

What can I do when facing unfortunate events?



I saw in the news/on the internet that there was a fire in a certain area.



Many people's homes have been burned to ashes, and toys, clothes, shoes, socks, backpacks, and books are all gone.



Those who couldn't escape, along with their pets,  
have become angels, leaving us behind.





I feel very scared/worried/sad. It's completely normal to have different emotions."

You could also add other emotions, like:



I can cry and talk to my dad/mom/teacher/friend  
about how I feel.

I think it's important to share my thoughts.



I can take a moment to pause and take five deep breaths.  
I should avoid watching too many related reports  
and focus on taking care of myself first.



I can talk with my dad/mom/teacher/friend.  
I can hug someone or a stuffed animal,  
and I can draw, listen to music,  
or go for a run.





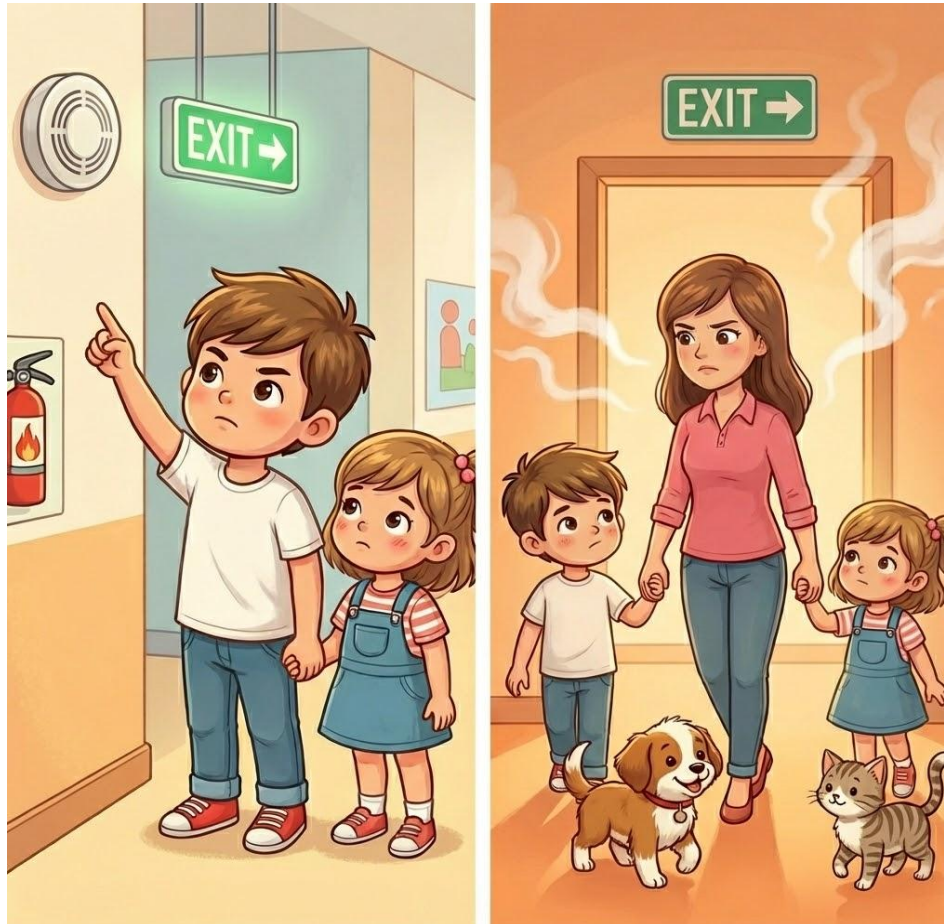
I can send blessings to the affected people and pets, such as drawing and praying for them.



I'm also very scared that I might experience a fire. I'm afraid of losing my family, toys, backpacks, and clothes. It turns out that other people might have these thoughts too.



I can stay alert in my daily life.  
If I unfortunately encounter a fire,  
I will try to stay calm, hold onto an adult,  
and follow their instructions.





I will learn to feel my emotions and use effective methods to relieve them. I will cherish the time spent with my family, friends, and pets. I am a child who loves myself and others.





# Creator's musings

The tragic fire at Wang Fuk Court in Tai Po leaves us speechless with heartache. People of different age groups may experience various emotional reactions, and I am no exception. In this moment, as a speech therapist, I try to transform sadness into strength and blessings to respond to societal needs.

Thanks to the feedback and encouragement from mentors and colleagues, I have created "What Can I Do When Facing Unfortunate Events?" following my previous work, "I Need to Temporarily Move Out" (for children affected by the fire). This new piece aims to help young children and school-aged kids manage their emotions and find their place.

I encourage organizations, schools, churches, colleagues, and the public to share or republish this story through various channels so that more families in need can receive support. I apologize for any shortcomings due to the rushed preparation time. If necessary, colleagues are welcome to translate this into applicable languages to support the needs of minority groups.

The fire at Wang Fuk Court is not just a concern for those living there; it is an issue for all Hong Kong residents. Let us each do what we can in our respective roles.

Please take good care of your physical, emotional, and spiritual needs. Be aware of your emotions, live in the moment, and let's encourage one another.

May God bless Hong Kong.

Speech therapist Ms Meow

29.11.2025

*A big thank you to my colleagues, Miss Wong and Miss Cheung, and my husband for their feedback and assistance with proofreading. It's wonderful to have you all! 😊*