

## Listening & Fill in the Blanks

### Instructions

Listen to the article and complete the blanks with **ONE** or **TWO** words.

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### Children Living Through War: Trauma, Recovery and Resilience

War is (1) \_\_\_\_\_, especially when we talk about children. The (2) \_\_\_\_\_ figures show that millions of children around the world are living in (3) \_\_\_\_\_ and (4) \_\_\_\_\_. War can (5) \_\_\_\_\_ children in many different ways, and its (6) \_\_\_\_\_ can continue long after the fighting has stopped.

Children who live through war may experience violence, (7) \_\_\_\_\_, and the loss of their homes or loved ones. These experiences can cause (8) \_\_\_\_\_ and may lead some children to (9) \_\_\_\_\_ mental health problems such as post-traumatic stress disorder, or PTSD. PTSD (10) \_\_\_\_\_ post-traumatic stress disorder.

Trauma does not only come from war. Children can also experience difficult situations at home, such as living with (11) \_\_\_\_\_ or growing up in an unsafe environment. When children feel that they are constantly (12) \_\_\_\_\_, they may become (13) \_\_\_\_\_. In other words, they are always watching and listening carefully for signs of danger. They may feel (14) \_\_\_\_\_ even when they are actually safe.

The (15) \_\_\_\_\_ of trauma can last for many years. Researchers (16) \_\_\_\_\_ different ways to help people (17) \_\_\_\_\_ trauma, but they are (18) \_\_\_\_\_ about one important point: it is difficult to (19) \_\_\_\_\_ trauma if the danger is still continuing.

There is a (20) \_\_\_\_\_ that focuses on helping children slowly (21) \_\_\_\_\_ their fears. This does not mean asking them to face violence or a (22) \_\_\_\_\_ again. Instead, they can begin with small and simple challenges. For example, a child who was (23) \_\_\_\_\_ terrified during the war might have learned to sleep next to a parent every night. Later, they may slowly learn to (24) \_\_\_\_\_ again.

For some children, this can be much harder than it sounds. A child who has experienced trauma may have (25) \_\_\_\_\_ and find it difficult to sleep without someone nearby. A nightmare is a frightening dream, but the word can also describe a very difficult or (26) \_\_\_\_\_ experience.

Parents, teachers, and other adults can (27) \_\_\_\_\_ children to talk about their feelings and experiences. They can also provide a safe and supportive environment. (28) \_\_\_\_\_ support and professional help can give children the (29) \_\_\_\_\_ to feel safe again and begin their (30) \_\_\_\_\_ trauma.

(31) \_\_\_\_\_ everything they may have experienced, children can be incredibly strong. The (32) \_\_\_\_\_ can be (33) \_\_\_\_\_. Being resilient means being able to recover and move forward after something difficult has happened.

Of course, recovery takes time, and every child is different. Some children may need a lot of support and may continue to struggle with their trauma. However, with safety, care, and the right (34) \_\_\_\_\_, many children can gradually rebuild their lives.

The story of children living through war is therefore not only a story about (35) \_\_\_\_\_, death, and trauma. It is also a story about hope, recovery, and the strength of the human spirit. (36) \_\_\_\_\_ terrible experiences, children can be (37) \_\_\_\_\_ when they are given the safety, support, and opportunity they need to heal.