When Something Bad Happens

Carol F. Siegel, PhD, LP
Arielle Handevidt, MA
When something bad happens, it can be very scary.
It can be very loud.
It can be very confusing.
Grownups may cry when something bad happens.

Or yell...

or shout.
Or not say anything at all…

which can feel worse.
Sometimes many people get together and they can be very loud.
Or quiet.
Or sometimes they go away.

That doesn’t feel better.
You did not cause the bad thing to happen.

It’s not the same as when a grownup said you did a bad thing.
Like drawing on the wall.

Or taking a toy from your friend.
It’s not the same at all.
Sometimes bad things happen out in the world that you don’t know about.
The grownups know and they don’t want you to worry...

or be scared.
They try to talk quietly, but sometimes you hear what they are saying.
You might have questions.

You might have worries.
Grownups are there to help.
Grownups want you to know that in your world...
in your home...

in your school...
and in your family…
good things happen.
and that is where you belong.