

When Things Feel Uncertain

An Amana Social Story

Dr. Asmahan Saleh-Khalil






WELCOME!

Sometimes the world around us changes.
Routines may shift, schools may move online, and adults may talk about events happening in the country.

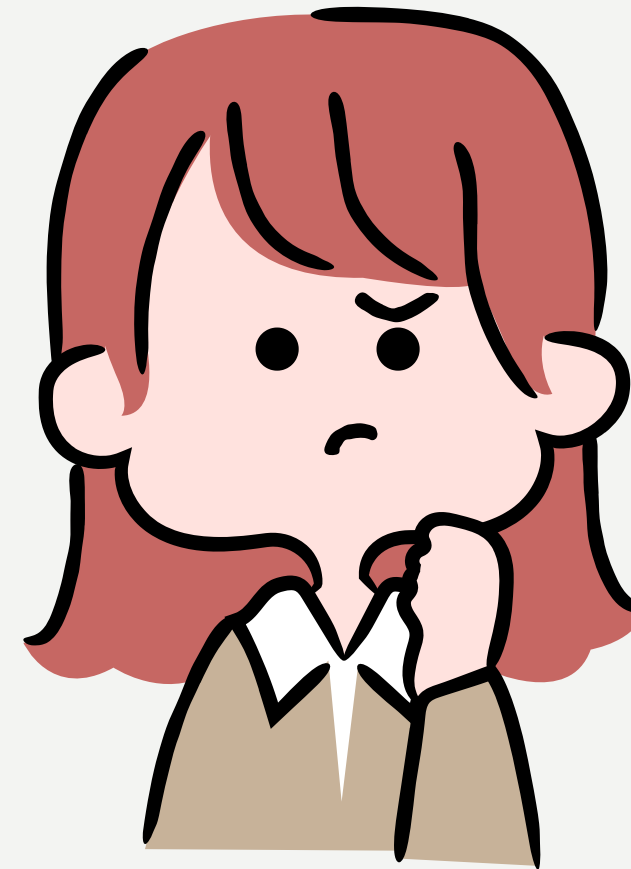
When this happens, it is normal to have questions or to feel unsure. This story was created to help explain what is happening in a clear and calm way.

It will also remind us of something very important:
Even when things around us change, we are not alone.
The adults around us are paying attention, making decisions, and working to keep everyone safe.

In our family, we talk, we ask questions, and we support each other. This story is part of our shared commitment to care, responsibility, and trust.



You may have noticed that some things are different right now.



School may be happening from home.

Some places may be closed.

Adults may be talking more about the news.

Changes like this can happen sometimes in different countries.



Sometimes leaders and governments make decisions to help keep people safe.



These decisions may change
how daily life works for a little
while.

These changes are meant to
help communities stay
organized and protected.



When routines change, people can have many feelings.

Some people feel curious.

Some feel worried.

Some feel annoyed or frustrated.

All of these feelings are normal.



Even when some things change, many things stay the same.

You still have your home.
You still have people who care about you.
You still have your routines, interests, and activities.



Adults pay attention to the bigger situation.

They listen to information, make plans, and help keep families safe.

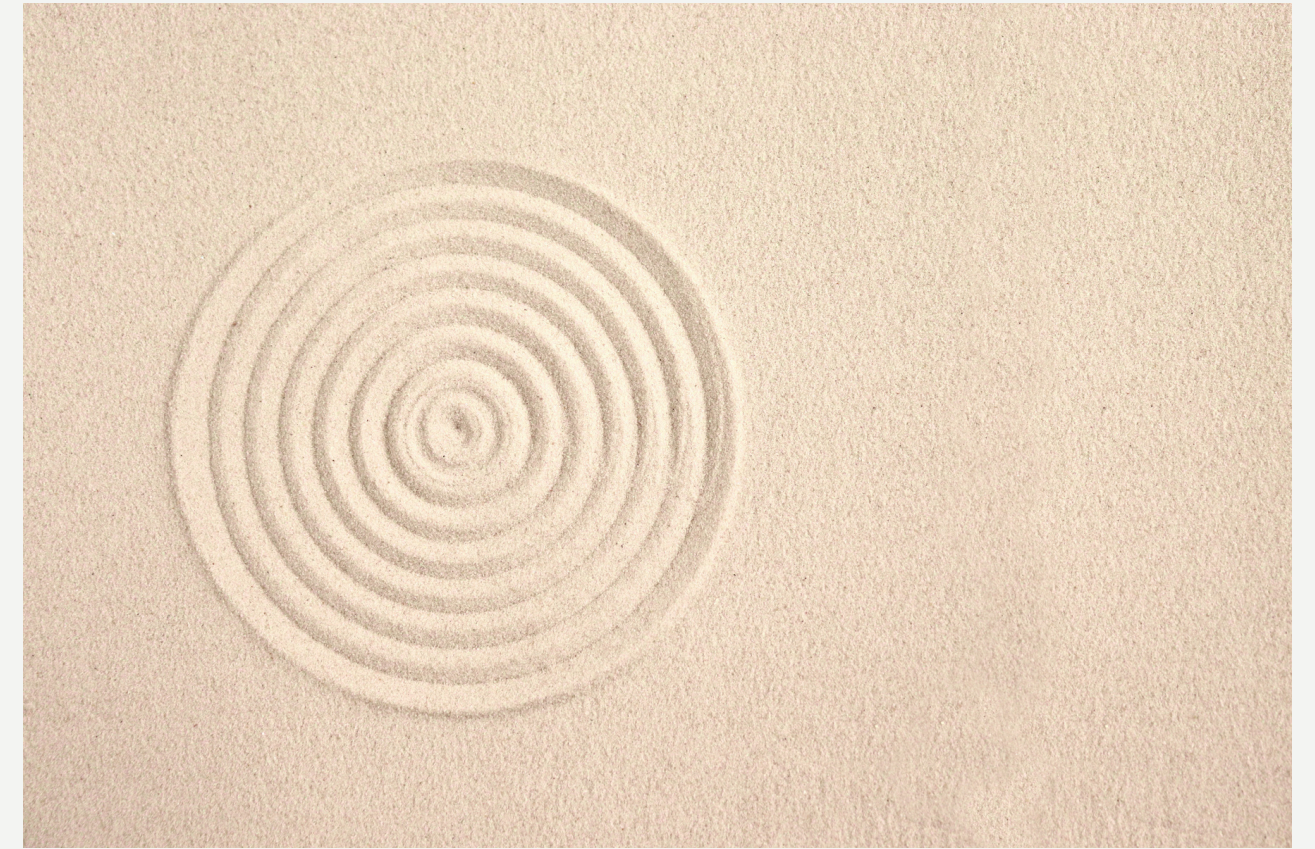
You do not have to solve these problems.

That is the responsibility of adults.



Some things are outside our control.

But there are many things we can control.



You can control:

how you spend your time

how you speak to others

how you take care of your body

asking questions when you need help



If feelings become big or uncomfortable,
there are things that can help.

You can:
talk to a trusted adult
take a break from the news
move your body
take slow breaths
do an activity you enjoy



Life sometimes brings moments of uncertainty.
But people also bring care, wisdom, and responsibility.
In our home we practice trust, protection, and responsibility for one another.
We ask questions.
We support each other.
We take things one day at a time.





PARENTS' REFLECTION

Moments of uncertainty can be difficult not only for children, but for the adults who care for them.

Children often take their emotional cues from the adults around them. When we slow down, speak calmly, and create space for questions, we help them feel steadier even when the world feels unpredictable.

You do not need to have all the answers. What children need most is the sense that there is a thoughtful adult beside them who is listening, guiding, and helping them make sense of what they notice.

This story can be revisited whenever your child needs it. Some children may want to read it once, others may return to it many times. Both are normal.

You may also wish to pause at different pages and ask:

- What did you notice changing recently?
- What questions do you have?
- What helps you feel calm when things feel uncertain?

These conversations help children build understanding, emotional safety, and trust.



INTRODUCTION TO AMANA

This guide is shared as part of the Amana initiative.

Amana is a child safeguarding and awareness effort dedicated to helping families, educators, and communities create safer environments for children. It focuses on strengthening communication, building awareness, and equipping adults and children with the knowledge and language they need to navigate the world with greater confidence and protection.

The word Amana comes from Arabic and refers to a trust that is placed in our care. When it comes to children, this trust reminds us of our shared responsibility to guide, protect, and support them with clarity, honesty, and compassion.

Resources like this one are created to help adults and children talk about difficult or confusing situations in ways that feel calm, respectful, and developmentally appropriate.

THANK YOU!

One conversation at a time, we
strengthen that trust.

Amana Movement

Safeguarding through awareness,
connection, and responsibility.

www.amana-movement.com

