Listening & Fill in the Blanks

Instructions

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

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.

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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.

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