



# 火災與我們的感受

## Fire and Our Feelings

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大埔的大樓發生了火災。

There was a fire at a building in Tai Po.

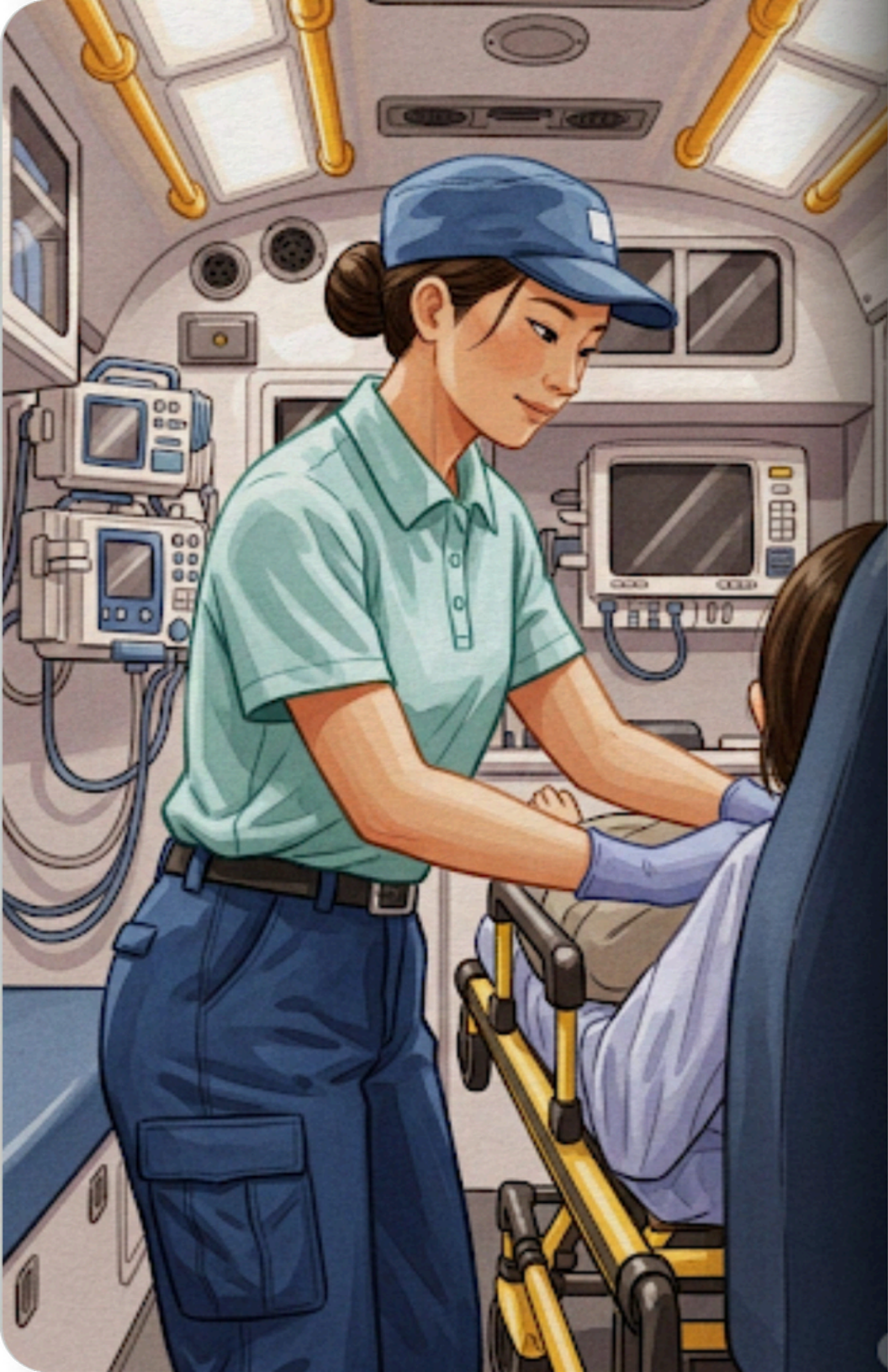




有很多勇敢的人馬上趕去幫忙了。  
消防員和救護員很快就到了那裡。

Many brave people rushed to help right  
away. Firefighters and paramedics got  
there very fast.





他們很努力地保護大家的安全。

They worked very hard to keep everyone safe.





在這場火災中，有一些人受傷了，也有一些人不幸死去。受傷的人現在已經被送到了醫院。

Some people got hurt, and sadly,  
some people passed away.  
The people who got hurt have been  
taken to the hospital.





那裡有最厲害的醫生  
和護士，正在用最好  
的方法照顧他們。他  
們在很安全的地方。

The very best doctors and nurses  
are there. They are taking good  
care of them in the best way  
possible. They are in a very safe  
place.





當我聽到這個消息，或者看到新聞裡的畫面時，我可能會覺得難過，或者有點害怕。這時候有這些感覺是很正常的。

When I hear the news or see pictures of it, I might feel sad or a little scared. It is very normal to feel this way.





很多大人心裡也會覺得難過。如果我覺得害怕，我可以選擇不看電視上的新聞。我可以請爸爸媽媽幫我把電視關掉，或者轉台看卡通。

Many grown-ups feel sad too. If I feel scared, I can choose not to watch the news on TV. I can ask Mommy or Daddy to turn off the TV, or change the channel to watch cartoons.





如果我心裡不舒服，  
我可以找人說說話。  
我可以告訴爸爸、媽  
媽或老師：「我覺得  
怕」或者「我很難  
過」。他們會抱抱我，  
聽我說話。

If I don't feel good inside, I  
can talk to someone. I can tell  
Mommy, Daddy, or my  
teacher: "I feel scared" or "I  
am very sad." They will give  
me a big hug and listen to me.





現在，我很安全。我有爸爸媽媽和老師保護我。我們一起為大埔的人祝福，希望大家都平安。

Right now, I am very safe. I have Mommy, Daddy, and my teachers to protect me. Let's send our best wishes to the people in Tai Po, hoping that everyone remains safe.



# 火災新聞後：守護孩子情緒指南

接納感受，重建安全感，我們在一起。

## 第一部分：家長可以做的支援行動

### ✓ 接納與確認情緒



告訴孩子，感到害怕、難過或擔心都是「很正常」的反應，大人也會有這些感覺。  
不要急於否定他們的恐懼（例如別說「不要怕，沒事的」），而是說「我知道這真的很難過」。

### 📺 過濾媒體資訊



孩子有權選擇「不看」。主動減少孩子接觸重複、驚悚的災難畫面。  
避免在孩子面前進行激動的討論。  
用適合孩子年齡的簡單語言解釋事實。



### 🕒 維持日常規律



穩定的作息（如準時吃飯、睡覺、玩耍）是孩子安全感的重要來源。在混亂的消息中，規律代表著「生活一切正常」。



### 👨‍🚒 聚焦「幫手」與希望



強調有許多勇敢的人（消防員、醫護人員）正在努力幫忙。  
討論傷者正在接受最好的照顧，將焦點從「災難」轉移到「救援與互助」。



### 😊 提供陪伴

多給予擁抱，耐心傾聽。  
有些孩子可能不太懂得表達心情，我們只需靜靜地陪在他們身邊，能有效降低焦慮。



## 第二部分：家長關懷金句（參考開場白）

當你不知道該說什麼時，試試這些開場白來開啟對話或提供安慰：

### 開啟對話類



「關於那個火災的新聞，你心裡有沒有在想什麼事情？」

「我看到新聞心裡也有點難過和擔心，你呢？你有什麼感覺？」



### 提供確認與安慰類



「覺得害怕真的沒關係，這是一件很可怕的事情。我在這裡陪你。」

「如果你想哭或者想說說話，隨時都可以來找我。」



### 建立安全感類



「看看我們的家，現在這裡很安全，爸爸媽媽會一直保護你。」

「雖然發生了不好的事，但有好多勇敢的消防員叔叔和醫生阿姨在幫忙喔。」



## 第三部分：孩子可以做什麼來感到安全

### 🗣️ 用語言表達

告訴信任的大人（爸媽、老師）：「我怕怕」或「我很難過」。說出來心裡會舒服一點。



### 🎨 創意抒發

畫一幅畫、寫一張卡片為受傷的人加油，或是把心裡的害怕畫出來。



### 🧸 尋找安撫物

抱著最喜歡的玩偶、小被子，或待在自己覺得最安全的角落（建立「安全基地」）。



### 📺 主動喊停

如果電視或大人的談話讓你不舒服，你可以請他們關掉，或離開現場去看卡通。



### 🌬️ 練習數數字深呼吸

覺得心跳很快時，先在慢慢數數字，重複幾次讓身體靜下來。



### 👁️ 關注當下

告訴自己：「我現在很安全」。  
看看四周，數一數房間裡有幾種顏色的東西，把注意力拉回現在安全的環境裡。





# A Guide to Protecting Children in Response to the Fire News

Be accepting of different emotions. Reassure safety. We are in this together.

## Part 1: Supportive actions parents can take



### Accept and validate emotions

- Comfort your child and reassure them that it's okay to feel scared, sad, or anxious. Validate their emotions by saying "these feelings are normal" and that adults can feel the same way too.
- Avoid dismissing their fear with phrases like "Don't be afraid". Instead, use an empathic response such as, "I can tell this is making you anxious".



### Limit access to media information

- Children can choose not to watch the news. Limit the amount of information you share and avoid repeatedly displaying images of the event.
- Avoid having intense discussions about the event in front of children. Use age-appropriate language to share accurate information.



### Maintain routines

- Stick to their usual routine (meals, sleep and play). Routines can provide children with a sense of safety. During and after a worrying event, maintaining these routines helps signal that life is continuing as usual.



### Highlight front-line responders and hope

- Tell children that many brave people (firefighters and healthcare workers) are working hard to help.
- Reassure the child that those affected are being cared for, and shift their focus to the rescue efforts.



### Offer support and care

- Provide physical comfort and listen with patients.
- Some children may find it hard to express their emotions. Stay by their side to help reduce their anxiety.



## Part 2: Supportive phrases for parents

When you're unsure how to start the discussion or provide comfort, try the following sentence starters:

### Conversation starters:



... Regarding the news about the fire, are there any feelings you would like to share?

... When I saw the news, I felt sad and worried. How about you – what are you feeling?



### Provide assurance and comfort:



♥ It is okay to feel scared; this is a frightening situation. I am here with you.

♥ If you need to cry or talk about it, you're welcome to come to me anytime.



### Build a sense of safety:



🏠 Take a look at our home; it's safe here now. We will always protect you.

🚒 Even though something bad has happened, there are many brave firefighters and doctors helping.



## Part 3: Things that children can do to feel safe and protected



### Use words to express themselves

- Tell a trusted adult (parents or teacher): "I'm scared" or "I feel sad". Saying it out loud can make you feel a bit better.



### Creative expression

- Draw a picture, write a card to those who have been affected by the event, or draw what is making you feel scared.



### Find a comforting object

- Hug a favourite toy or small blanket, or go to a place that feels safe (create a "safety corner").



### Voice out your discomfort

- If the TV or an adult conversation makes you feel uncomfortable, you can ask them to turn it off or leave the room to watch cartoons.



### Practice deep breathing (while counting)

- When your heart is racing, slowly do some counting and repeat the process to calm your body and mind



### Focus on the present

- Tell yourself: "I am safe right now".
- Look around and count the different colours you can see in the room, then bring your attention back to the safe environment you are in.

