

# A Friend on the Way



ENGELSK





# A Friend on the Way

In this book you will meet a child who fled  
from their home and a wise snail, whom the  
child meets on their way.

In this book you can also draw and write  
about your own journey to where you are  
right now. This book is yours.



One day I got up and everything had CHANGED.  
I was told I had to travel to another place.  
A place where it would be safer for me to be.



Hello! You look sad. What's the matter? says the snail.

I'm on my way from my home and  
from everything I know,  
says the child.

Then I understand why you're sad.  
I'm also on my way.  
Shall we go together? says the snail.



Some time has passed, and I am safe.  
But I still feel SAD inside.

I think about...

my family

my friends

my toys

my dog



I cry more than I did before. Sometimes I find it hard to sleep, and sometimes I would just like **to be close to an adult.**



At other times, I PLAY and forget everything that has happened.





So many things are going on around me.

There's so much I have to learn, and my head's full of QUESTIONS.

*I totally understand. I think you're brave to tell me all about it. I've met other children like you, and they tell me the same things.*



Now listen ...

It might be useful to know:

1. **WHY** you had to flee.
2. **HOW** you may be feeling inside.
3. **WHAT** might be helpful.



You need to understand something very important: It was **NOT** your fault that you had to flee.

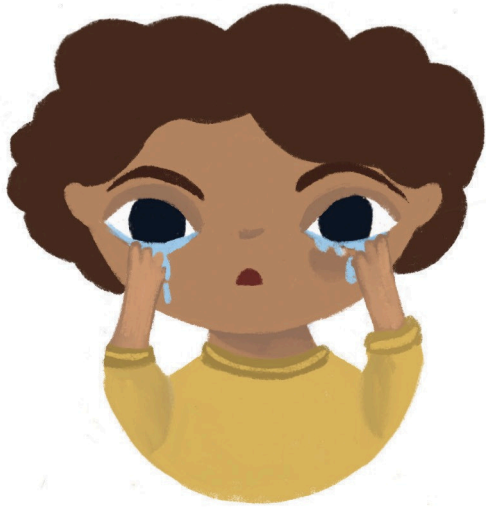
Do you know why you had to flee?

1. Many children have to flee because there's war in their country.

Other children have to flee because of poverty and natural disasters.



2. For a child who has fled, it is completely **normal** for some time to



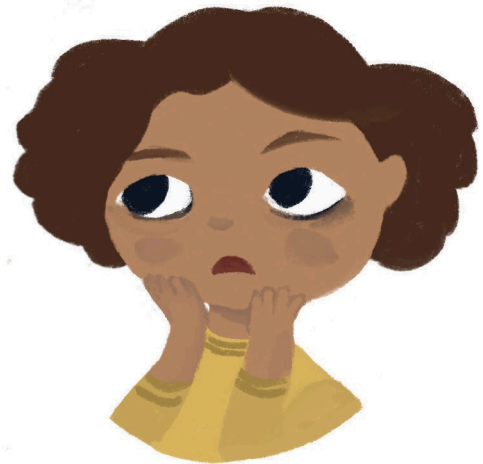
*feel sadder*



*become upset more easily*



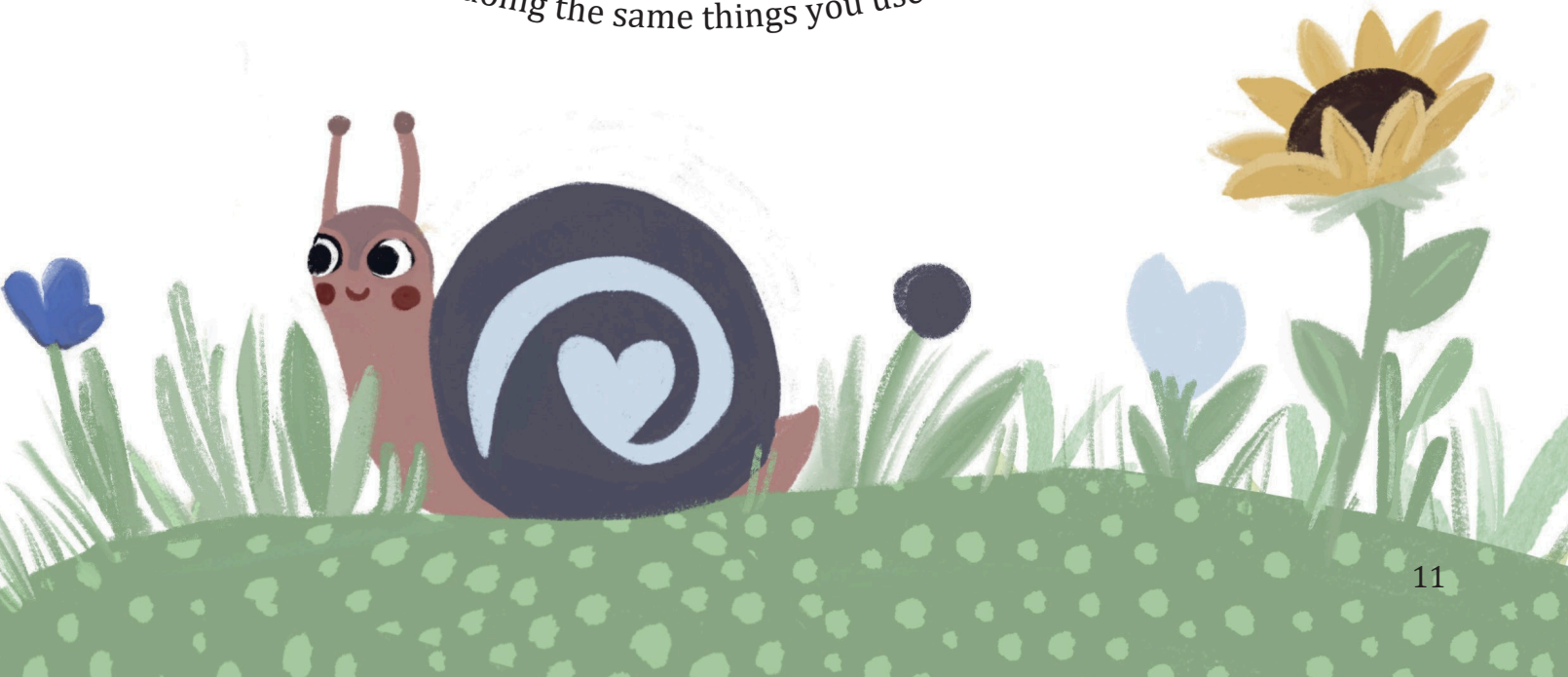
*be afraid*



*feel nervous*

It's also completely normal if you:

- find it difficult to sleep.
- need to be close to an adult you feel safe with.
- do things you don't usually do.
- don't feel like doing the same things you used to like doing.



**3.** Many children feel better when they:

- Tell an adult how they're feeling.
- Think about all the people who are trying to help their country.
- Help others by doing something they're good at.
- Do things that help them relax – for example, breathing in really deeply and breathing out slowly.
- Play and use their imagination.



A whimsical illustration of a snail with a brown body and a dark blue shell featuring a light blue heart. The snail has its right eye covered by its hand and is holding a glowing blue orb filled with stars. The scene is set in a garden with yellow sunflowers, blue flowers, and green grass.

Hey!

Let me show you something.

If you cover one eye with your hand,  
you may be able to see things  
other people can't see.

On the next pages you can write or draw **your** story.

Colour in the stars and show what's bothering you.

☆ Going to kindergarten/school in another country.

☆ Is something dangerous going to happen to me?

☆ What will happen to the people I love?

☆ Where am I going to live?

☆ What is happening in my home country?





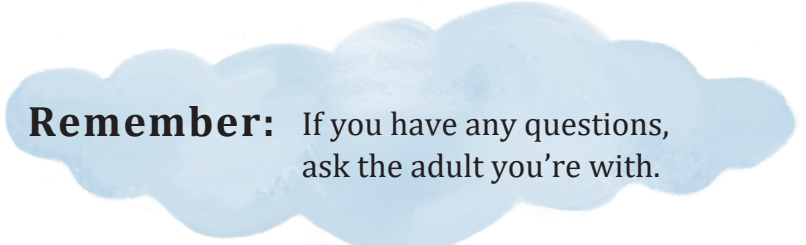
Here you can write about or draw any other WORRIES you may have:



**Remember:**

Always share your worries with an adult.

Here you can write about or draw anything you have **questions** about:



**Remember:** If you have any questions,  
ask the adult you're with.

Here you can write about or draw the things you remember the most from the PLACE you come from:

Here you can write about or draw the things you love the most in your **home country**:

Here you can write about or draw the things that make you **happy** right now:

Here you can write about or draw a situation in which you felt **strong**:

Here you can write about or draw a situation in which you felt **brave**:

Here you can write about or draw whatever you **want to:**





## A Friend on the Way

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*“One day I got up and everything had changed.  
I was told I had to travel to another place.  
A place where I would be safer.”*

This book is about a child who fled from their home. The book describes normal psychological reactions to flight and provides suggestions on how children can deal with these reactions. The book also encourages children to write about or draw their own story and situations in which they felt brave and strong. The book is particularly suitable for children aged 5-12, and is ideal for reading aloud.

Do you want to learn more about mental well-being and how to manage stress, crisis reactions, family life, and self-care? Visit the Red Cross's well-being page by scanning the QR code.



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