



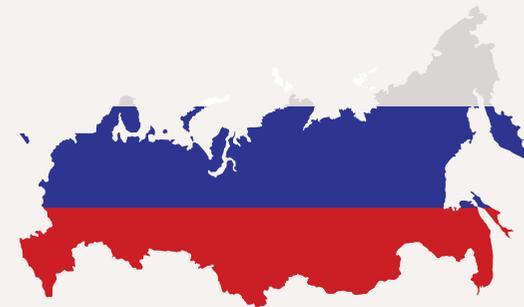
Why Do You Should Stay in the Shelter





UKRAINE

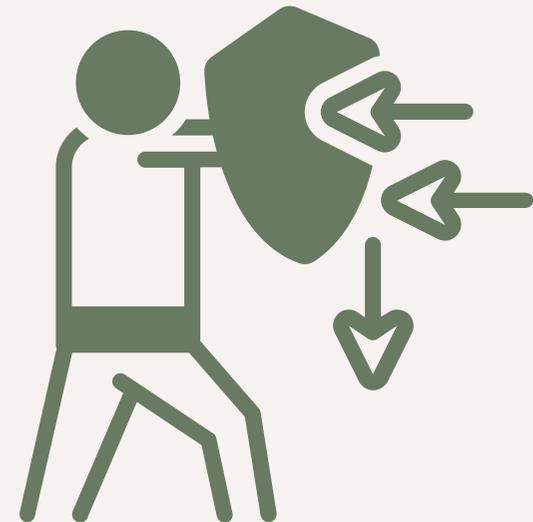
**We live in Ukraine.
We love our country
and our home. We feel
good at home.**



**But February 24 another
country
Russia attacked us. The
war began in our country**



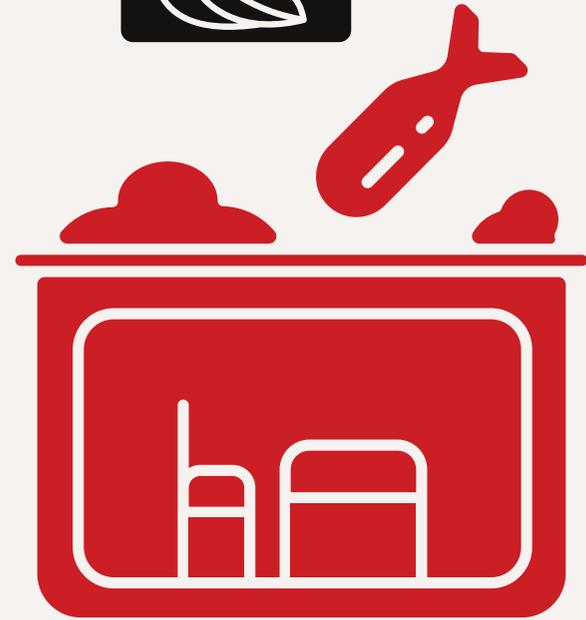
Russia uses tanks and military aviation. They launch rockets and drop bombs on our cities



We are protected by our army. It repels the blows of enemies and warns us in advance of danger. That's why the sirens sound



When the siren sounds, we must go to the shelter. It can be dark, sad, cramped, noisy because of people. It can be cold, smell bad. Might be boring



Everyone wants to get out from the shelter as soon as possible, but it is important to stay inside: at this time there is a danger of bombs. Our army reflects the blow and shoots down missiles



In the war time it is important to follow safety rules. Therefore, we remain in the shelter until the signal of air alarm is received - by phone or by radio. Whether it is safe to go out is always decided by adults, so do not rush to go out. You might feel bad in the shelter. But it's important to stay inside with loved ones and other adults.



If the shelter is noisy and different sounds disturb you - try to help yourself:

- 1. open your mouth wide pretend to chew - move your jaw**
- 2. use your headphones**
- 3. cover your ears with your hands**



If it's too crowded for you or there are sources of unpleasant light, you can:

- 1. cover yourself with a scarf or blanket**
 - 2. put on a hood and hide**
 - 3. take a seat in the corner and turn your back on everyone**
- Also ask an adult for help**



If you are anxious, try to occupy yourself. You can walk, but try not to walk in circles around other people - it can be annoying. Squats and push-ups can help too

Right way of breathing also helps to calm down. Try to close your eyes, sit down and lean on something with your back and breathe. Inhale for 3 counts. Exhale for 6 counts. Or 4 by 4. With a delay before inhalation and exhalation



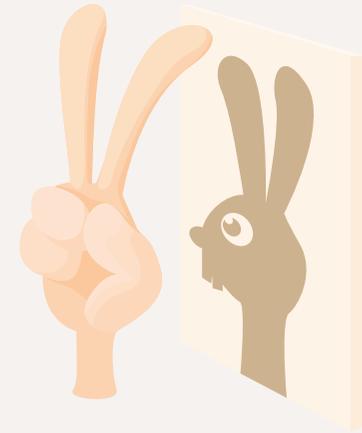
ROCK



PAPER



SCISSORS



You can also play in something with your parents or other people. For example, rock-paper-scissors. Or a word game



If the shelter is dark and there is a source of side light, you can try to arrange a finger shadow theater on the wall



Even games can get boring during the stay in the shelter, but safety comes first. So it's important to wait and stay inside



Once the air raid is over, you can go home and do what you love



In the meantime, it is important to stay in the shelter so that our army repels an air strike and no one gets hurt



**The war will end soon.
And we will no longer need to hide in the shelter.
We can walk, go to school and not be afraid**