

BRAVE



OSCAR

HI!

This is a book about a little kid named Oscar, and something that happened in Oscar's family.

Oscar met some new grown-ups and went to some new places. Oscar learned about feelings, asking for help, and some things to do to feel better.

Stuff like this happens to lots of kids and families. And Oscar wants you to know that YOU ARE NOT ALONE!

This book is yours. You can draw, color, and write in it. And you can keep it.

PART 1.

THIS IS
OSCAR.



Oscar was a little kid with curly hair.



**He liked horses, coloring,
and making up silly songs.**



One summer day, Oscar's daddy had to go away with the police.

Oscar's mommy was crying. Oscar didn't know what to do.

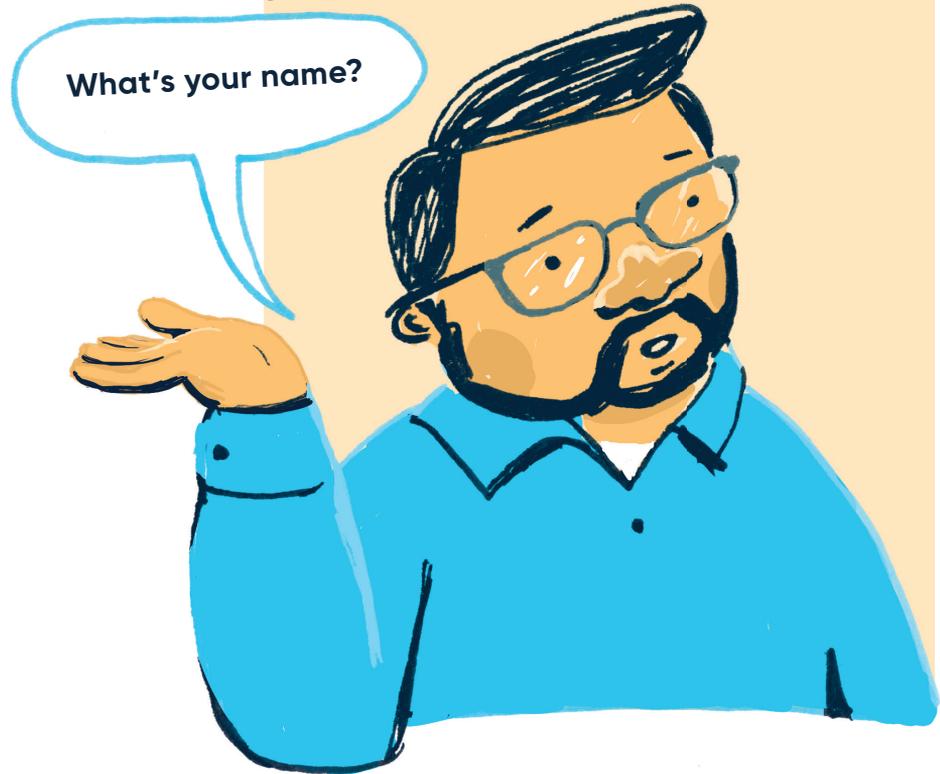
He was confused. His heart was beating fast.

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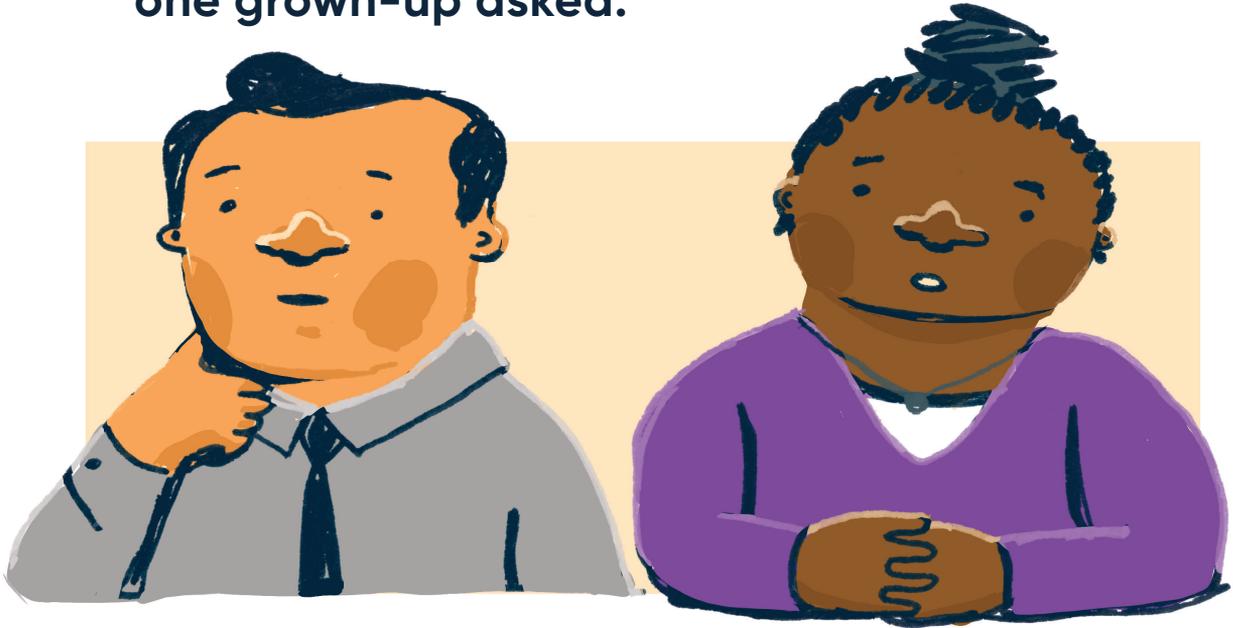
Later, Oscar met some grown-ups.



Some of them asked him questions.



**"Can you tell me what happened?"
one grown-up asked.**



So Oscar did.

**The questions made Oscar feel tired.
He didn't want to talk anymore.**

ACTIVITY.

One of the grown-ups gave Oscar a coloring book. Oscar liked to color and draw. It made him feel calm.

Oscar drew a picture of his favorite place, the slide at his playground.



**Where is a place that you feel safe and happy?
You can draw it here, if you want to.**

**One day Oscar went to see a new grown-up.
Her name was Linda.**

**She talked to lots of kids and families, like
Oscar's.**



Linda talked to Oscar about feelings. And she let him color and play with her toys.



"You might have a lot of feelings about what's happening. Let's talk about what they might be."

ACTIVITY.

Linda showed Oscar a book with pictures like these. He used the pictures to talk about his different feelings.



Sad



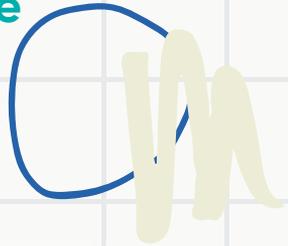
Yucky



Happy



Angry



How do you think Oscar felt? Can you point to the faces that show that?



How do you feel? Point to the faces that show how you are feeling.



Calm



Worried



Scared



Surprised

One day Linda said, "Some of the grown-ups think maybe your daddy did something wrong."



"The other grown-ups will try to understand what happened with your daddy, and what should happen next," she said. "It can take a long time."



Oscar was confused.

Linda told him, "It's okay to ask questions."

"Is my daddy coming home?" he asked.





"We don't know yet," she said. "He might have to stay somewhere else for a while. Or he might be able to come home."

She asked Oscar, "How does that make you feel?"

Oscar said, "It makes my tummy hurt."

"Sometimes my tummy hurts when I get scared or worried," Linda said.

"When that happens, there's something I do that helps me feel better. Do you want to try it?"



ACTIVITY.

Do you ever get scared or worried?
You can try what Linda showed Oscar.

1.



Put your hands on
your tummy.

2.



Take one deep breath
in, counting 1 – 2 – 3.
Feel your tummy go up
when you breathe in.

3.



Then breathe out,
counting 1 – 2 – 3.
Feel your tummy
go down.

4.



Take another deep
breath in, counting
1 – 2 – 3. Then breathe
out, counting 1 – 2 – 3.

5.



Take a third deep breath
in, counting 1 – 2 – 3.
Then breathe out,
counting 1 – 2 – 3.

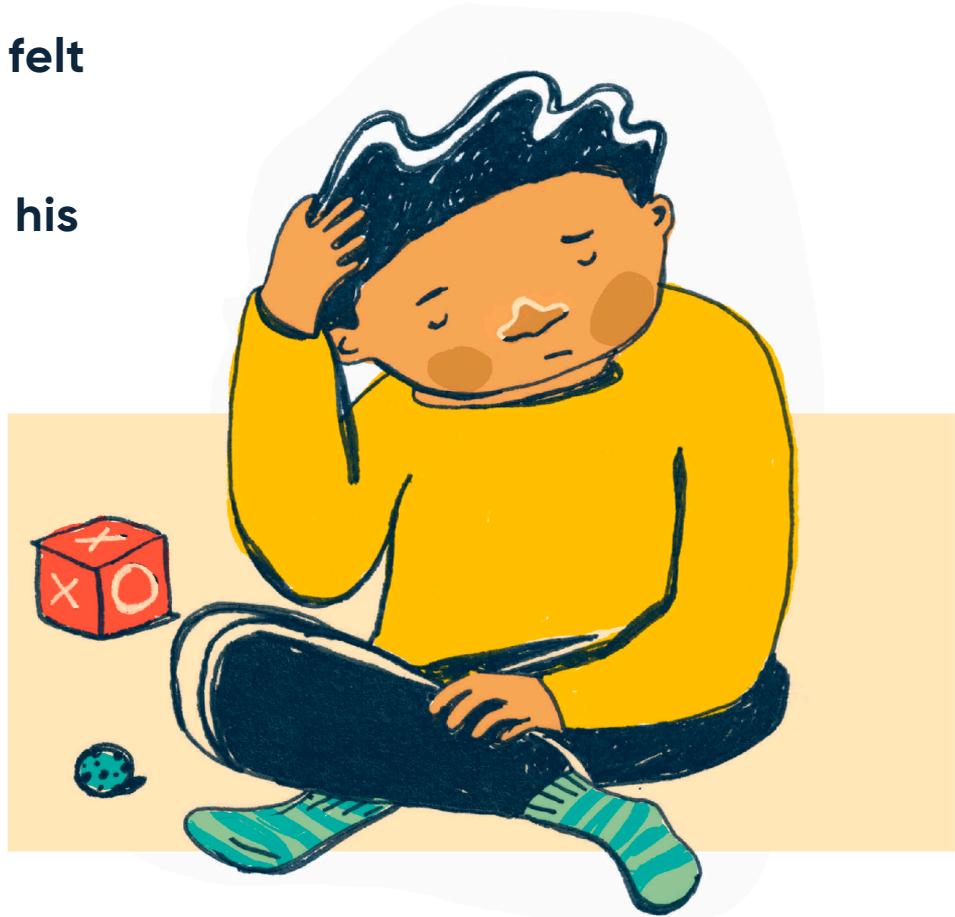
That helped Oscar feel better.
How do you feel after trying it?

Sometimes Oscar felt sad and worried.

He thought about his daddy a lot.

Sometimes Oscar missed him.

Other times he felt mad at him.



Oscar had big feelings, but he used the things Linda showed him to feel better.

And sometimes he just did the little kid things he always liked to do.



He played on the swings at the park with his mommy.



He drew horses.

He made up songs with his friends.

PART 2.

OSCAR GOES TO COURT.

NOTE TO READER:

If you want to skip the section that shows Oscar testifying in court, skip to Part 3 on page 47.



The next time Oscar saw Linda, she told him, "The grown-ups want you to go to court."

"What's court?"



Linda said, "It's the place where other grown-ups try to understand what happened with your daddy and what should happen next."

"Am I in trouble?"

"No. You're not in trouble," she said. "They want you to tell them what happened."

"What if I don't remember?" Oscar asked.

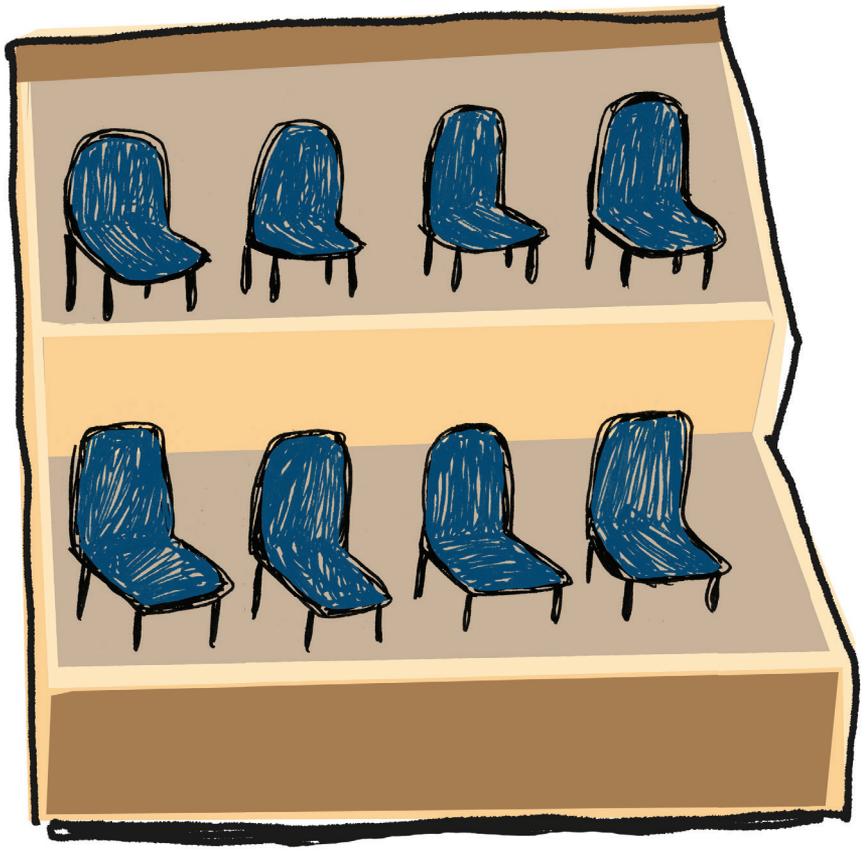
**"The judge will ask you to tell the truth,"
Linda said. "Just say what you remember."**

"Will my daddy be there?"

"Well, let me tell you about it."



**Linda took Oscar and his mommy to see the
courtroom and told them what it would be like.**

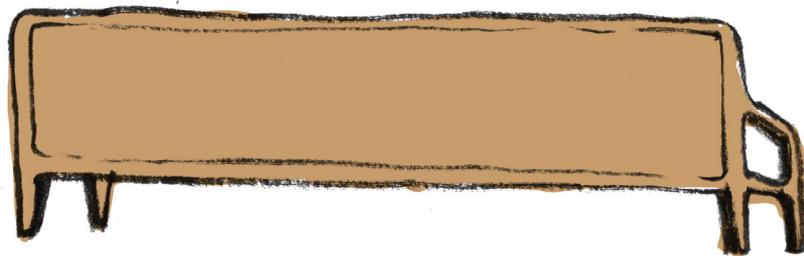
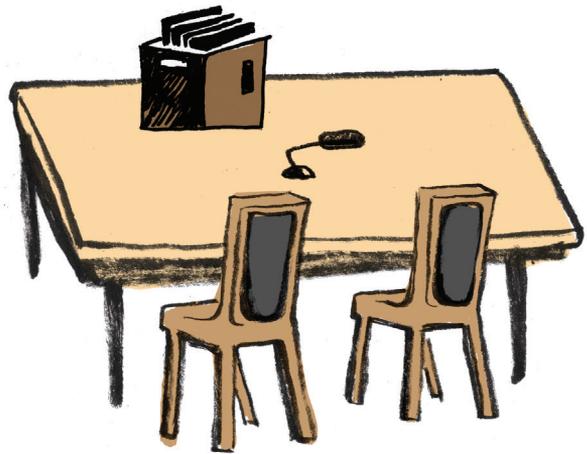
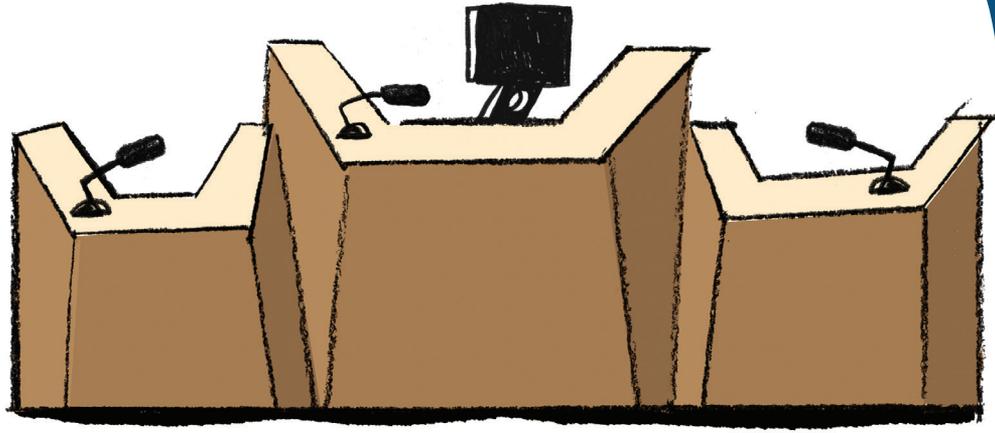


ACTIVITY.

Here is what Oscar's courtroom looked like. Yours might be a little different. But it will have some of the same people.

Ask a grown-up to talk with you about who all the people in the court are.





It was finally time to go to court.

Oscar's mommy helped him put on his nice shirt with the buttons.



He put his favorite rock in his pocket.

It always helped him feel better.



Linda was waiting at the courthouse.

"We're going to go sit in this room until
it's your turn to go in."

"How do you feel?" said Linda.

Oscar said, "My tummy hurts."



"How come?" said Linda.

**"What if someone is mean to me in court?
Or I get confused?"**

"What can you do if that happens?"

"I can squeeze the rock in my pocket."

"I can take a deep breath."

"I can say 'I don't understand.' "

"That's right!" Linda said.



"What if my family gets mad?"

"It can be hard," Linda said, "We can talk to your mom about that, if you want? And you can ask for help, okay?"





"Okay," Oscar said.

"I'll be in the room, too," Linda said.

**"You can look at me or someone else
who makes you feel safe."**

"What if I say something wrong?" Oscar asked.

**"Nothing you say will be wrong, Oscar.
Just say what you know."**

Oscar took a deep breath.

**Linda said, "It's normal to be
nervous. I feel that way when
I go to court, too."**



"Remember, the grown-ups need your help, but it's like a big puzzle and your part is just one of the pieces," she said.

"Can you tell me again what will happen?" Oscar asked.

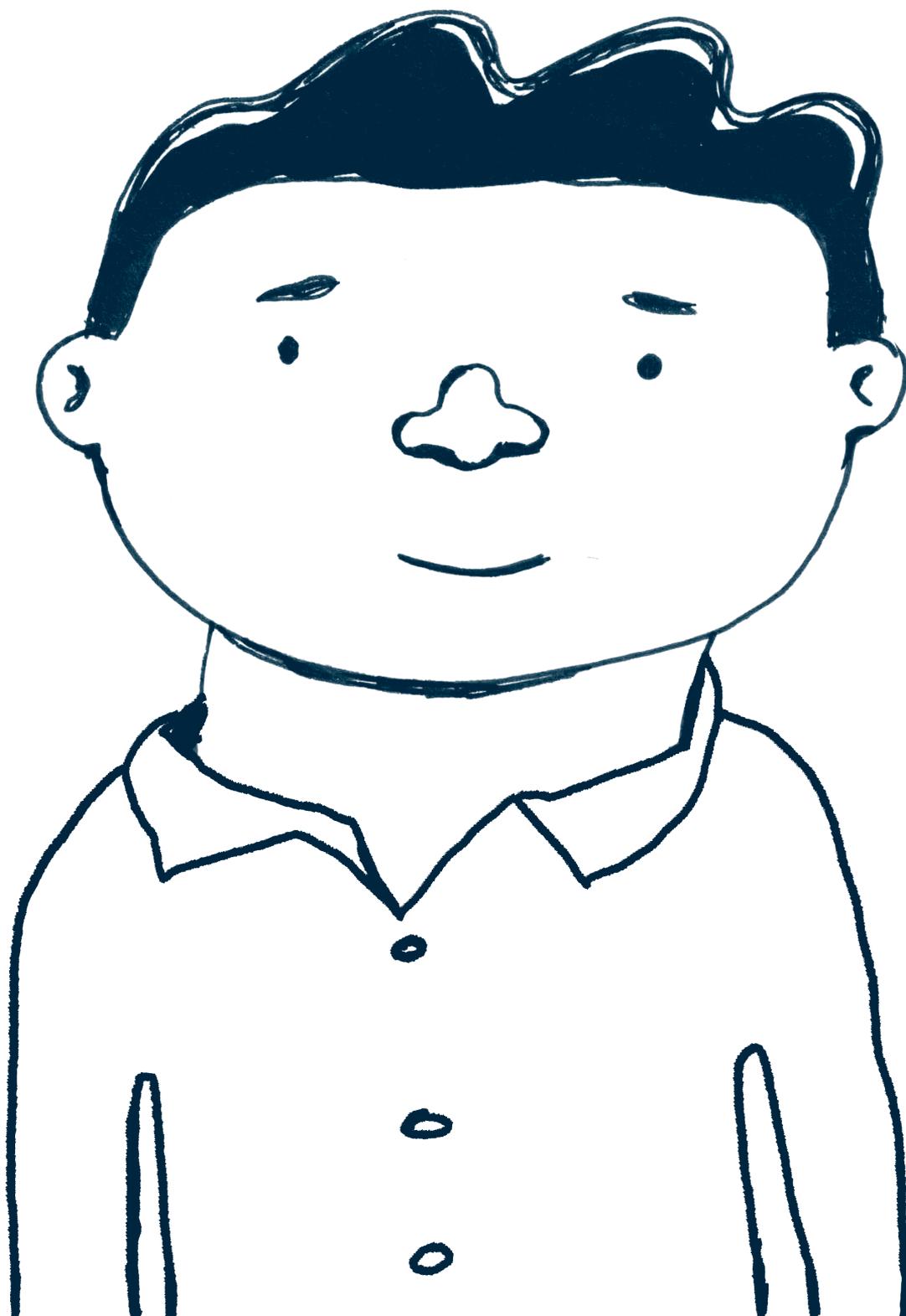


ACTIVITY.

Oscar felt better when he thought about what he wanted it to be like when he went to court.



He drew a picture of himself feeling brave.
Can you color in the picture of Brave Oscar?



Soon the court officer came to get Oscar.
They went into the courtroom together and
Oscar sat next to the judge.



It looked like Linda's drawing. But the judge was
different than he imagined.

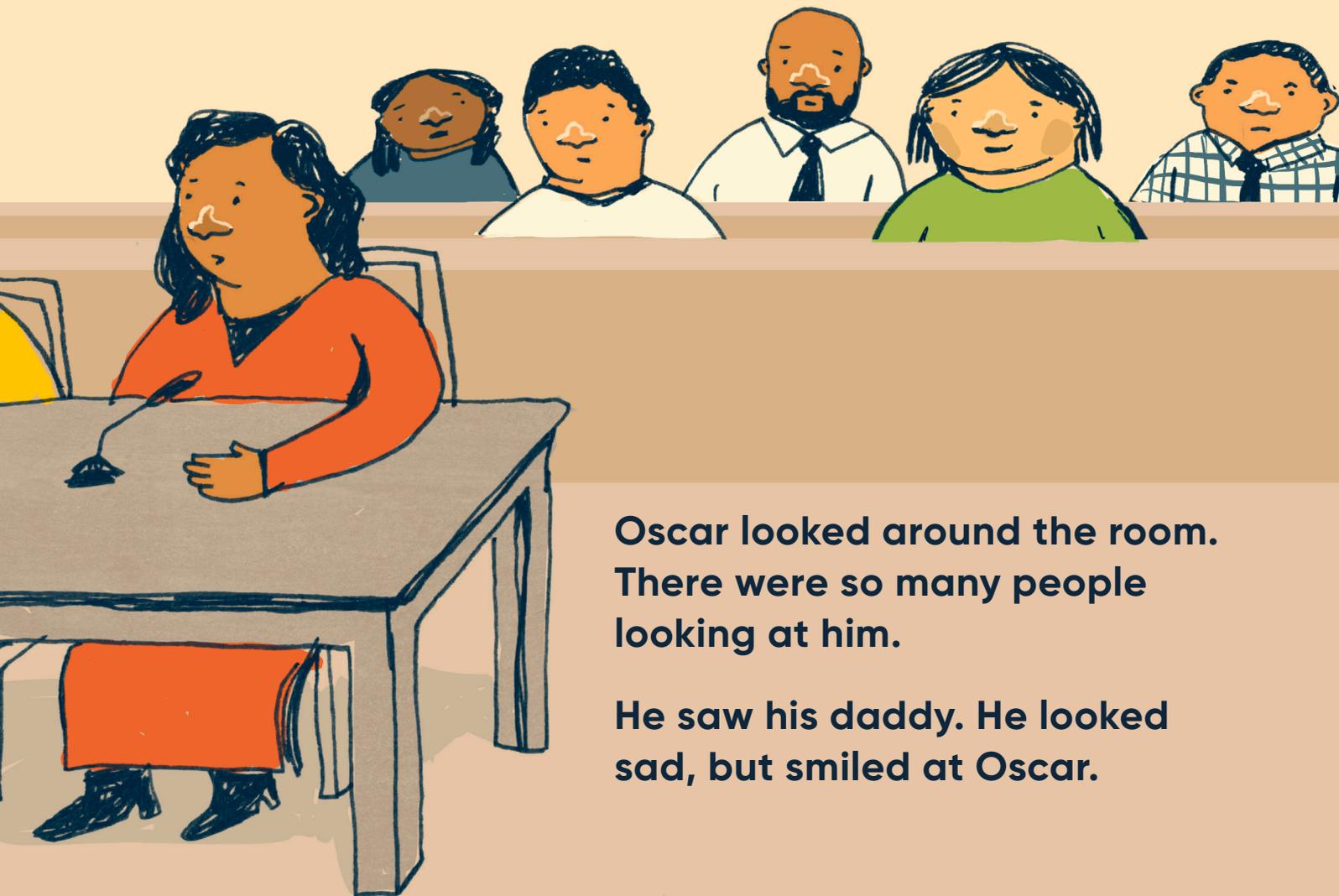
The judge said, "Hi. My name is Judge Tolbert.
What's your name?"

"Oscar."



"How old are you?"

Oscar felt good because he knew the
answers to these questions!



Oscar looked around the room.
There were so many people
looking at him.

He saw his daddy. He looked
sad, but smiled at Oscar.



One of the men stood up and asked Oscar questions about the day his daddy went away.

Oscar got scared again.



But he saw Linda and remembered to take a deep breath.

Oscar was brave. He squeezed the rock, and answered.

Before he knew it, it was time to go home.

ACTIVITY.

Before they went to court, Oscar told Linda all the things he was worried about. Linda helped him get ready for court.

How do you feel about going to court?

Here are some of the tips Linda gave Oscar. Check off the ones you want to try.

- You can ask questions about anything you don't understand.
- You can take as long as you need to answer. You don't have to rush.
- You can ask to take a break.
- If you feel scared, look at someone you know in the room.
- Do something that helps you feel calm, like taking deep breaths.

- Take something special with you to keep in your pocket.
- If you have a prayer or song or other thing that helps you feel calm, you can try using it.
- Plan something nice to do after court.

Which of these will you try?

PART 3.

**OSCAR IS
BRAVE.**



**When Oscar saw Linda again, he asked,
"What happens now?"**



"Remember how we said the grown-ups in court will listen and decide what to do next?" Linda asked.

Oscar nodded, "Yes."

"Well, they're doing that now," she said.

Oscar's mommy looked sad, but she smiled and said, "You've done a great job, Oscar. I'm really proud of you."



"Will Daddy come home now?"

"He might come home, but he might have to stay somewhere else for a while," Linda said. "The other grown-ups will let us know."

"No matter what happens, you got to tell people what happened. How did that feel?" Linda asked.

"I don't know. First I was scared. But now I feel brave."

"You are," said his mommy, and Linda nodded.



"I don't want to tell everyone what happened any more," said Oscar.

"I understand," Linda said. "But now you've got lots of things you can do to feel better, like your breathing."



Linda said, "You're a brave little kid with curly hair, who likes drawing horses and singing songs."

Oscar wasn't sure how to feel.

But now he knew lots of helpful grown-ups and ways to feel better.





He was looking forward to
playing, coloring, and singing.

Just like always.

ACTIVITY.

Oscar got help from Linda, from his friends, and from his mommy.



FRIENDS
& OTHER
GROWN-UPS

FAMILY

YOU

Who helps you? What do they do that helps you?
Can you draw them or write their names here?



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