

How to talk about war. Supporting volunteers in times of crisis

Talk about war

[How to Talk with Children About the Conflict in Ukraine](#) via [savethechildren.org](https://www.savethechildren.org)

[Teachers can offer a safe space for students to talk about the war in Ukraine and help them take action](#) via [theconversation.com](https://www.theconversation.com)

[How to talk about war. Facilitating learning in the face of crisis](#) by Dagna Gmitrowicz, Marta Brzezińska-Hubert, Michael Kimmig

Individual support / crisis intervention

[How to recognize signs of distress in children.](#) Common reactions to stress in children. via [unicef.org](https://www.unicef.org)

[Look – Listen – Link. Psychological First Aid.](#) BlogPost by Michael Kimmig

[Psychological first aid:](#) Guide for field workers by World Health Organization, War Trauma Foundation and World Vision International, 2011

Working with emotions

[Five Steps of EmotionAid.](#) Practical toolkit for managing emotions and reactions during times of crisis (in English, French, German, Hebrew, Arabic, Polish, Chinese, Farsi, Turkish, Russian, Spanish, Italian). via [emotionaid.com](https://www.emotionaid.com)

[Atlas of the Heart. List of Emotions.](#) 87 emotions and experiences that define what it means to be human (pdf-dwonload); Atlas of the Heart by Brene Brown

[256 Cards of feelings and needs](#) - Cards of feelings and needs in four different painting styles by ARTE EGO Foundation in Poland and GrenzKultur / Cabuwazi in Germany

Self-care and well-being

[Well-being of ESC volunteers and coordinators](#) by Marta Brzezińska-Hubert [padlet]

Ideas for small actions

[Real ways you can help Ukraine as a foreigner](#) via supportukrainenow.org

[28 Meaningful Ways You Can Help](#) Ukraine via [globalcitizen.org](https://www.globalcitizen.org)

More resources

[Crisis Intervention Resources.](#) Supporting volunteers and volunteering organisations via Mentoring under Construction [padlet]

Last visited: 05.06.2022