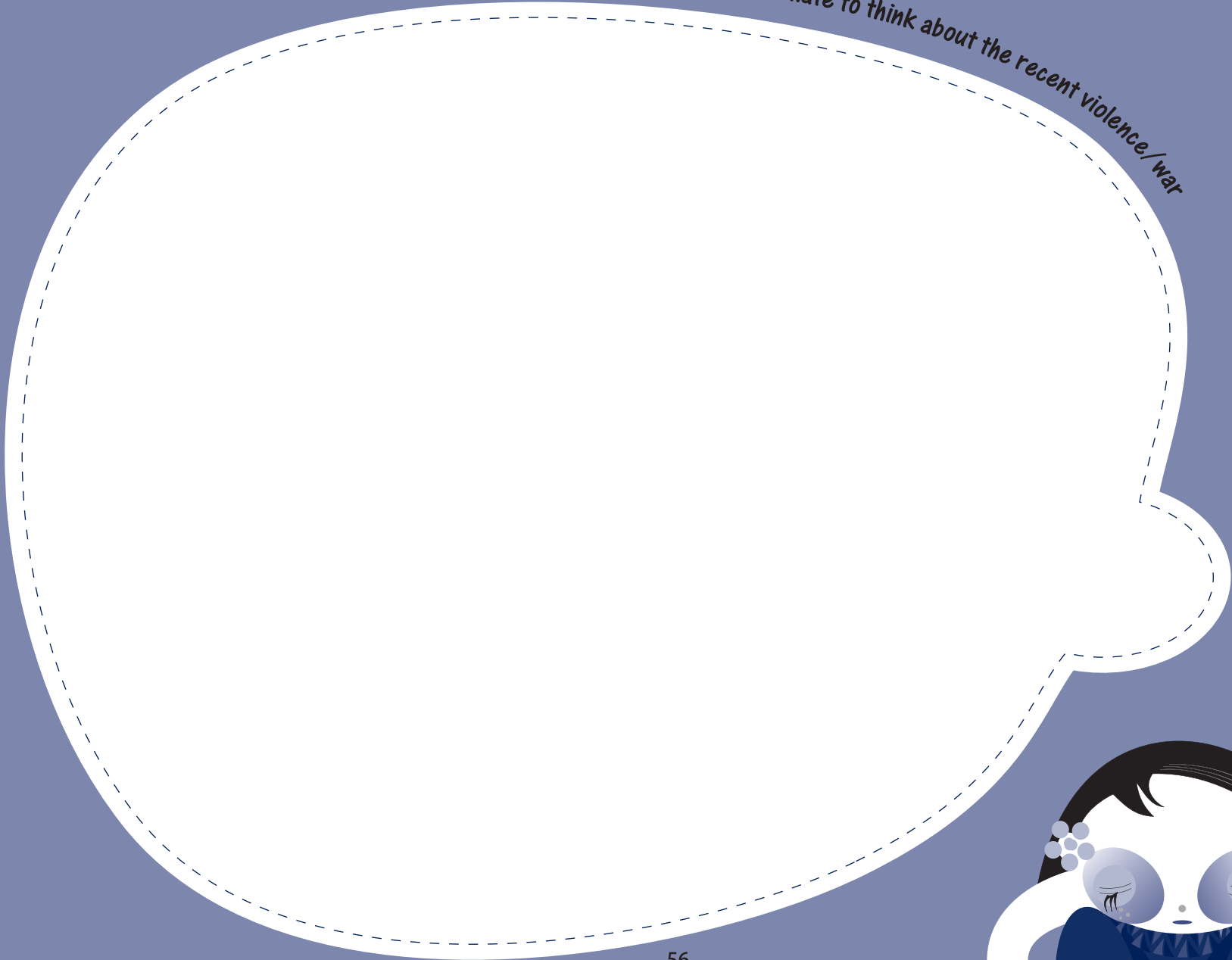
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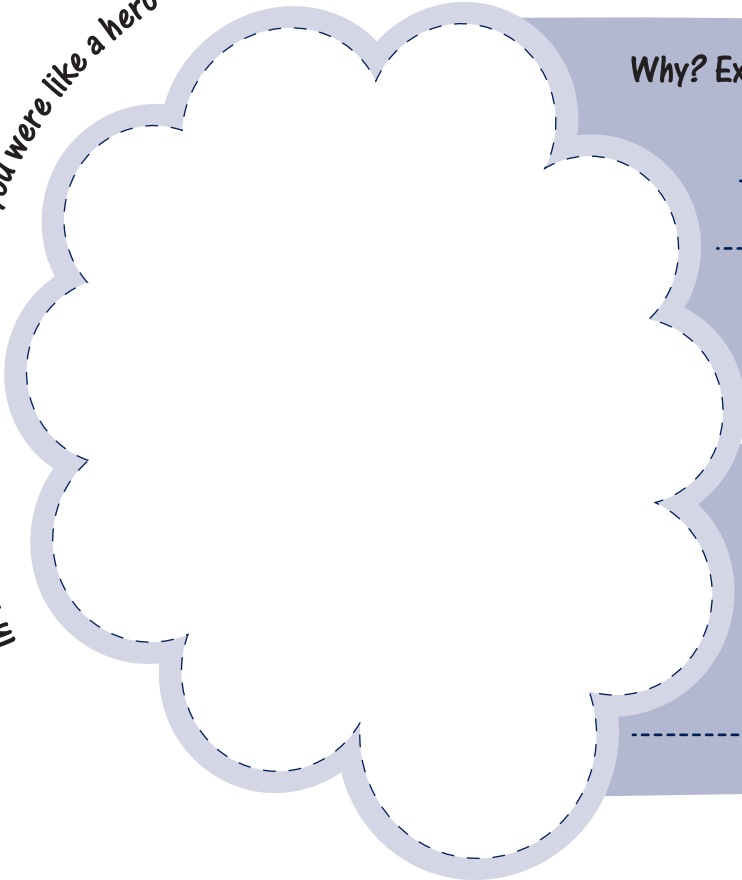
*Here is a drawing of what I most hate to think about the recent violence/war*



## People Who Were Heroes

A hero is a special person who's celebrated by people for his/her distinguished quality: exceptional courage, nobility, strength, and willingness to help others. Heroes, however, aren't always the legendary figures of sports, politics, or movie stars. The simplest of people can be a hero by his/her big heart and ability to make a difference, no matter how minor the difference.

In the past.... Draw a time when you were like a hero or really were a hero.



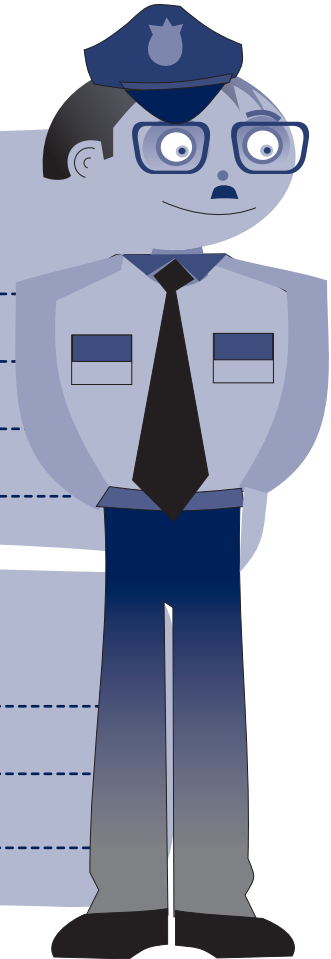
### I Might Be a Hero

Why? Explain why you were like a hero or really were a hero

-----  
-----  
-----  
-----

I was a hero because

-----  
-----  
-----





I wish to be a hero because

Handwriting practice lines consisting of ten sets of three horizontal lines (top, middle, bottom) for writing.



Here's a drawing of a situation where I wish to be a hero, and why.

In the future....

## A Letter to My Hero

**Instructions:** Write a letter to your hero on this page. Cut out the finished letter and insert it in the envelope attached on the next page.

Here is a letter to my hero:

-----

-----

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*Cut the letter you have written to your hero on the previous page, and insert it in the envelope attached on this page.*

## Violence, War And The Future

Here are my ideas about why violence and war happen in other places around the world:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Here are some things people can do to keep from getting hurt in an attack or war:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Here are some ideas about how to keep Gaza safe from attack:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Here is what I think we should do now:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Inside the box I found:

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

Here are some of my own questions for certain people:

I'd like to ask ..... about .....

I'd like to ask ..... about .....

I'd like to ask ..... about .....

## Helping People with Especially Big Troubles

Here is what we can do right now to help people who are very sad about a family member or friend who died or was injured or who are worried about more attacks on Gaza coming:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Helping People Deal with Especially Big Anger

Sometimes violence happens right inside a family, not because it makes things better, but only because someone is very angry. Here are some ideas about what to do when you are very angry at someone in your family or among your friends but you don't want to hurt people you love or care about:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Here are some ideas about what to do when a bigger child or adult is very angry with you and wants to beat you up:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Here are some ideas about what countries can do when they are angry with each other and want to fight:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Things We Can Do**

*Here is a list of things we can do at school about violence or war:*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**My ideas for other things to do:**

- .....
- .....
- .....
- .....

## **More Things to Do**

**Besides working on this book, there are other things you can do about your memories, thoughts and feelings about violence and war. Here are a few:**

- 1. You, your family and friends could write letters to families of the victims of the war, and people such as firemen, ambulance officers, clergymen, doctors and nurses from local hospitals who worked non-stop to help people who are hurt by the war and by attacks.**
- 2. If your family permits you, and there is no war for a while, you could do community service projects with your friends to help rebuild communities and lives. By helping others we can feel better.**
- 3. You could have a gathering to honor those heroes who worked to keep people safe and those who were injured or died. One example is an art show. Your friends could show your drawings about the recent events or about a hope of better life for Gaza.**
- 4. Besides completing this book, you could keep a daily journal describing your feelings about life in Gaza and about what happened. You will be an author, writing about history first hand for future readers.**





# Empathy

Empathy is your ability to imagine yourself living through what someone else is living through and having their feelings. What do you suppose a child of your same age in another part of the world is thinking about the violence in Gaza? Take a few moments and write your guesses below.

West Bank Palestinian child	
American child	
European child	
Egyptian child	
Syrian child	
Israeli child	
Another child in Gaza	

*Here are important things I didn't say so far in this book:*

A series of horizontal dashed lines for writing.

***I finished this book on***

-----

***I was helped by***

-----

***I hope other people will read about things I personally lived through in Gaza.***

***My Name is***

-----