

My Personal Story about Living in Gaza



2009

My Personal Story about Living in Gaza

Name: _____

I call My Book: _____

Date: _____

A Guided Activity Workbook for Children & Families

A simple guide to encourage resilience, learning and coping. Use it to help children, teenagers and families with chronic and acute stresses of life in Gaza, their fears, and difficult feelings.

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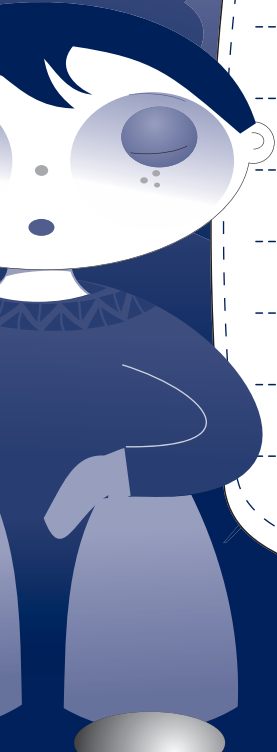
**What I Have
Been Thinking
About**

When I first heard about this attack I felt _____

During the attacks, I saw some bad things.

I saw: _____

and I thought about: _____





After the attack ended I saw:

.....

.....

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.....

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.....

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and I thought about:

.....

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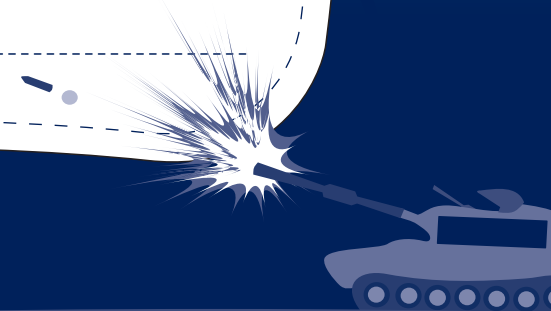
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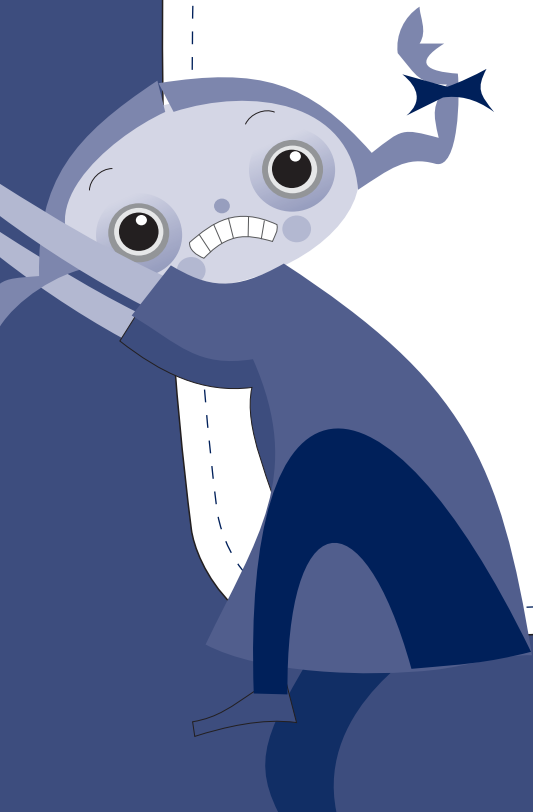
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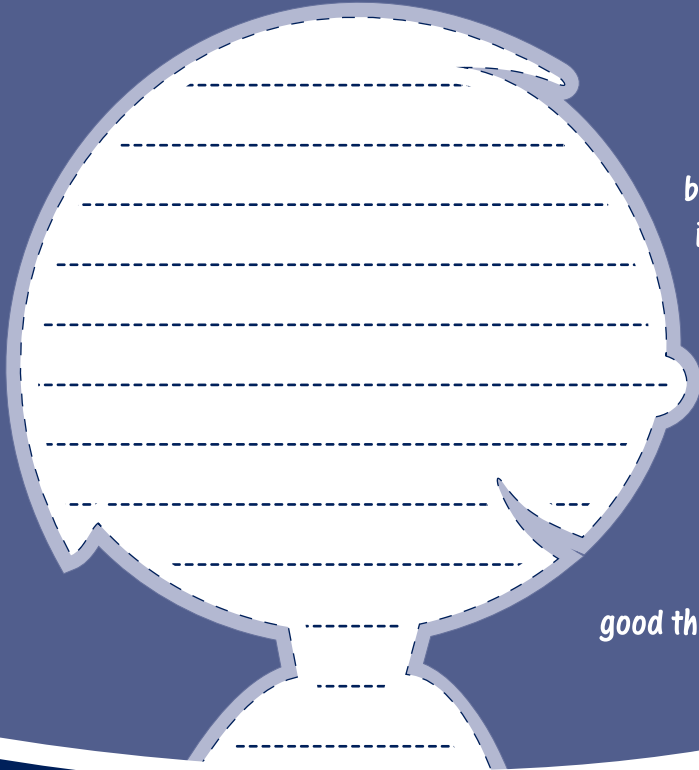
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Here is a drawing of what I was worried about



Some of the good and bad things that happened in my family because of this war are:



good things

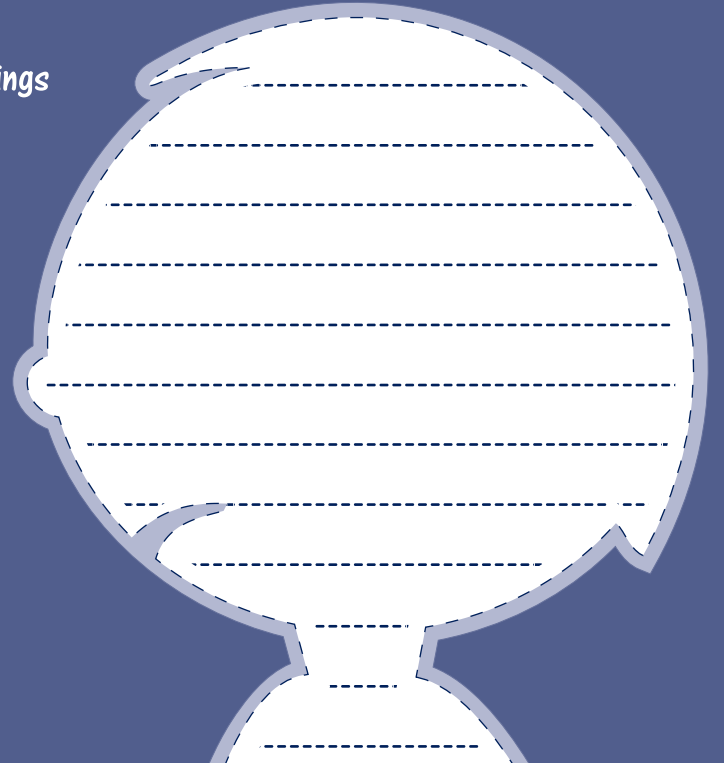


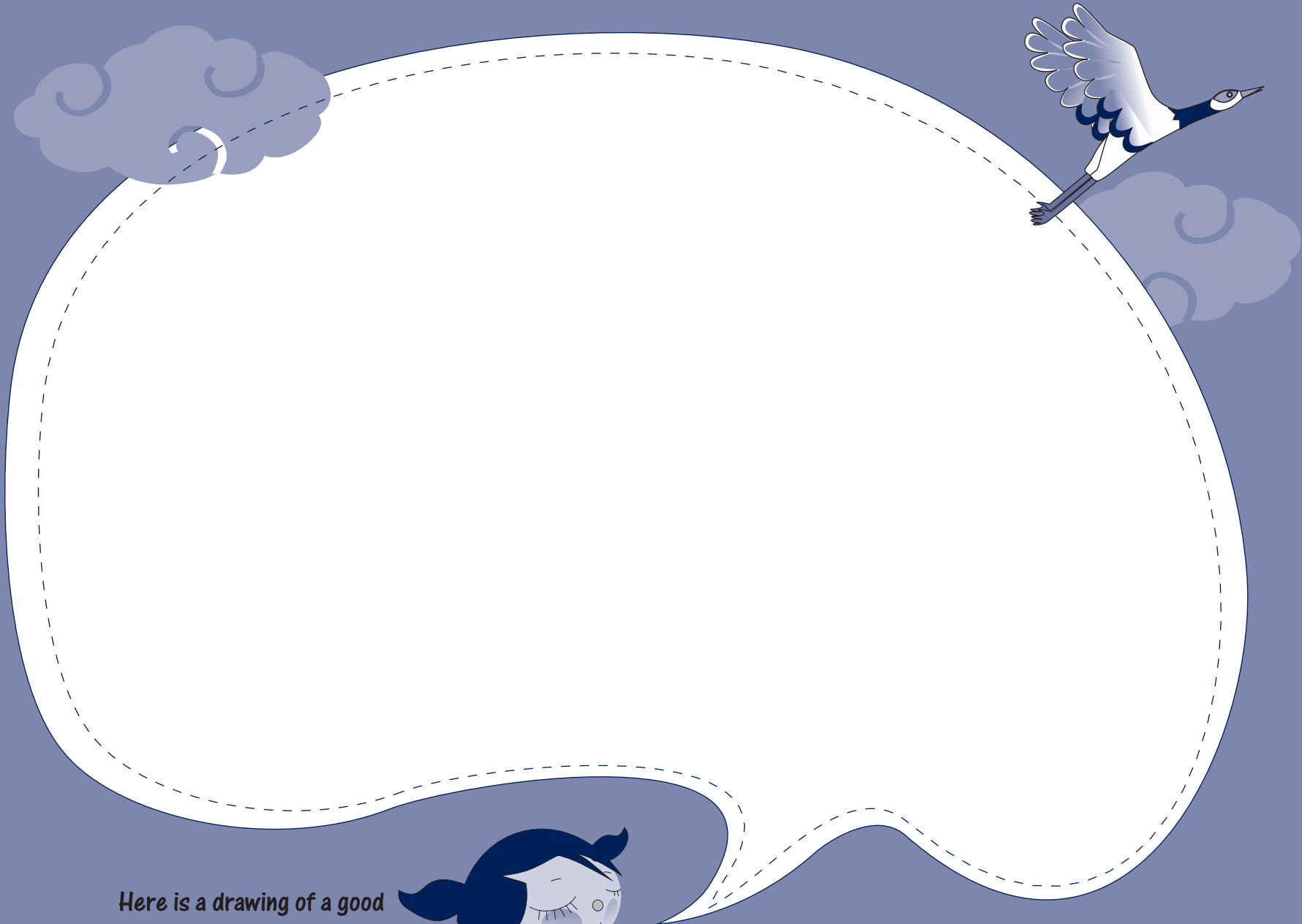
bad things

bad things

good things

Some of the good and bad things that happened to other people I know because of this war are:





Here is a drawing of a good thing I want to happen at the end of this war!

*Some of the other
good and bad things that happened
that I heard about are:*

bad things

.....

.....

.....

.....

.....



good things

.....

.....

.....

.....

.....

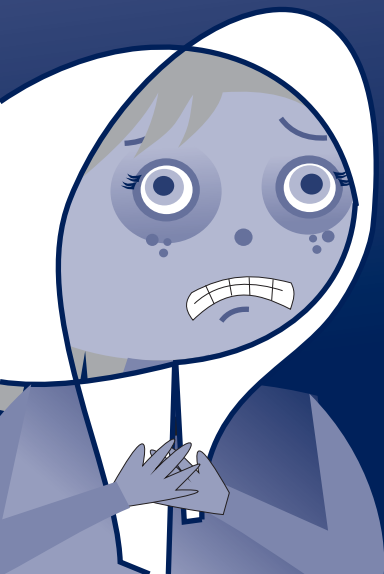




I have seen adults who are
(cross out what is not true) scared, worried, happy, or angry.

How I feel about this is:

A large white cloud-shaped area with a dashed border, containing four horizontal dotted lines for writing.





Eager to help others



Angry at myself



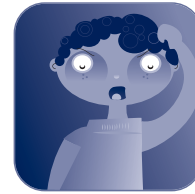
Sorry for myself



Sick



Clear minded



Angry at



Sad



Confused

Nowadays I feel
(Circle all that are true)



Lonely



Worried about my family



Happy



Angry at Israel



I want attacks on Gaza to end



Hopeless



Eager to go to work/ study



I don't know why Israelis want to hurt us



Wanting to fight Israelis



Watching out for danger



Alert



I want peace



I miss someone who died



I want to be safe



Worried about my friends



Afraid



My heart beats fast



The phrase “air strike”, “Israeli Incursion”, or “bombing,” or “Israeli soldier” makes me feel:

The most alarming phrase for me is: -----

When I hear this phrase I feel: -----

The way the attacks since December changed my family and daily life the most is: -----

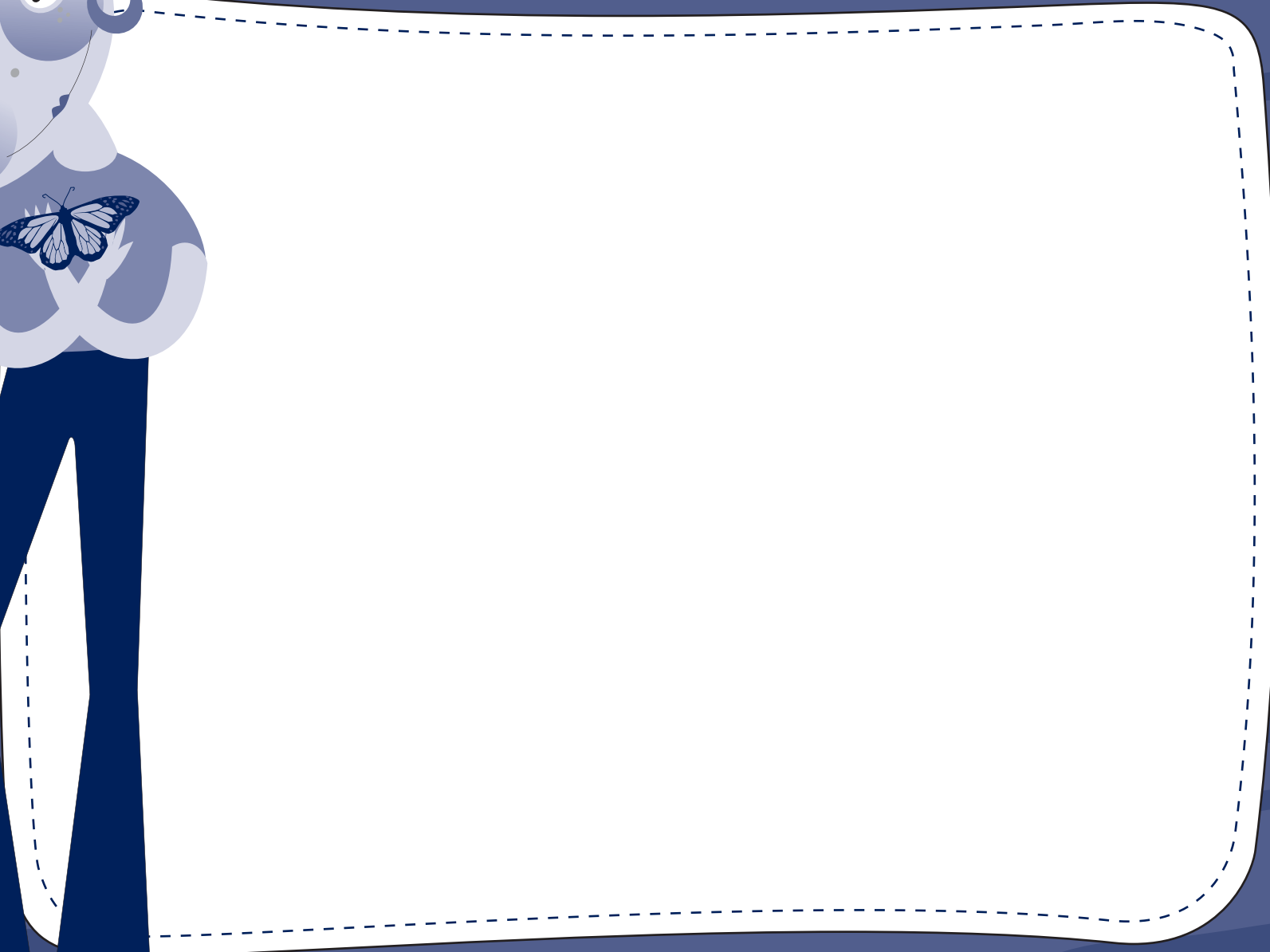
When I hear the “boom” or “gunfire” I: -----

This is the description of where I live now: -----

Here is a drawing of my family and me, where we live now



Here is a drawing of my friends and me where we usually do things together



During some of the worst times I was physically (circle what is true):
 hungry, thirsty, my body was sick, cold, without medicine.



without medicine



cold



my body was sick



hungry



thirsty

During some of the worst times (circle what is true), others in my family were:
 without medicine, thirsty, sick, cold, injured, dying, or died.



died



dying



injured



sick



thirsty



without medicine

During some of the worst times (circle what is true), I felt the Israelis were:
 cruel, not treating me as a human being, not obeying international law, unreasonable

Now I see or meet with my usual friends (circle the correct answer): seldom, never, every day, most days

Before December 2008, I saw or met with them (circle the correct answer): seldom, never, every day, most days



About My Dreams

Here is something only I know about, my own dreams.

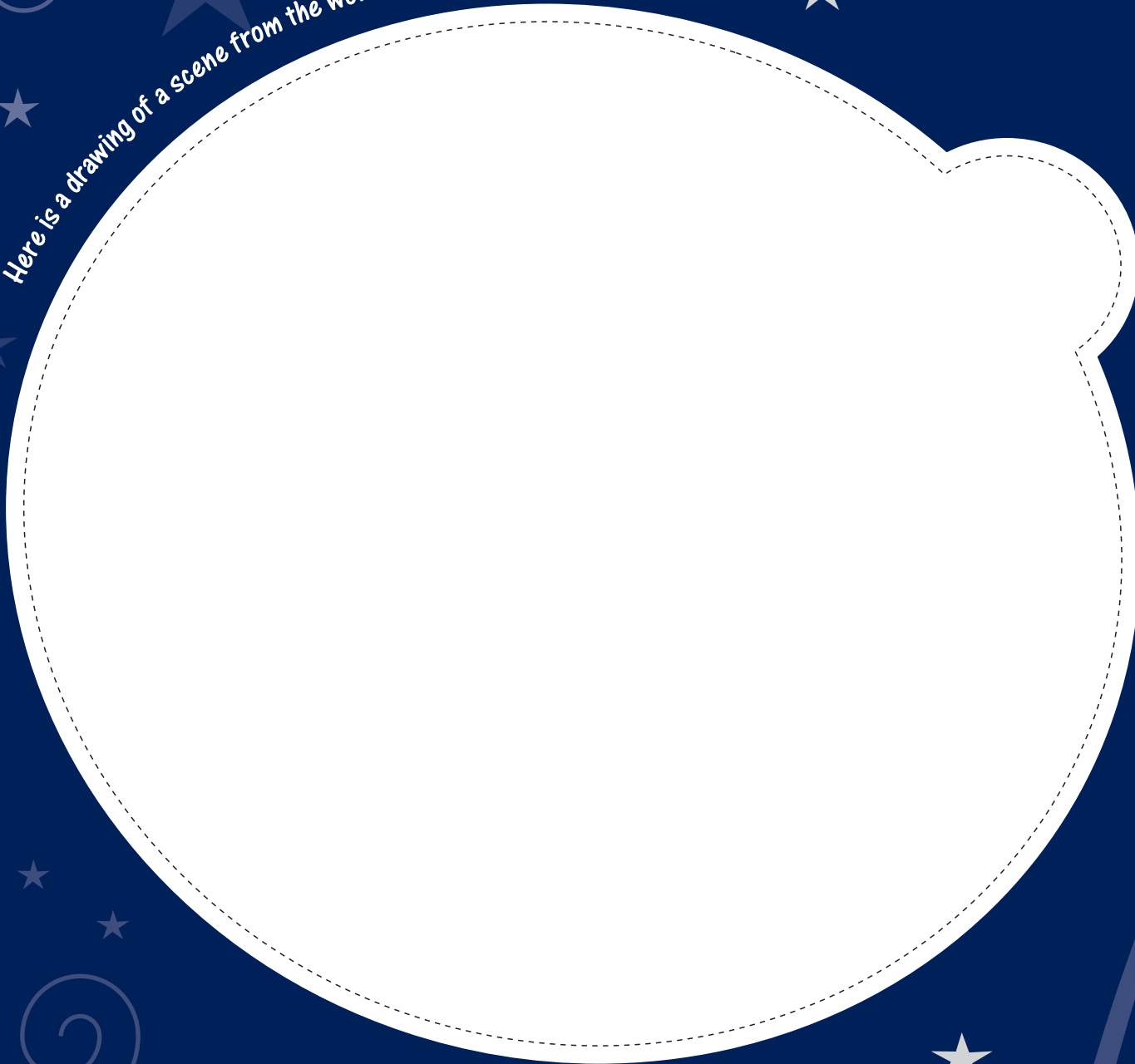
Before December 2008 my worst dream in my whole life was like this:

Today is -----20----- . Since December 2008 I have had ----- dreams.

Here is the story of the worst one:

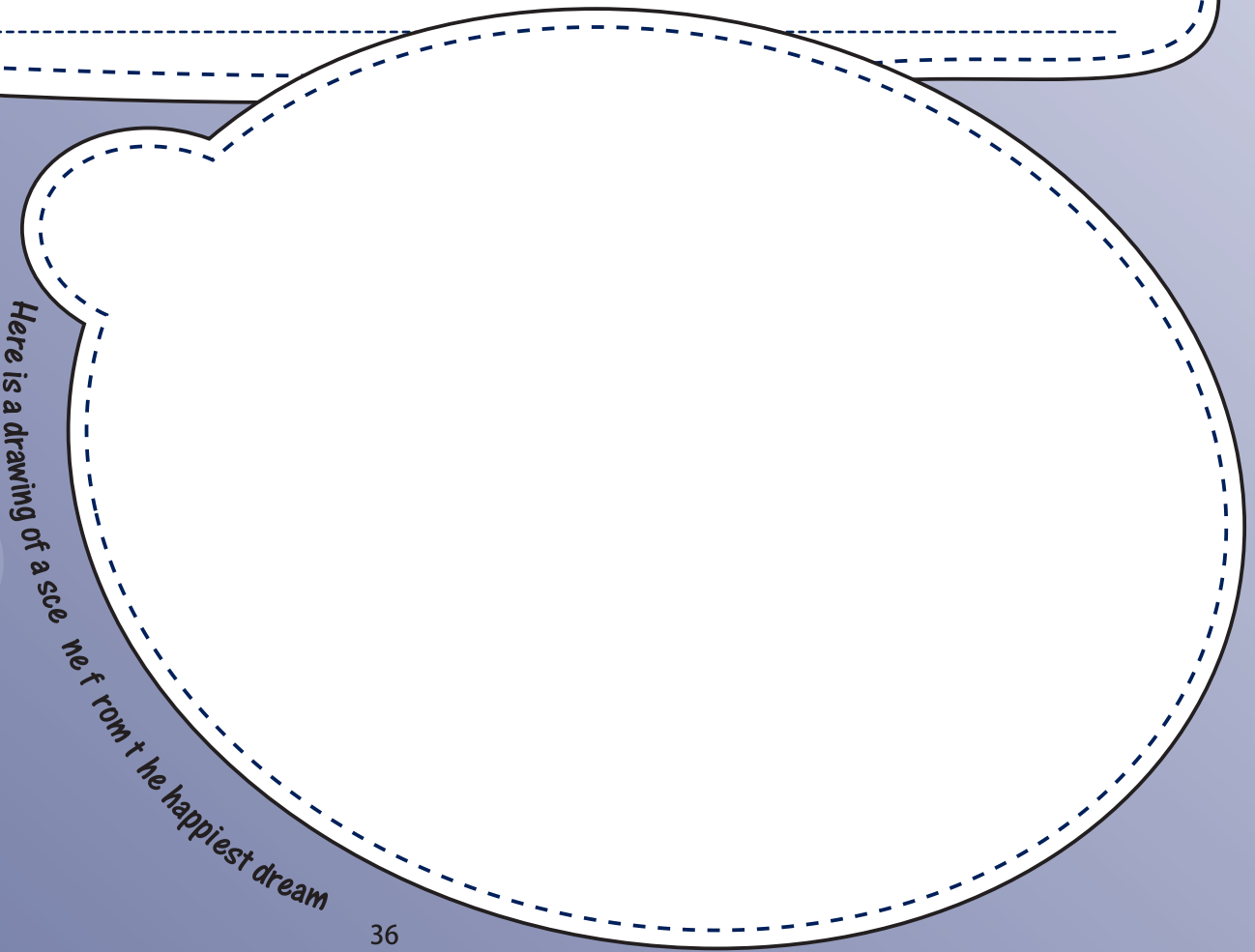
This is when I have this dream:

Here is a drawing of a scene from the worst dream





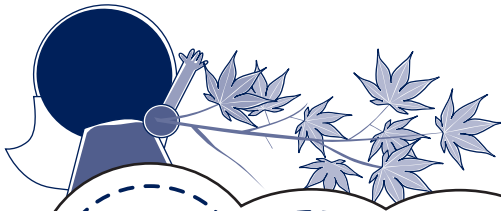
Here is the story of the happiest dream I've had since the beginning of the December 2008 attacks. (I had this dream about this long ago----- .)



Here is a drawing of a scene from the happiest dream

Here's a true story about some things I personally saw, that people did to help each other during the last few months:

Here's a true story about things I personally saw that people did to help each other during the attacks:



**I can help other children and grownups
my family, school and neighborhood.**



Kids can help by doing these things for people they love:

-
-
-

Kids can help by doing these things for people in their neighborhood:

-
-
-

Kids can help by doing these things for people in their school:

-
-
-

Kids can help by doing these things for people in their place of worship:

-
-
-

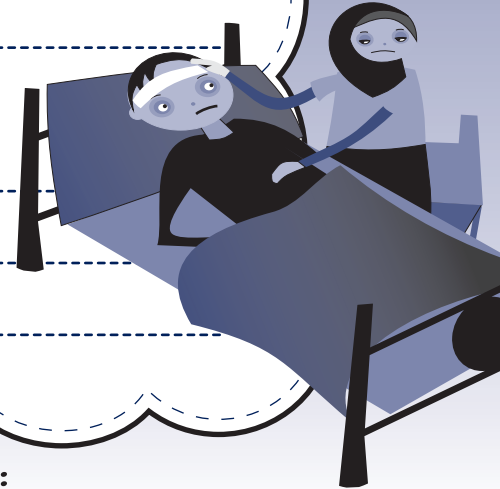


Older kids can help by doing these things for the Rescue Fighters:

-
-
-

Older kids can help by doing these things for people in the hospital:

-
-
-



If I see the pictures of war and violence on TV or in my own neighborhood, my feelings are:

1.
2.
3.



**For older children and teenagers, take a break
by reading this section on the history of Gaza.
After you read it, please continue with your
own personal story.**

History Topics Section for Teenagers and Children Who Read Independently

TOPIC: Where is the Gaza Strip?

Located along the southeastern shore of the Mediterranean Sea, the Gaza Strip is a rectangular territory covering 363 square kilometers of land between the West Bank, Israel and Egypt. The strip is about 40 kilometers long and 6 to 8 kilometers wide.

TOPIC: Who have been some of the recent occupiers of the Gaza Strip?

Formerly a part of a British area or mandate called Palestine, the Gaza Strip was under Egyptian rule from 1949 to 1956 and again from 1957 to 1967. It was occupied by Israeli troops in 1967.

TOPIC: How many people now live in The Gaza Strip?

1,444,000 as of three years ago (2006 United Nations census). It is one of the most densely populated areas on the planet.

TOPIC: When did Gaza become a Muslim center?

In 635 Gaza became a Muslim city. Gaza has long been an important centre of Islamic tradition and is considered to contain the burial place of Hashim ibn Abd Manaf. Adding to the importance of Gaza, Hashim ibn Abd Manaf was the great

TOPIC: How far back does the history of Gaza go?

Records exist indicating people have lived in Gaza for more than three thousand years; Gaza has been inhabited since at least the 15th century B.C. grandfather of the Prophet, Mohammed, founder of Islam.

TOPIC: When was Gaza first occupied by Israeli Troops?

1956. During the Sinai campaign of November 1956, Gaza and surrounding regions were taken by Israeli troops. International pressure soon forced Israel to withdraw.

TOPIC: When was Gaza next occupied by Israel?

1967. Gaza was occupied by Israel in the Six-Day War (June 1967).

TOPIC: When did Israel next leave Gaza?

2005. In 2005 completed its withdrawal from the Gaza Strip, handing over control of the region to the Palestinians.

TOPIC: What are some industries in Gaza?

Citrus growing, farms, olive groves, pottery manufacture, finished textiles, transportation by road and sea.

TOPIC: When did the intifada start?

The Israeli government had accelerated Jewish settlement in the West Bank and Gaza Strip, against Arab protests. In 1987 protests erupted among Palestinians in the Gaza Strip and quickly spread to the West Bank, beginning a period of Palestinian resistance to the occupying Israeli military. This uprising became known as the intifada which means "uprising".

TOPIC: When did the 1987 intifada end?

1993. The Palestine Liberation Organization and Israel signed interim peace accords in 1993 that called for the gradual establishment of Palestinian self-rule in most of the occupied territories. However, the parties failed to agree on a final settlement.

TOPIC: When did the Al-Aqsa intifada begin?

The second Palestinian uprising, known as the Al-Aqsa intifada, began in late 2000.

TOPIC: When did Israeli settlements start in Gaza and the West Bank?

In the late 1970s.

TOPIC: What was the effect of those settlements on feelings of lots of Arab people?

In 1987, the growth of these settlements caused many Gaza Strip and West Bank Palestinians to protest. Demonstrations and protests continued for years. Despite efforts to establish peace in the region, protests have continued off and on into the 21st century since no settlement has been reached.

TOPIC: What are the boundaries of Palestine?

Palestine is a region at the eastern end of the Mediterranean Sea. It extends east to the Jordan River, north to Lebanon, west to the Mediterranean, and south to the Gulf of Aqaba.

TOPIC: What is the religious importance of Palestine?

Part of the region is also known as the Holy Land and is held sacred among people of three religions: Muslims, Christians, and Jews.

TOPIC: What is the origin of the name, "Palestine"?

The Arabic word Palestine has been used at least since the early Islamic era. It comes from a name given by Greek writers to the land of the Philistines, who in the 12th century occupied a small pocket of land on the southern coast. That pocket was between Jaffa/ Yaffa and Gaza. The name was revived by the Romans in the 2nd century A.D. in "Syria Palaestina," for the southern province of Syria.

TOPIC: Did Great Britain make a claim to own Palestine?

After World War I and the end of rule by the Ottoman Empire, "Palestine" was the name of one of the regions occupied by Great Britain by The League of Nations. In addition to Palestine, the mandate included the territory east of the Jordan River now constituting the Hashimite Kingdom of Jordan, which Britain placed under an administration separate from that of Palestine immediately after receiving the mandate for the territory.

TOPIC: How important is fresh water to the people of Gaza?

Water is extremely important to Gaza's people. It is a matter of life or death and whether food crops will grow. Water is almost never abundant in Gaza. Rain that arrives most in the cool half of the year decreases in amount in general from north to south and from the coast inland.

TOPIC: What are some reasons is water so scarce in Gaza?

Around Gaza, rivers are few, rain is not frequent. The shortage of water is made worse because limestone rocks over much of the country let the water run right through the small pores in the rocks. Israel has been blocking water supplies through its border control actions and via using Gaza's underground cistern water making water even more extremely scarce.

TOPIC: How common are deaths and casualties?

Thousands of Gazans have died and many thousands more have been injured since December 2008, mostly due to Israeli air and ground attacks.

Sources:

Gaza. (2009). In *Encyclopædia Britannica*. Retrieved March 13, 2009, from *Encyclopædia Britannica Online*:
<http://www.britannica.com/EBchecked/topic/227443/Gaza>
Gaza (2008) *Palestinian Academic Society for the Study of International Affairs*.
www.passia.org



THE MEANINGS OF WARS TO DIFFERENT PEOPLE

For some people some wars are holy, very important to fight for good reasons, and can bring glory and rewards in heaven. For other people there is sadness because many people are killed and others get injured and frightened and they lose people they love and care about. For other people, war can mean all the above mentioned.

Coming back to my personal story about life in Gaza:

I heard of an attack in a place called:

.....

One thing I heard about that place was:

.....

.....

.....

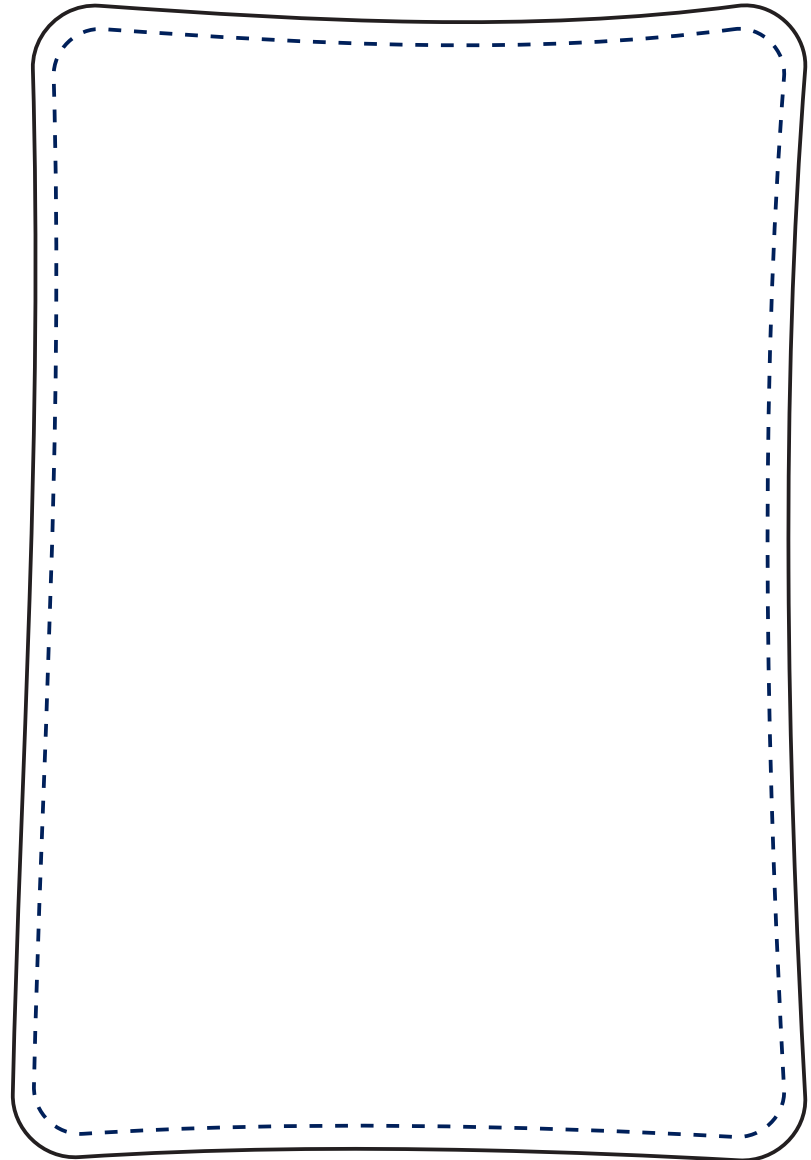
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.....

.....

I saw, heard or read about violence or a war that happened in another part of the world, called



Here's a picture about it

The Awful Part for Me



For me the worst thing about violence or war in Gaza since December 2008 attacks began is

For me, one good thing about violence or war is

Here's a real story about someone I personally know who was hurt or killed:

I have had a great personal loss because



If you have had a parent, brother, sister or other close relative die because of the attacks please tell the true story of that person's life and what you miss most about that person. Get other relatives to help you write this section. Use photos if you have them, and extra pages.

The best part of my life with that person I miss the most was -----

Here's a true story I heard about ground troops in my neighborhood, or maybe saw a bombed building fall down, or someone get injured, or something different, or all of the above: -----

The worst feeling I had when Israeli troops were inside Gaza after December 2008 was

.....

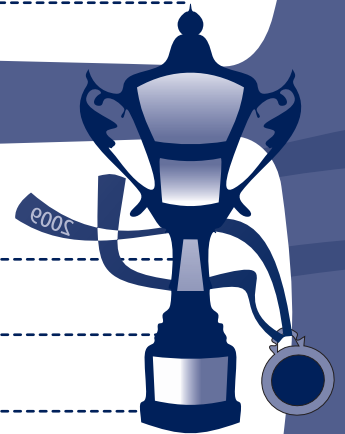
This is what has been worst about it for some other people I know personally:

.....

More About Achievements, Problems and Worries

My biggest achievements now are:

-
-
-

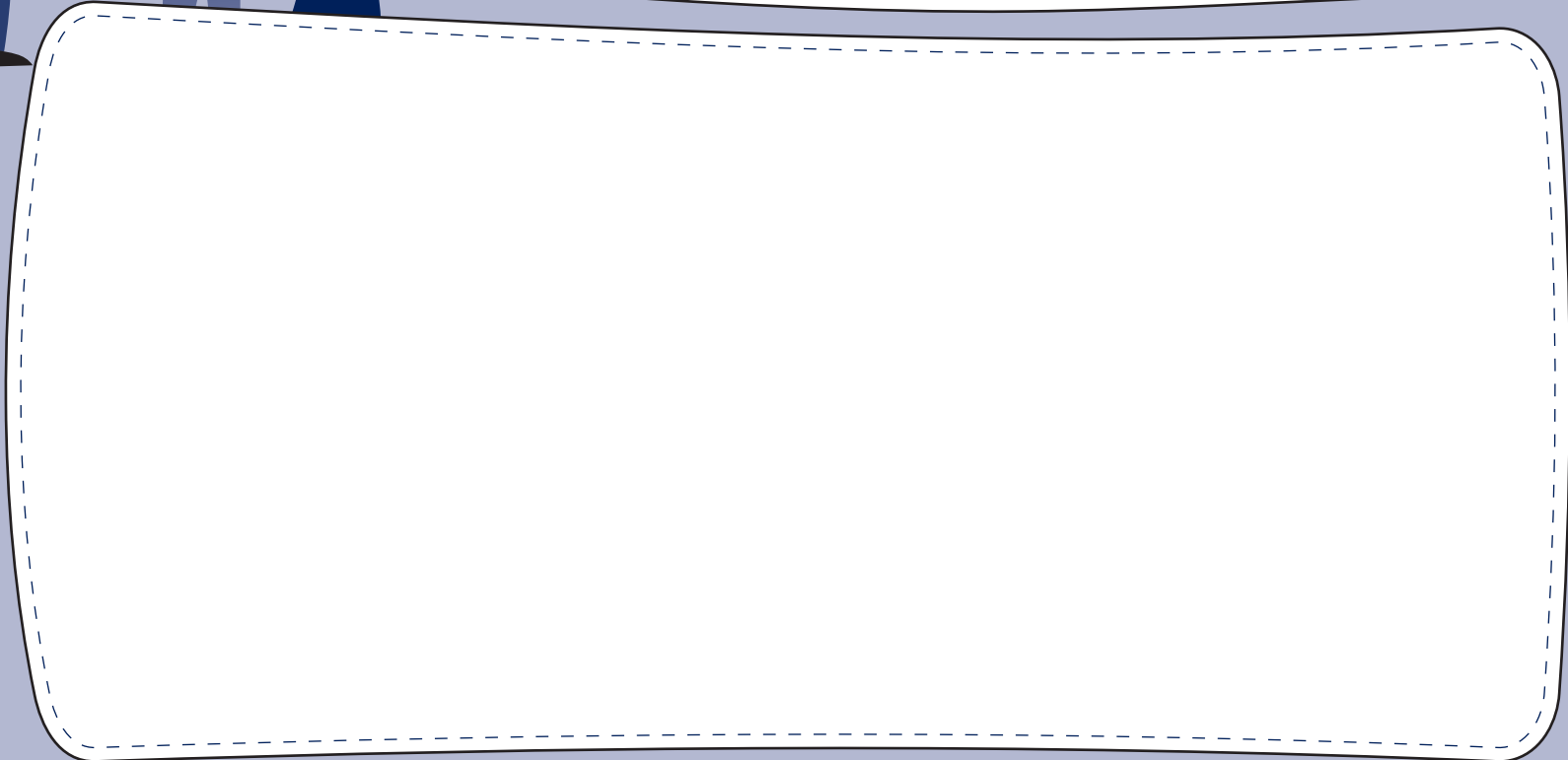


My biggest problems or worries now are:

-
-
-



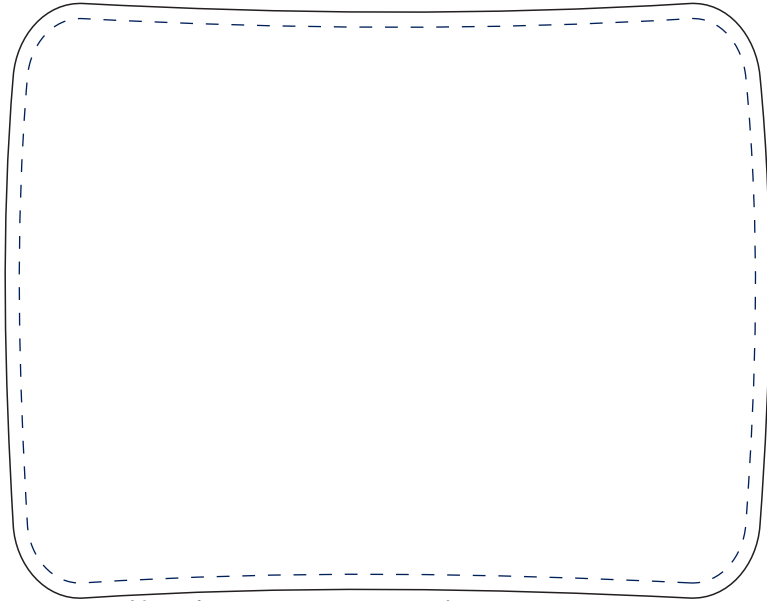
Some children, when they need to talk to someone about difficult feelings, talk to parents, brothers, sisters, grandparents, aunts, uncles, cousins, grownup friends, teachers, doctors, religious leaders, relief workers, or a therapist. If I need to talk to someone about this I can talk to



Here is my drawing of myself talking to a trusted person

This is what I'd most like someone to help me with:

-
-
-
-
-
-



Here's a drawing of me helping someone else

I can help others with:

-
-
-
-
-
-
-



Newspaper Clippings

In this part, you may cut and collect newspaper clippings that you like and paste them here. If you can't access newspapers, ask the facilitator to give you some to choose from.