

## Social Story: Something Scary Happened

Sometimes, something scary happens in my community.

Recently, there was an event where people were hurt.

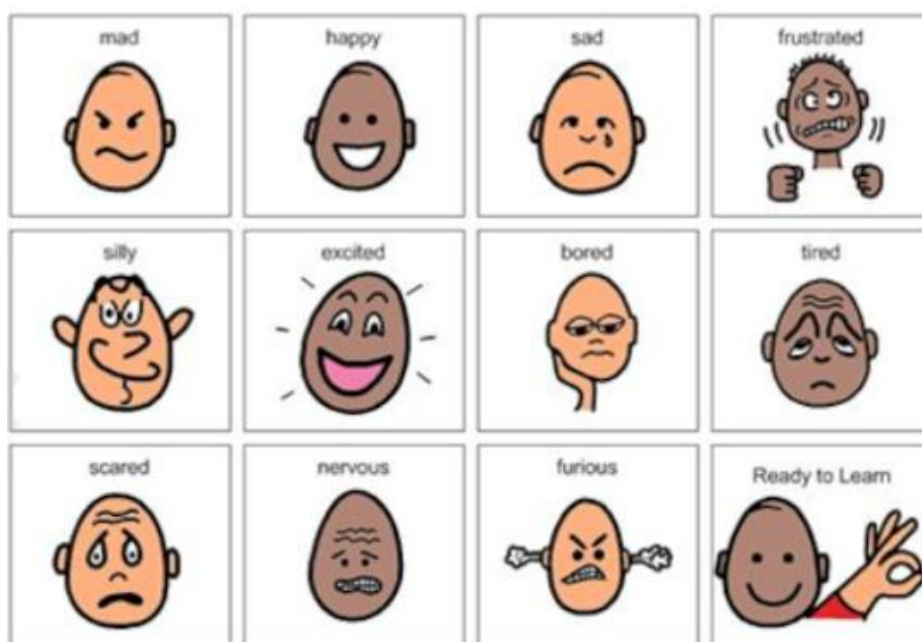
Many adults feel sad, worried, or upset about this.



It is okay if I have big feelings.

I might feel scared, confused, angry, or I might not feel much at all.

All of these feelings are okay.



What happened was not my fault. Right now, I am safe.  
My family, teachers and police are working hard to keep people safe.  
Police and other helpers look after the community.

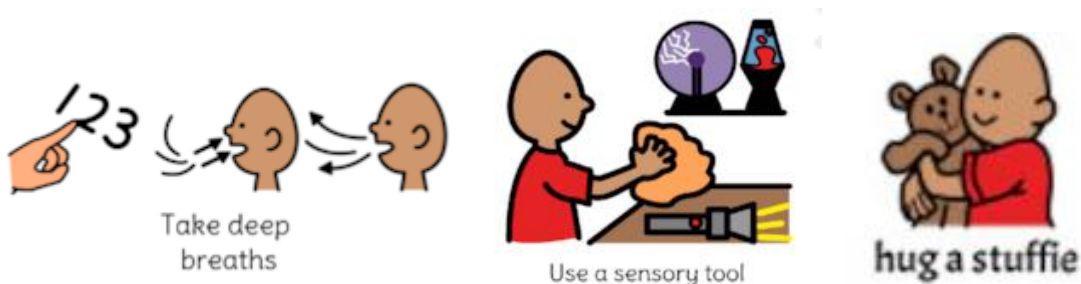


If I have questions, I can ask my mum or dad or teacher or adult who loves me.  
If I feel upset, I can tell someone or take a break.



Things that can help me feel calm:

- Taking deep breaths
- Holding a favourite toy
- Doing a quiet activity I like



Even when scary things happen, there are many kind people.  
Adults help each other. Communities look after one another.

If I feel worried again, I can ask for help. There are lots of people who care about me  
and will help me.



