



## about **FLASHBACKS** for kids

A 'flashback' means when your brain "**flashes**" you pictures, sounds or other reminders of something that happened **back** in the past. These flashes can be about both nice memories you like and unpleasant memories you don't like. In some cases when something bad, sad or scary has happened a "flashback" can make you feel like the bad, sad or scary thing is happening again or just like it felt the first time. Flashbacks can be like the little 'pop-up' pictures that can happen when you or a grown-up is on the computer.

Flashbacks can be:

- Visual: Seeing pictures in your mind) Like when Dory in "Finding Nemo" has pictures flash in her brain of the divers mask for "P. Sherman in Sydney"
- auditory: A fancy word for when your brain flashes voices or other sounds that remind you of things. Like in Lion King when Simba hears his father Mufasa's voice talking to him.
- Kinesthetic: A fancy word for feeling body sensations, a little bit like when Spiderman's 'spider sense' starts tingling
- Olfactory: A fancy word for when a smell reminds you of something else, how about right now can you think about the smell of a box of Crayons? What does that remind you of?
- Taste: Sometimes certain tastes can make our brains remember things, how about the taste of sour milk, or the taste of hot cocoa? Can you remember those tastes? Does either of those tastes remind you of anything?
- Emotional: Sometimes feeling certain emotions can make your brain remind you of times when you felt those feelings, for example did you ever have a time when you were lost or could not find your mom or dad, like in a store –what was that feeling like?

Like when a camera takes a flash picture of something, flashbacks can be like little sparks of memory in your brain that can be caused by lots of different things around you and bring back a picture memory in your mind all by themselves without you even trying. Besides the pictures something you smell, touch, taste, hear or feel might also make a flashback in our brain about something that happened in the past. This is like in the movie Toy

Story when Woody looks at Andy's name written on the bottom of his boot and remembers all the fun times they had together, Andy's name sparked a flashback

Let's write down some examples of pleasant flashbacks you might have had. (Example: A song may make your brain remember a time in school or church. The smell of cookies baking may remind you of images of your grandmother.)

Write some examples of positive flashbacks below

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Flashbacks can also be clues to things in the past that we may not remember very well, or even are trying to forget. Sometimes being reminded of past things like a sad or scary thing, is not a fun feeling that we like. But the good news is that we can learn and practice ways to take care of those 'pop-up' reminders so that they don't bother us so much! Everyone has pop-up reminders of some kind, they are normal and it does not mean anything is wrong with us if we have them. These flashbacks may make you feel that you are not in charge of what your brain is doing. But flashbacks can be a way our brain tells us that there is something about our past that we may need help with, if so, that is something your counselor can talk to you more about and help you with ways to