

Information for Facilitators

Children's Colouring/Activity Book for Women's Shelters

The Manitoba Association of Women's Shelters has developed this Colouring/Activity Book for children who are entering shelter. It is intended to provide an age-appropriate way of helping children to understand and talk about their experiences. Throughout the book, the children are introduced to Ashley and Andrew, as well as their stuffed animals Mosoca and Makwa. These four characters take children through topics such as entering the shelter, safety planning, understanding that the abuse is not their fault, what abuse is, and feelings.

IMPORTANT: This book is not intended for children to complete on their own. DO NOT HAND OUT FOR CHILDREN TO DO ALONE. Work on this book requires guidance and/or assistance from an adult who is familiar with the impacts of violence on children.

Note: Before allowing a child to take their booklet or safety plan home ensure it is safe for them to do so.

This activity book is designed for staff/caregivers to do with children, providing a mixture of activities for children of various ages. The activities are all meant to be interactive between the staff and the children. If children cannot read, read it to them as you would a story book. If they don't write, help them write down their answers.

Note: You do not need to follow the order in the book but rather can chose which pages are appropriate for the child they are working with. Below is an outline of topics covered, including some questions to facilitate discussion.

Section One: Welcome to the Shelter

Purpose:

1. To introduce children to the shelter
2. To introduce shelter rules in a fun way
3. To encourage them to explore reasons for being in the shelter
4. To encourage children to ask questions regarding the shelter
5. To normalize what they are missing, such as home, Dad, friends, school, and toys.

Questions to facilitate discussion:

- ☐ What other places have rules that need to be followed?
- ☐ How do rules keep us safe?

Section Two: Safety Planning

Purpose:

1. To teach children when to call for help
2. To teach children not to intervene in adult fights
3. To teach children to call their emergency number
4. To assist in developing a safety plan for the child

Note: If there is no 911 available in the child's home community provide them with an emergency number to call (Examples: Police, Fire, Nursing Station). For children with no access to a telephone, focus on figuring out a safe place and things they can do to keep themselves safe. **Ensure that it is safe to provide the child with a copy of their written safety plan before doing so.**

Questions to facilitate discussion:

- ❑ How could you know when it is time to call for help?
- ❑ What could you do if you didn't have a phone/couldn't reach the phone?
- ❑ Discuss older/younger siblings if they are present in the home. This impacts how children will react during a violent episode.

Section Three: It's Not Your Fault

As we know, children are very egocentric; they interpret everything as being about themselves. For this reason they often believe that it was something that they did that caused the violence to occur in the first place.

Purpose:

1. To teach children adult fights are not caused by their actions or inactions
2. To teach children not to intervene when adults are fighting
3. To help children determine appropriate actions to take when fighting occurs
4. To assist children in reframing their feelings of blame and responsibility

Questions to Facilitate discussion:

- ❑ What might happen if you try and stop adults who are fighting?
- ❑ What is the coolest or safest place you can think to hide? How would you know when it is time to hide/run away?
- ❑ Who do you feel safe or comfortable talking to? Who makes you feel good about yourself?

Section 4: What is Abuse

Remember, it is a legal obligation to report child abuse if it is disclosed. Know your agency's policies and procedures on how to report child abuse.

Purpose:

1. To help children recognize abuse
2. To help children understand abuse
3. To introduce the different types of abuse

Questions to facilitate discussion:

- ❑ Have you talked to anyone about this before? What happened when you did?
- ❑ Who are you comfortable talking to about this?
- ❑ Is there a grown up that you trust?

Section 5: Feelings

Purpose:

1. To help children explore feelings
2. To normalize children's feelings
3. To encourage children to talk about their feelings

Questions to facilitate discussion:

- ☐ What makes you feel sad, happy, angry, scared, etc.?
- ☐ What makes Mom/Dad feel sad, happy, angry, scared, etc.?

In this section there are large spaces for the children to draw. Encourage them to draw things that make them feel that emotion or how they interpret that emotion in others. For example kids can draw what makes them angry or what makes Mom or Dad angry.

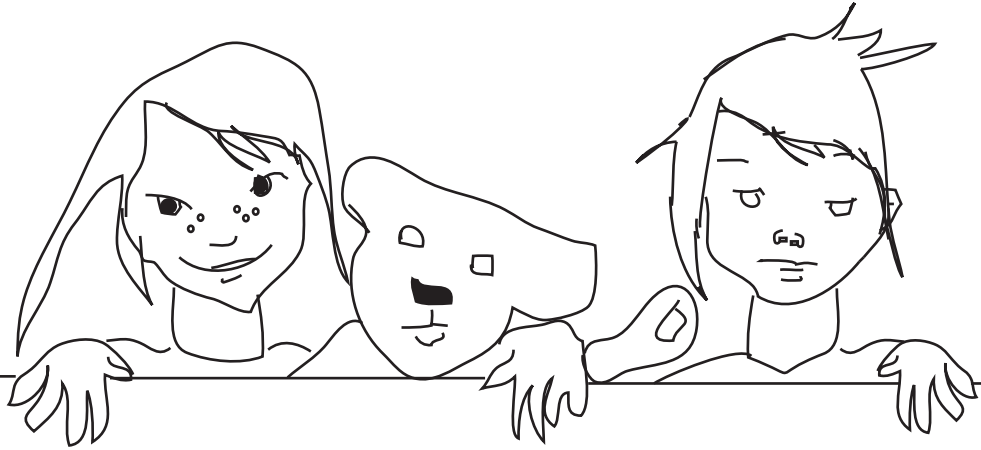
**Created by Jennifer Hagedorn
For The Manitoba Association of Women's Shelters 2008
Art work by Shona Kusyk and Ian Thomson
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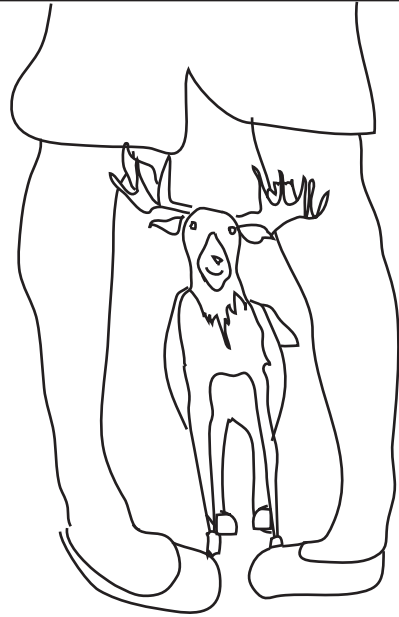
For more information or an electronic copy please contact:

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www.maws.mb.ca



Welcome to the Shelter



This Book Belongs To: _____

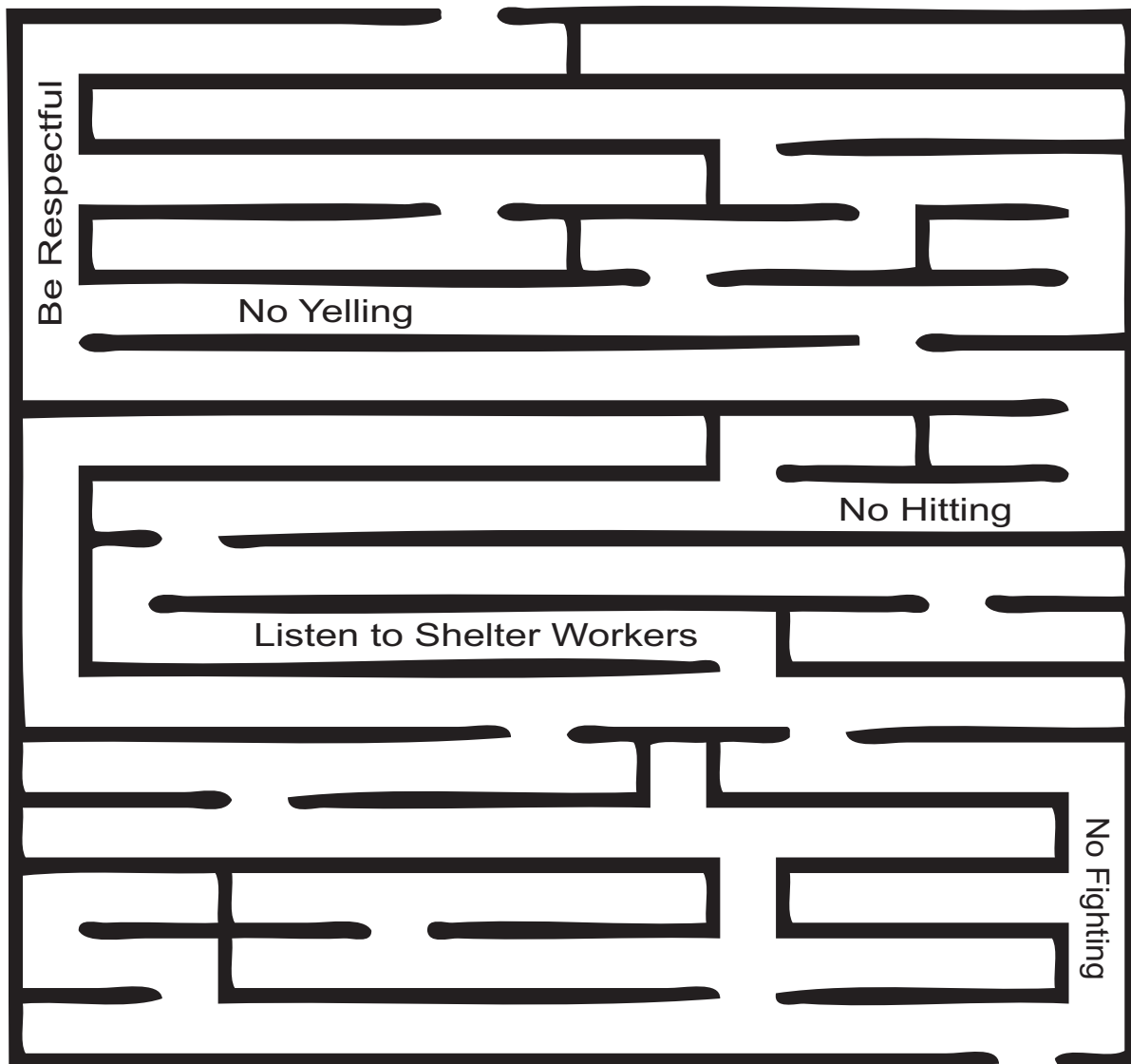
Ashley and Makwa are new to the Shelter.
Can you help Ashley collect all the shelter safety
rules and find Andrew at the end of the maze?



**This is Ashley
and her teddy
Makwa**



**This is Andrew
and his moose
Mosoca**



Fill in the other shelter rules with a grown up!



Can you help Ashley answer the question?



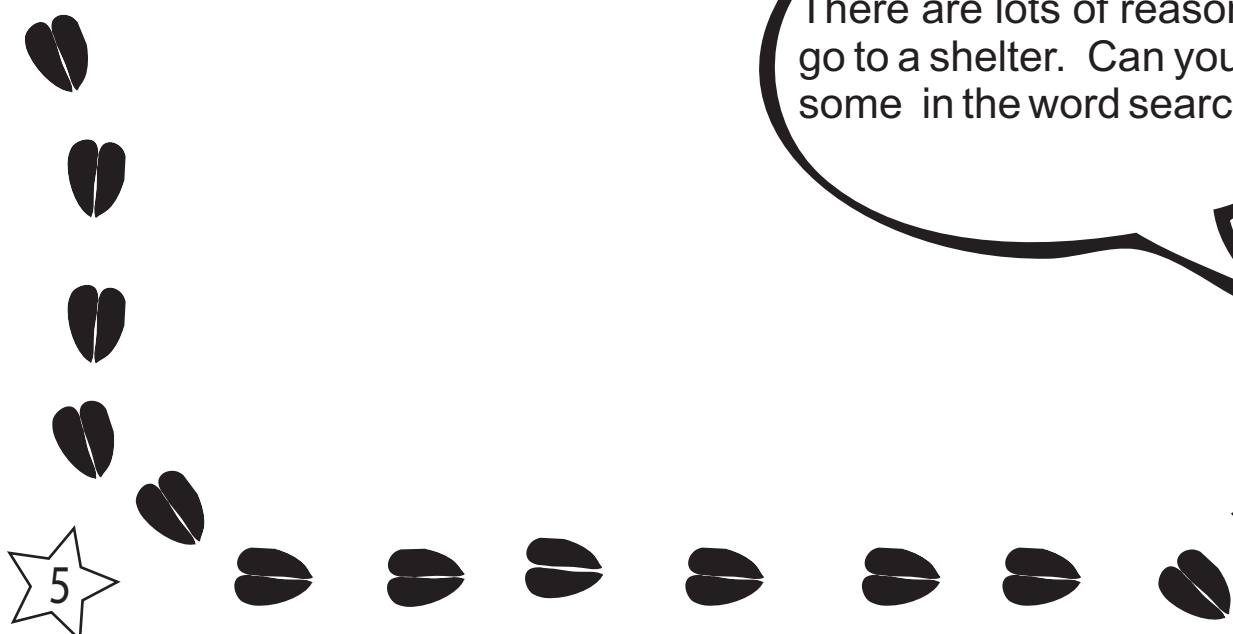
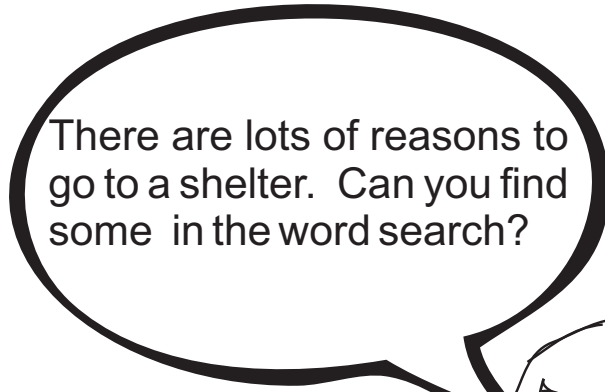


Reasons I Came to the Shelter

- 1.
- 2.
- 3.

Try to find all 9 words

ABUSE	A C U U G O P F J
FIGHT	P S T R U H L X E
HELP	T L A B U S E T E
HURT	H E K F I G H T V
PLAN	I E T J E L W F C
PLAY	G P L A Y T O O K
SAFETY	V L Z Y R A Y X M
SLEEP	Z A Z W W L J X W
TALK	G N J D S K I Q Q



Sometimes we miss home.
Can you draw a picture of things you miss?



SAFETY PLANNING



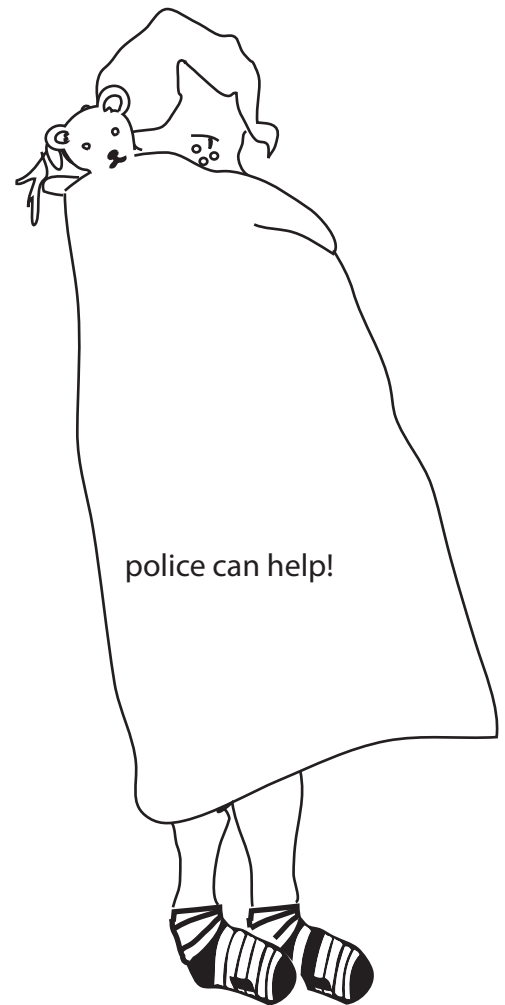
When do you call for help?

Grown-ups sometimes fight
Nothing to be ashamed of
However you should go hide
When you hear them yelling

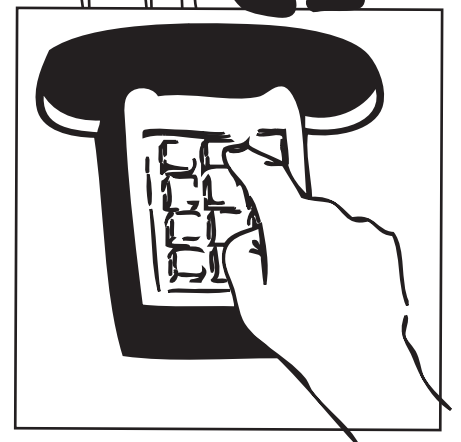
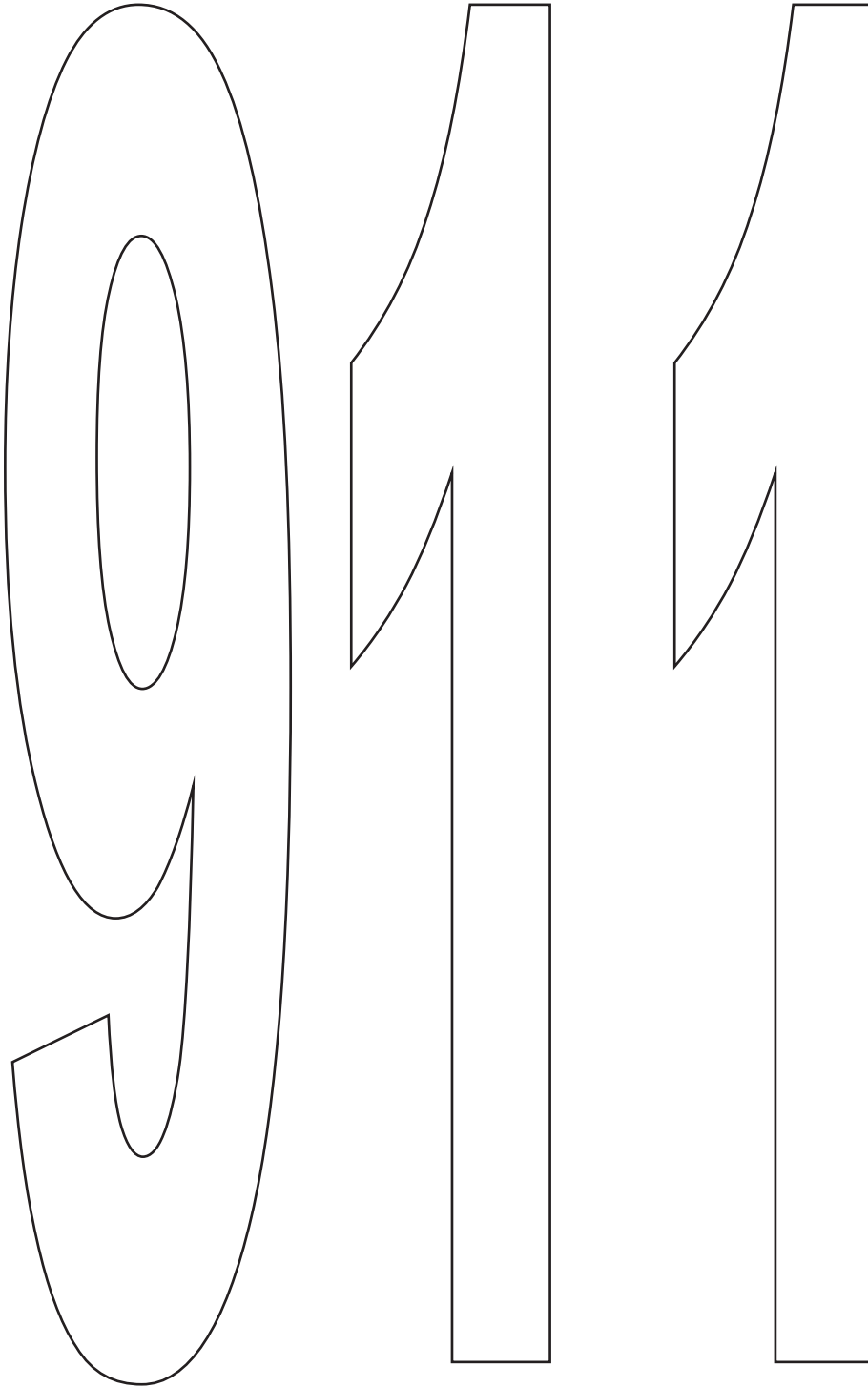
Under the bed
Or in the closet
To the neighbors
No matter the hour

And when you feel the need
Like when you need to pee
You can feel it in your gut
And it is a must

Go call _____
And don't be scared
The police will come
And they will take care
Of your mom, dad, aunt, grandma
grandpa, uncle, sister, brother
AND YOU!



Colour in ...



My Emergency # is ...



Safety Plan

PROTECT YOURSELF FIRST, DO NOT TRY TO STOP THE FIGHTING!

RUN TO YOUR SAFE PLACE. MY SAFE PLACE IS _____.

CALL 911

OR my emergency number _____ - _____.

Then you say "POLICE"!

My name is _____.

I am _____ years old.

I need help.

Send the police, someone is hurting my mom.

The address here is _____.

The phone number here is _____.

REMEMBER DON'T HANG UP!



IT'S NOT YOUR FAULT



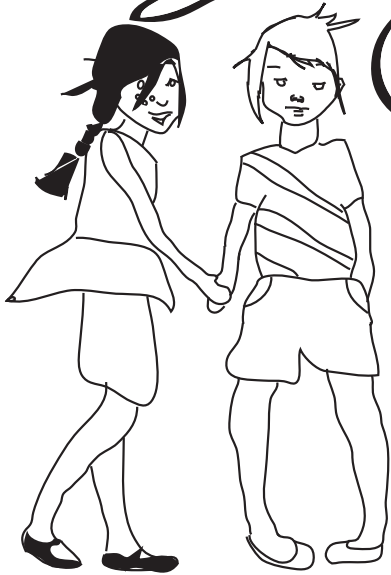
Should we tell them to stop?

No way that is dangerous!

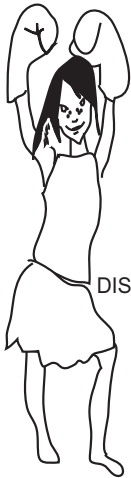
It is NOT our fault they are fighting



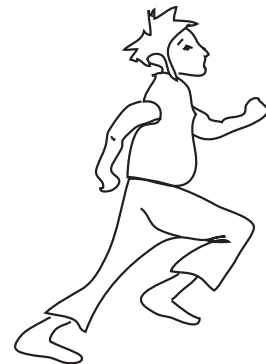
But I dont like it when they fight Andrew....
I want it to stop!



It is not safe to stop them. Circle
the right things to do when
fighting happens!



DISTRACT?



RUN AWAY?



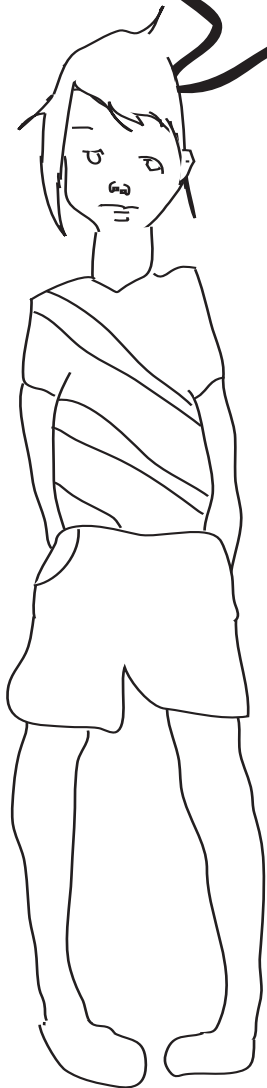
HIDE?



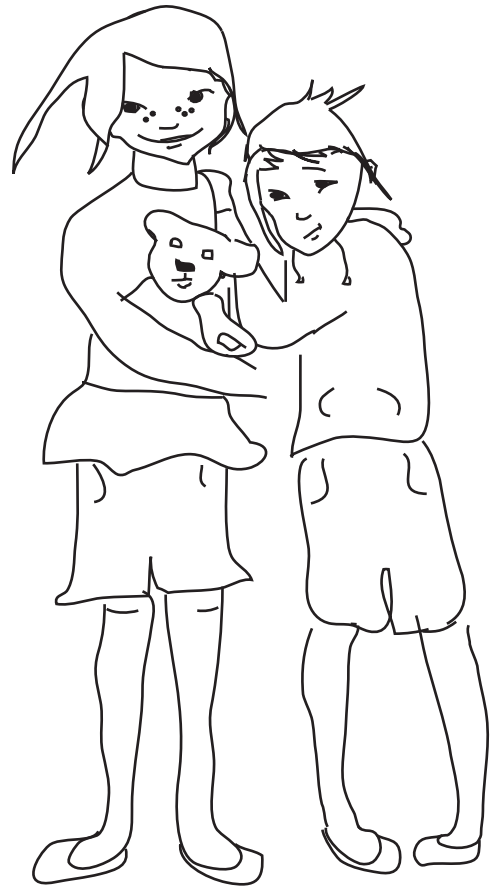
TRY AND STOP THEM?

See? They are not fighting now Ashley

Now it is safe to play with them



It's Not Your Fault When...



What Is Abuse?

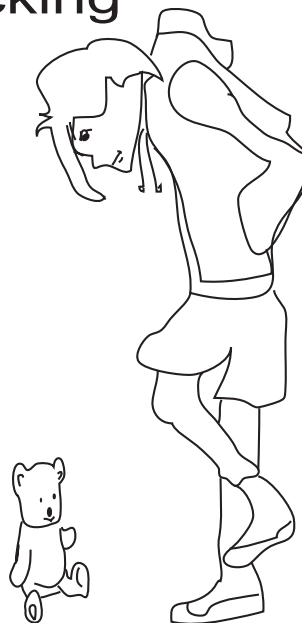


Physical Abuse: It Hurts!



Grabbing

Kicking



Neglect is...

Andrew wants to play in the snow.
Is he dressed properly? Is Ashley?



Find Words That Are Good

AWESOME

HELPFUL

SWEET

BEAUTIFUL

KIND

NICE

CARE

COOL

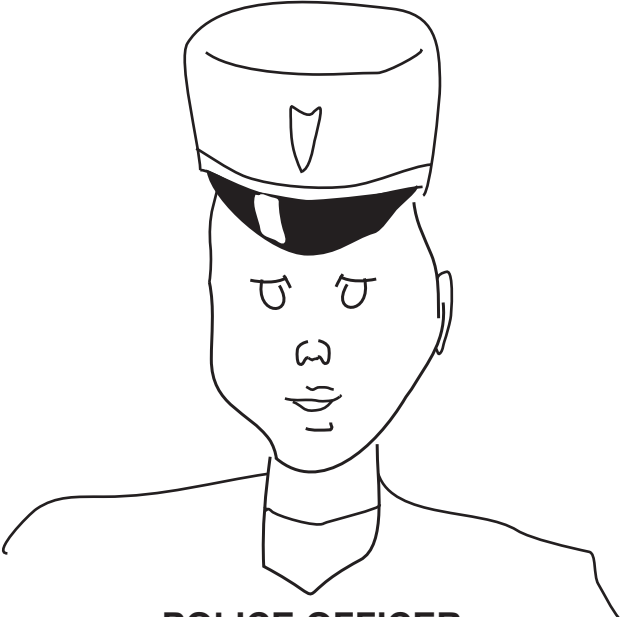
GOOD

C A W E S O M E F T N G U F U N B
O R A I N W S H E L P F U L O H I
O Q Y Z A I B I L M A D P E O E N
L I L M A P O D E L J E U A R S M
R D V F T N G E Q Y Z A I U W S O
H I B N J E U O P C X T U K A R S
O P C X T U K L M R D V F T N G U
S W E E T K I N D F U N B R A I N
W N B E A U T I F U L S O H I Q Y
Z I A I B I L M A D P E O E N I L
M C A P O D E L J E U A R S M R D
V E F T N G E Q Y Z A I U W S O H
I B N J E U O C P C X T U K A R S
O P C X T U K A L M R D G V F T N
G U F U N B R R A I N W O S O H I
Q Y Z A I B I E L M A D O P E O E
N I L M A P O D E L J E D U A R S



List Hurtful Words

Who can you talk to about abuse?

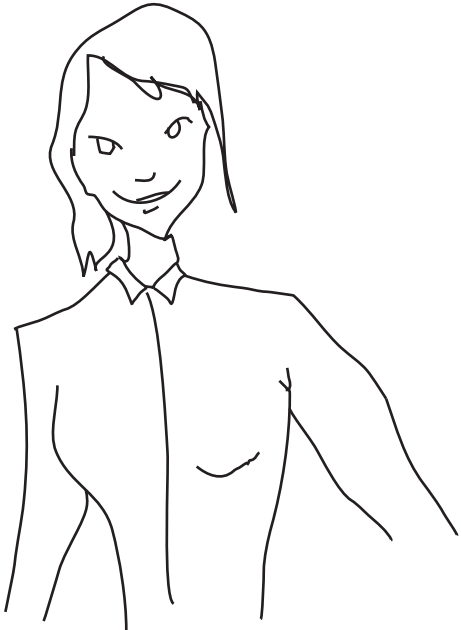


POLICE OFFICER

DRAW SOMEONE YOU COULD TALK TO

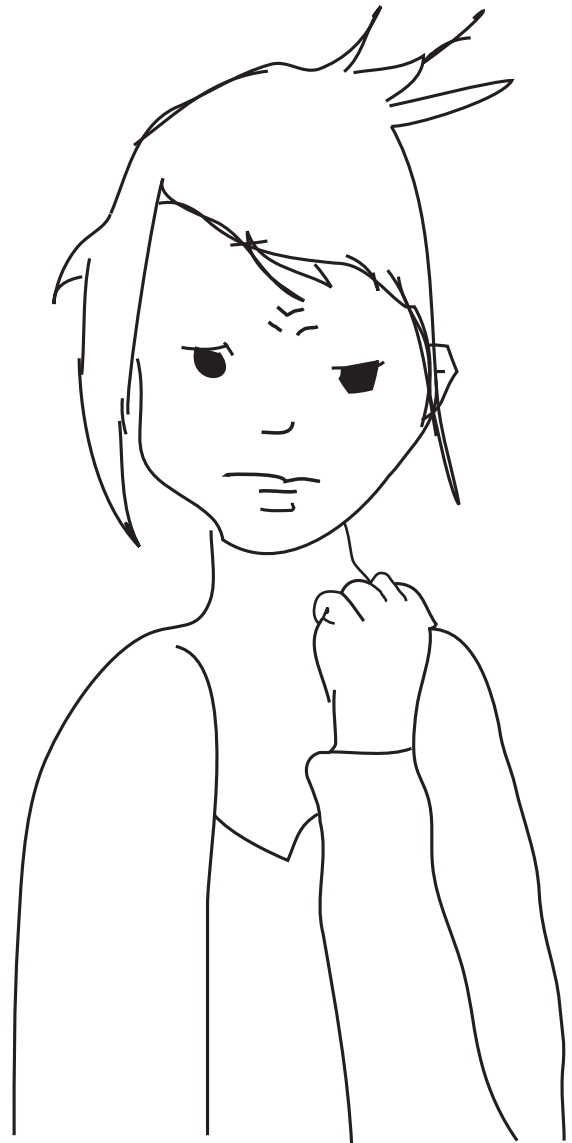
DRAW SOMEONE YOU COULD TALK TO

TEACHER

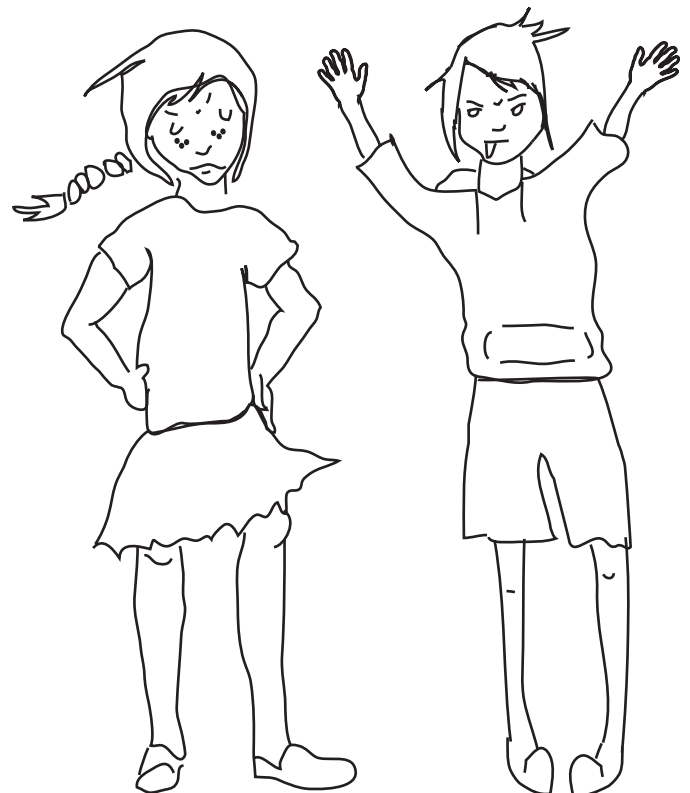


Feelings

It is OK to feel sad, worried, angry, or happy.



Anger



Sadness

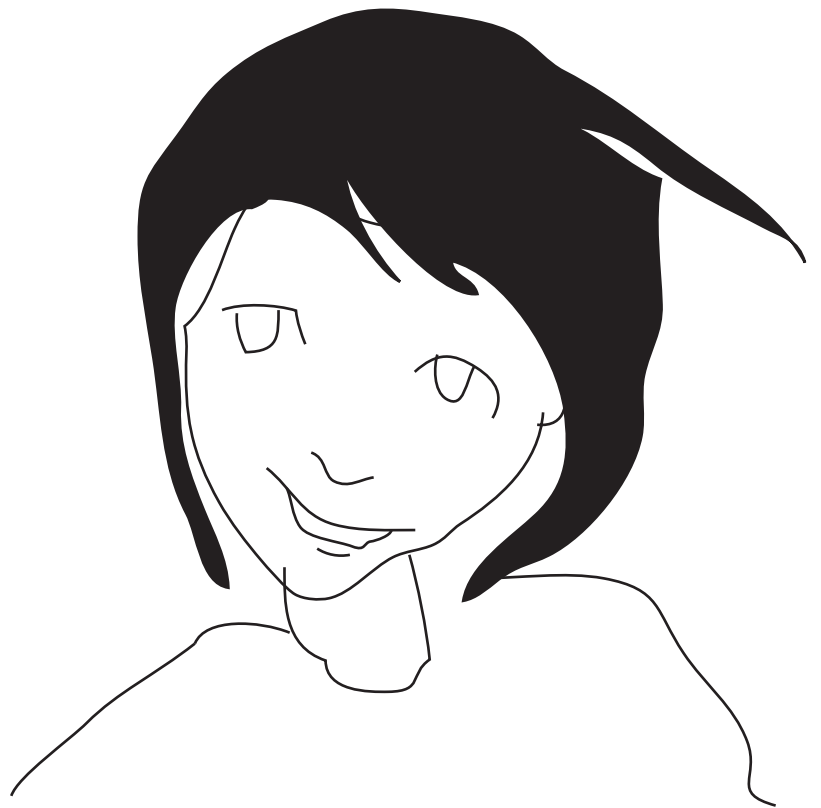
I feel sad



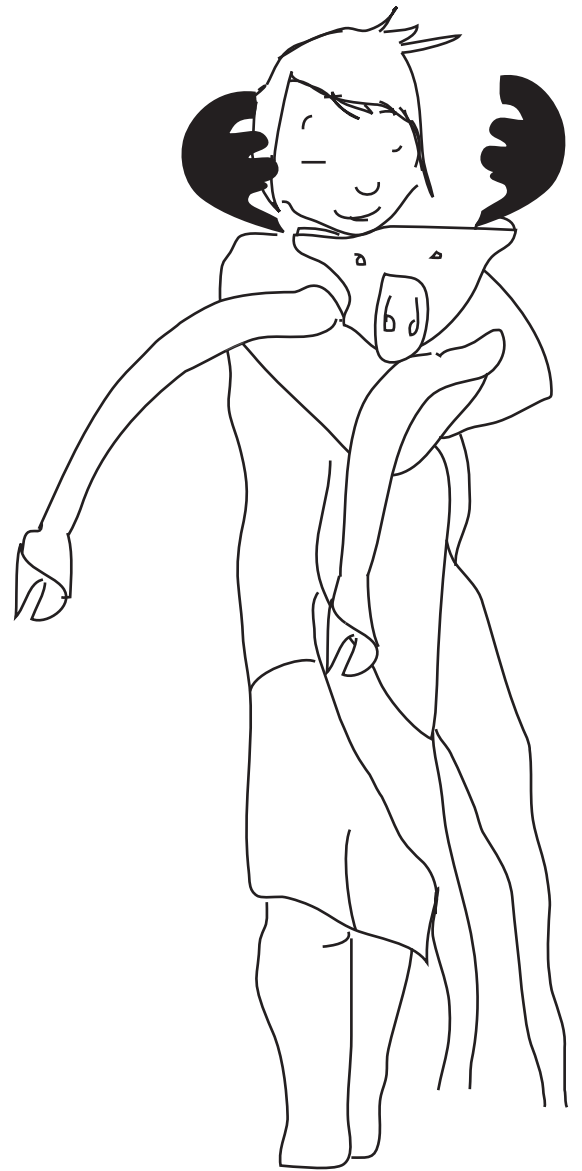
It's okay to be sad



Happy



Love



Draw Feelings on these faces.

