

## When Facing the Tai Po Fire Incident, I Might Feel...



Afraid



Sad



Angry



Shocked



Worried



Nervous



Anxious



Lonely



Exhausted



Numb

## My Body Might React Like This...



Rapid  
heartbeat



shortness  
of breath



Feeling hot



Muscle  
tension



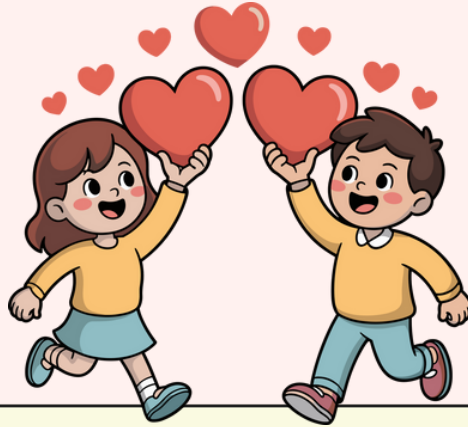
Lack of  
energy



## When I Have These Feelings and Physical Reactions, I Can...

1. Take deep breaths
2. Drink some water
3. Hug myself or hug my family
4. Tell an adult about my feelings and thoughts
5. Do something that makes me happy (read a book, draw, exercise)





It's completely normal to have these feelings!  
If you feel sad or uncomfortable, you can talk  
to your parents, teachers, social workers, or  
family members who take care of you.  
Everyone loves you!

