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Introduction to the Journal Workbook:

The school reentry coordinator can make this a fun activity for the inpatient or outpatient burn survivor. Copy the pages of the book. Offer colorful paper, stickers, or coloring materials to decorate the outside pages and staple it all together or, you could print it in sections and build a book over time. If you have access to an instant or digital camera, you can offer that as a way to fill in some pictures.

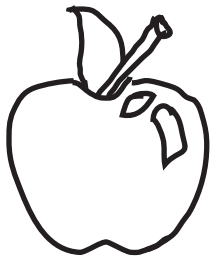
There is a section near the end where the child can make cuts in the paper to make a mix and match game for answering questions in public about their burns. Have fun with this, let the child take the lead and make it his or her own tool. This is not required or something that should be forced upon a child. Rather, it can be a supplement to help in the preparation of hospital discharge and school reentry.

What is next????

Leaving the Hospital and Getting Ready
for School After a Severe Burn

A Journal and workbook



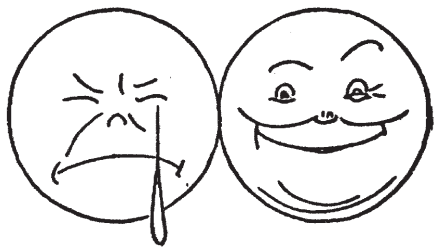


You are getting ready to go back to school.

You may have lots of different feelings about your burns. You may have lots of questions about being burned and going back to school. Use this book to help you get ready for leaving the hospital and returning to your school routine. It helps to share your thoughts because if you keep them all inside, it can make you feel lousy. So grab your favorite writing and coloring tools and get ready!

There is no right or wrong answer in this workbook. This is your workbook. Express howYOU feel.





Leaving the hospital
can make you feel lots
of things.

What is it like for you
to leave the hospital?

I am _____ to leave the hospital because _____

I'm nervous about leaving because _____

I'm scared that _____

I am excited because _____

Paste a picture of your hospital friends below:



Draw a picture of one of your hospital memories



Everyone says it is time to go back to school.

That brings up lots of different feelings. What do you think it is like to go back to school?

I look forward to _____

Sometimes I don't like thinking of school because _____

Seeing my friends will be _____



Draw one of you favorite things about school



Good and Bad Activity

Make a list of good things and bad things about school and the hospital.
Put each word in the like or dislike spot on the chart below.
Use your own words or some from the list provided.

Dressing changes	Friends	Physical Therapy	Fun	Scary	Teasing
Activities	Class	Doctors	Support	Games	Food
Sports	Recess	Art	Dr. Visits	Therapy	Family
Nurses	Social	Doing kid stuff activities	Teachers	Hospital room	Home

School

Like

Dislike

Hospital

Like

Dislike

Notice how many things you have on your chart. Ask yourself why are the bad things bad? Why are the good things good? Do you think some of the things you listed will change as time goes by? Why? How?
Write your answers below.



Teachers and adults say that the kids at school are excited for me to return. Sometimes it is hard to go back to something when you've been gone for awhile.

I want my friends to know I still like to _____
_____.

I'm worried that my friends will ask me about _____
_____.

I want my friends to include me in _____
_____.

Here are some of my friends or people I'd like to be my friends.

See the Connection:

Put a picture of yourself in the middle or draw a picture of you. Draw a line from you to the things that you like to do with your friends. Write in your own activities if you cannot find the words you are looking for.



Notice how many things you still like to do. You are still connected to your friends in many ways. Maybe even some new ways!



Being around friends can feel really good.

The best thing about having friends is _____.

My friends think I'm good at _____.

When I'm with my friends, we like to _____.



Draw or paste a picture of you and your friends doing something you enjoy!



You may want to ask an adult to help you with this part of the workbook.

A good way of answering questions is called **Rehearse Your Responses** or **RYR**. You can use three sentences to explain your burns to others. People do not need to know everything unless you want to share the whole story with them.

1. The first sentence briefly explains how you got burned.

Examples:

- I was burned.
- I was accidentally burned when I spilled hot soup.
- I had a burned injury when our family had a house fire.
- I was burned in a home accident. (this could be used if you don't want to explain how the injury happened)

+

2. The second sentence briefly says how you are getting better.

Examples:

- I'm doing a lot better.
- I have had a lot of operations, and I'm doing better every day.
- I have to wear these garments for a while longer to help me heal.
- My wounds have healed, and I'm already back to playing my favorite sport.

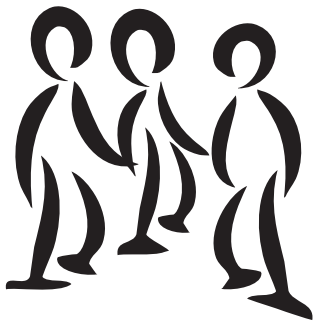
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3. The third sentence politely and clearly ends the conversation.

Examples:

- Thanks for your concern.
- Thanks for asking.
- Thanks for taking the time to ask.
- That's all I want to talk about today, thanks for understanding.

If you pick one line from **1+2+3** you'll get: "I had a burn injury when our family had a house fire, I have to wear these garments for a while longer to help me heal, thanks for asking."



What if people keep asking questions?

If you do not want to answer any more, **it is a burn survivor's right to help people understand when to stop** whether the age is 5, 15, or 55.

Example:

A simple reply such as: "That's all I want to talk about today. I hope you'll understand" usually stops questions. A smile and walking on politely ends the conversation

What would you use for your numbers 1+2+3? Try to think of some ideas below:

1. (How did you get burned?)

+

2. (How are you getting better?)

+

3. (Politely and clearly end the conversation.)

Sometimes feelings get hurt. What do you do when your feelings are hurt?

When someone stares at me, it makes me feel _____.

When I get stares, here's what I do _____.

If someone says something unkind, I say _____.

Other people help me when they _____.

Staring

In public areas such as shopping malls, grocery stores, or restaurants, you could receive more attention from strangers. This is normal. People are curious and most people have neither seen a burn-injured person nor have they talked with somebody who's been through such a trauma. When someone stares the easiest and fastest way to stop the uncomfortable moment is to do the following:

- ★ Stand up straight
- ★ Look the person in the eye
- ★ Smile
- ★ Say, "Hi, how are you doing?" OR "Hi, nice day, isn't it?" OR something like that.

The person staring will usually say something back in a friendly way. The staring ends, and by smiling and speaking to the person, YOU help the person to see who YOU are rather than focusing on your burn injury.

Draw a picture of yourself standing up straight and smiling.

**Staple pages together along the left hand margin.
Cut along the dotted lines and flip the pages to
find different combinations of RYR.**

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1. I was burned.

-----  -----

2. I'm doing a lot better.

-----  -----

3. Thanks for your concern.

-----  -----

Staple pages together along the left hand margin.
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1. I was accidentally burned when I spilled hot soup.



2. I have had a lot of operations and I'm doing better
every day.



3. Thanks for asking.



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1. I had a burn injury when our family had a house fire.



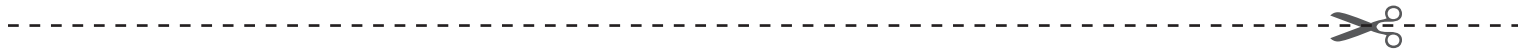
**2. I have to wear these garments for a while longer to
help me heal.**



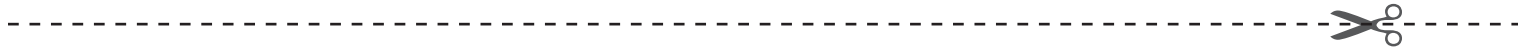
3. Thanks for taking the time to ask.



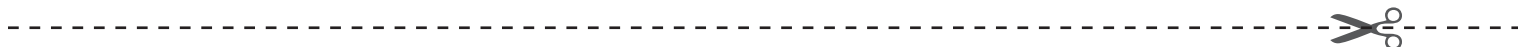
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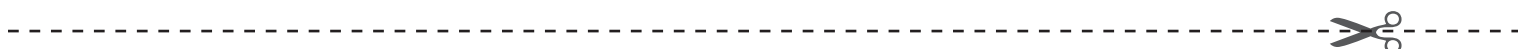
1. I was burned in a home accident.



**2. My wounds have healed and I'm already back
to doing my favorite sports.**



**3. That's all I want to talk about today, thanks for
understanding.**



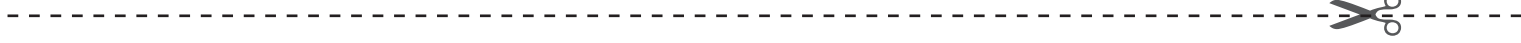
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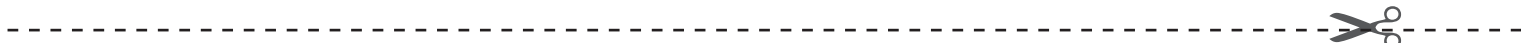
1. (How did you get burned?)



2. (How are you getting better?)



3. (Politely and clearly end the conversation)





Sometimes it feels good to tell the story of your burn injury and how you got better.



Draw a picture of yourself the day you were burned



Draw a picture of yourself today

How have you changed since you were first burned? Do your burns look different?
How do you think they will look next year?

You are real brave for all the things you've been through. Being burned is really hard and getting better is sometimes harder. Some people think that once the burns heal that everything will go back to normal. Getting better from burns means helping the skin on the outside to get better, and helping your feelings about it on the inside to get better too. Sometimes it takes feelings a long time to feel better.

I was brave when I _____

One of the hardest parts of getting better is _____

When I need help to feel brave or strong I _____

Write your name in the middle of the ribbon and decorate it. Cut it out and keep it someplace special that you can look at it whenever you need a reminder of how brave you have been. Remember, you are strong and you can make the next step of going back to school and doing the things you like to do!

Great Job!!

