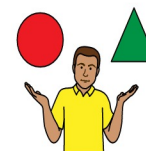


# Understanding our feelings



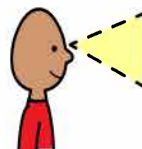
around the war between



# Israel and Hamas



When I am at home, out in the community,



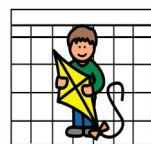
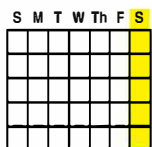
or at school, I may see or hear the news



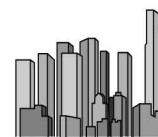
or people talking about Israel and Hamas.



Currently, there is a group called Hamas from Israel's



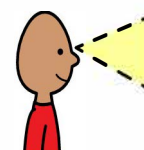
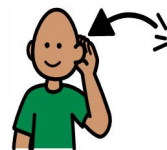
neighbor, Gaza. On Saturday, October 7th, Hamas went into



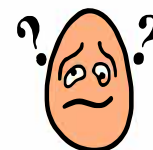
Israel and began hurting people and destroying cities.



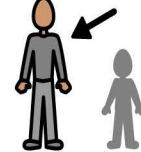
Because of this, Israel and Hamas are now at war .



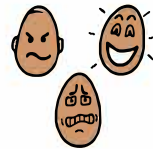
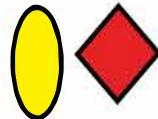
Sadly, I will probably be hearing or seeing information



that makes me feel sad , worried, or confused for a while.



My family, friends, teachers, and other adults may also



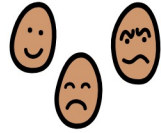
be feeling many different emotions. This is a sad and



scary time and it is ok for me to feel this way.



If I



am feeling



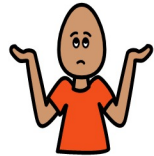
sad,



scared,



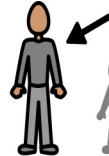
anxious, or



confused,



I



can find an adult to talk to,



turn off



the TV



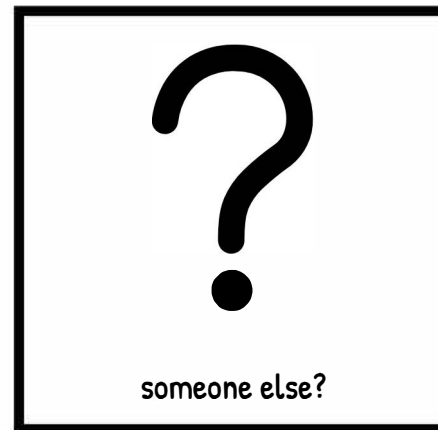
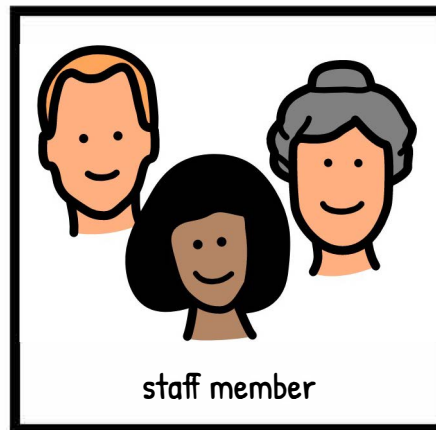
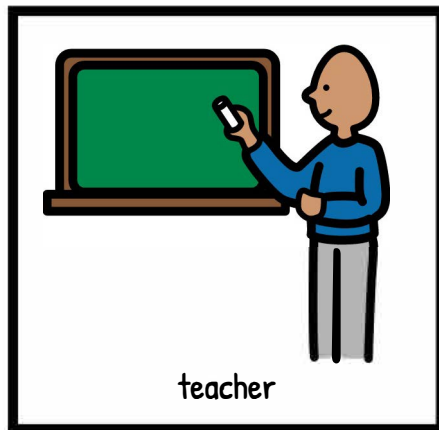
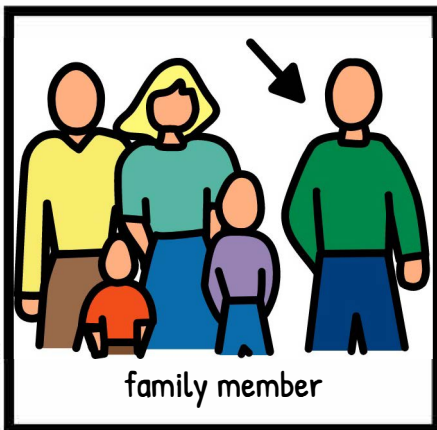
or iPad,



or put on headphones



Who are some trusted people I can talk to or find when I am feeling upset?





Keshet is a one-of-kind organization that brings classroom experiences, camps, sports, social and vocational activities, and residential opportunities to 600 people with disabilities and countless friends, coworkers, classmates, neighbors and family members through inclusive opportunities. Keshet's mission is to create a community of belonging where people of all abilities learn, play, work, live and grow together.

Social story created by Jori Erlander, LCSW, Keshet School Social Worker

[keshet.org](http://keshet.org) | 847.205.1234