

# DISASTER EDUCATION: & COPING RESOURCES

# BLIZZARD

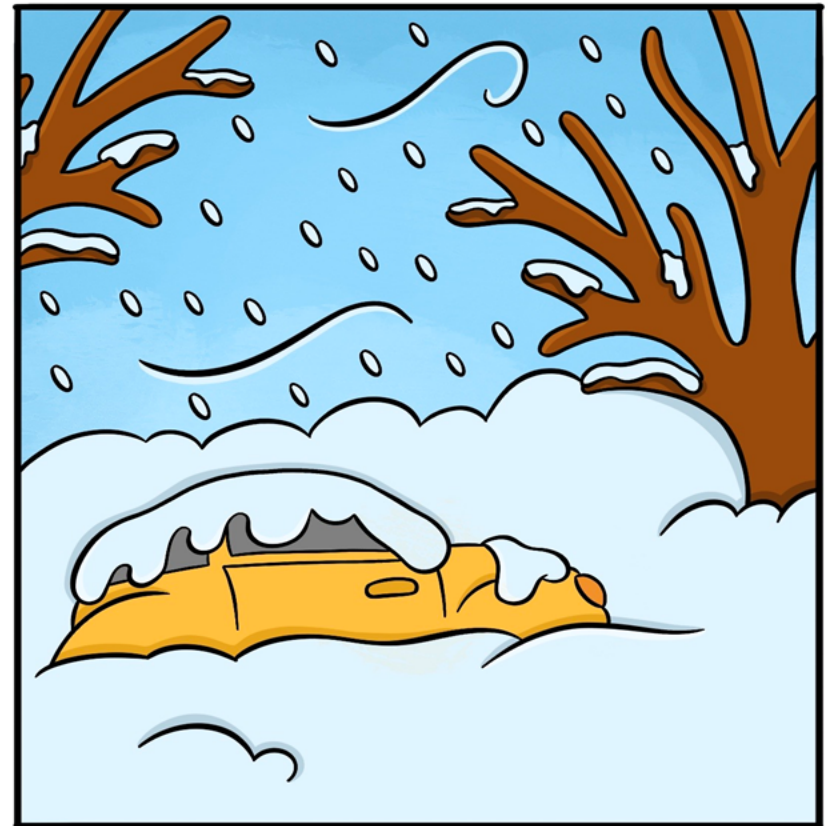
GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/  
COPING

COPING



BLIZZARD

ELEMENTARY LEVEL

# GAIN KNOWLEDGE: HOW A BLIZZARD FORMS, HOW TO MEASURE, & WEATHER CLUES



## DISASTER EDUCATION: BLIZZARD

→ GAIN KNOWLEDGE

### HOW A BLIZZARD FORMS

**COLD & WARM AIR MEET**

A MASS OF COLD, DENSE AIR FROM THE NORTH MEETS WARM, MOIST AIR FROM THE SOUTH.

**WARM AIR RISES**

THE WARM, MOIST AIR IS FORCED TO RISE OVER THE DENSER COLD AIR. AS IT RISES, IT COOLS.

**MOISTURE TURNS INTO CLOUDS**

THE RISING AIR COOLS, AND THE MOISTURE CONDENSES, FORMING CLOUDS AND PRECIPITATION.

**SNOW GROWS AND BECOMES HEAVY**

WATER DROPLETS IN THE CLOUDS FREEZE INTO ICE CRYSTALS THEY STICK TOGETHER, GROW LARGER, AND FALL AS SNOW.

**STRONG WINDS DEVELOP**

A STRONG, LOW-PRESSURE SYSTEM CREATES POWERFUL WINDS THAT BLOW THE SNOW AND REDUCE VISIBILITY.

**BLIZZARD CONDITIONS OCCUR**

WHEN HEAVY SNOW, STRONG WINDS, AND LOW VISIBILITY LAST FOR SEVERAL HOURS, IT IS CONSIDERED A BLIZZARD.

## BLIZZARD WEATHER CLUES ACTIVITY

CUT AND PASTE THE IMAGES ON THE NEXT PAGE AND GLUE THEM TO THE SPOTS BELOW IF THEY ARE WEATHER CLUES OR NOT OF A BLIZZARD.

SNOWFALL

DARK CLOUDS

CALM SKIES

WEATHER ALERTS

WHITOUT (LOW VISIBILITY)

SINKHOLES

TEMPERATURE GAUGES

THUNDERCLOUDS

EXTREME HEAT

## DISASTER EDUCATION: BLIZZARD

→ GAIN KNOWLEDGE

### HOW TO MEASURE A BLIZZARD

A BLIZZARD ISN'T MEASURED BY JUST HOW MUCH SNOW FALLS; IT'S MEASURED USING SPECIFIC WEATHER CONDITIONS. METEOROLOGISTS LOOK AT THREE MAIN THINGS: WIND SPEED (35MPH OR HIGHER), VISIBILITY VERY LOW (1/4 A MILE OR LESS), AND DURATION (3 HOURS OR LONGER).

**SNOWSTORM**

LIGHT SNOW AND WIND UNDER 20MPH. GOOD VISIBILITY (LESS THAN 1/2 MILE), SHORT DURATION. MINOR DISRUPTIONS, PRIMARILY TO THOSE WHO WERE NOT PREPARED. MINIMAL RECOVERY TIME NEEDED.

**WINDY SNOWSTORM**

20-34 MPH WINDS, REDUCED VISIBILITY (1/4-1/2 MILE), MAY LAST UP TO 3 HOURS. SNOW AND WIND MAKE IT HARDER TO SEE. PERHAPS A DAY OR TWO OF RECOVERY TIME FOR SNOW/ICE ACCUMULATION EVENTS.

**BLIZZARD**

35+ MPH WINDS, VERY LOW VISIBILITY (1/4 MILE OR LESS), LASTING 3 HOURS OR MORE. STRONG WINDS AND VERY LOW VISIBILITY MAKE TRAVEL DANGEROUS. SIGNIFICANT IMPACTS, SEVERAL DAYS RECOVERY TIME FOR SNOW AND/OR ICE ACCUMULATION.

**SEVERE BLIZZARD**

45+ MPH WINDS, NEAR ZERO VISIBILITY, LASTING 3 OR MORE HOURS. EXTREME WINDS AND LIFE-THREATENING CONDITIONS. WIDESPREAD SEVERE IMPACTS. MANY DAYS TO AT LEAST A WEEK OF RECOVERY NEEDED FOR SNOW AND/OR ICE ACCUMULATION.

# EIGHT

# ACTIVITIES

## DISASTER EDUCATION: BLIZZARD

→ AFTERMATH / COPING

### AFTER THE BLIZZARD: BUILDING HOPE

ONE THING I'M LOOKING FORWARD TO IS...

Type here.

SOMETHING GOOD THAT HAPPENED TODAY WAS...

Type here.

A HELPER I CAN COUNT ON IS...

Type here.

POWERPOINT & DIGITAL VERSION

STRESS ASSESSMENT

## DISASTER EDUCATION: BLIZZARD

### STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
1. DO YOU GET SCARED, AFRAID OR UPSET WHEN YOU THINK ABOUT THE BLIZZARD?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT THE BLIZZARD?			
3. DO THOUGHTS ABOUT THE BLIZZARD COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE BLIZZARD OR HAVE TROUBLE SLEEPING?			

# BE PREPARED: BLIZZARD PREPARATION & SUPPLIES



## DISASTER EDUCATION: BLIZZARD

BE PREPARED

### BLIZZARD PREPARATION

**BEFORE A BLIZZARD**

- MAKE A SAFETY PLAN
- GATHER EMERGENCY SUPPLIES
- CHARGE PHONES AND DEVICES
- BRING PETS INSIDE

**DURING A BLIZZARD**

- STAY INSIDE AND OFF THE ROADS
- DRESS IN WARM LAYERS
- LISTEN FOR EMERGENCY UPDATES
- IF YOU LOSE HEAT STAY IN ONE ROOM

**AFTER A BLIZZARD**

- CHECK ON FAMILY AND NEIGHBORS
- STAY AWAY FROM DOWNED POWERLINES
- BE CAREFUL WALKING OR DRIVING—WATCH FOR ICE
- HELP OTHERS IF YOU CAN

## PERFECT LESSON FOR AN UPCOMING STORM

## BLIZZARD SUPPLIES CHECKLIST

- WATER & FOOD**
  - BOTTLED WATER (AT LEAST A FEW DAYS' SUPPLY)
  - NON-PERISHABLE FOOD (CANNED GOODS, SNACKS)
  - MANUAL CAN OPENER
  - BABY SUPPLIES
  - PET FOOD
- LIGHT & POWER**
  - FLASHLIGHTS
  - EXTRA BATTERIES
  - BATTERY-POWERED LANTERN
  - PORTABLE PHONE CHARGER
  - PORTABLE HEATER
- HEALTH & FIRST AID**
  - FIRST AID KIT
  - ANY NEEDED MEDICINES
  - HAND SANITIZER
  - WET WIPES
- SAFETY & COMMUNICATION**
  - BATTERY-POWERED RADIO
  - CELL PHONE WITH EMERGENCY ALERTS TURNED ON

## COPING TIPS FOR PARENTS

EXPERIENCING A BLIZZARD CAN BE FRIGHTENING FOR CHILDREN AND FAMILIES. HERE ARE SOME SIMPLE WAYS TO SUPPORT YOUR CHILD AS THEY COPE WITH THE AFTERMATH.

- SUPPORTING YOUR CHILD EMOTIONALLY**
  - LISTEN AND REASSURE - ALLOW YOUR CHILD TO SHARE FEELINGS AND REMIND THEM THEY ARE SAFE.
  - MAINTAIN ROUTINES - KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT.
  - ENCOURAGE EXPRESSION - LET CHILDREN DRAW, PLAY, OR TELL STORIES TO PROCESS FEELINGS.
- COPING STRATEGIES TO PRACTICE TOGETHER**
  - BREATHING - TRY SMELL THE FLOWER, BLOW OUT THE CANDLE TOGETHER.
  - GROUNDING - NOISE 5 THINGS TO SEE, 4 TO TOUCH, 3 TO HEAR, 2 TO SMELL, 1 TO TASTE.
  - POSITIVE AFFIRMATIONS - REPEAT CALMING WORDS LIKE 'I AM SAFE' AND 'I AM STRONG.'
- WHEN TO SEEK EXTRA SUPPORT**
  - FREQUENT NIGHTMARES OR TROUBLE SLEEPING.
  - ONGOING FEAR, CLINGINESS, OR WITHDRAWAL.
  - FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES.

## DISASTER EDUCATION: BLIZZARD

BE PREPARED

### BLIZZARD PREPARATION: ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE BLIZZARD FACT IS TRUE

- True**: BEFORE A BLIZZARD, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO.
- False**: THERE IS NO NEED TO CHARGE DEVICES IN PREPARATION FOR A BLIZZARD.
- False**: DURING A BLIZZARD, YOU SHOULD LEAVE YOUR PETS OUTSIDE.
- True**: DURING A BLIZZARD, YOU SHOULD STAY IN YOUR SAFE PLACE (SHELTER HOME).

## DISASTER EDUCATION: BLIZZARD

BE PREPARED

### BLIZZARD PREPARATION: PACK THE EMERGENCY KIT

CIRCLE THE ITEMS THAT BELONG IN THE EMERGENCY KIT AND PUT AN X ON THE ONES THAT DO NOT BELONG IN AN EMERGENCY KIT.

## INCLUDES COPING TIPS FOR PARENTS

# AFTERMATH/COPING: PROCESSING, FEELINGS/COPING SKILLS, LOOK FOR THE HELPERS



## BLIZZARD FEELINGS

DURING A BLIZZARD, OUR FEELINGS CAN SWIRL LIKE THE SNOW. THEY MIGHT FEEL BIG AT FIRST—SCARY OR CONFUSING. BUT WHEN WE USE CALMING STRATEGIES, OUR FEELINGS CAN SLOWLY SETTLE AND FEEL EASIER TO HANDLE.

**Anger**  
**Fear**  
**Sadness**  
**Worry**

## COPING SKILLS

**DEEP BREATHING**  
**USE SAFE TALK**  
**HOLD A COMFORT ITEM**  
**USE GROUNDING**  
**MOVE YOUR BODY**  
**TALK TO A HELPER**  
**SMILE**  
**WRITE**

## BREATHING EXERCISES

**Blizzard Spiral Breathing**  
TRACE A SPIRAL INWARD WITH YOUR FINGER. BREATHE IN SLOWLY AS YOU MOVE TOWARD THE CENTER. PAUSE AT THE MIDDLE. TRACE BACK OUT. BREATHE OUT SLOWLY AS YOU MOVE OUTWARD. THINK: "THE STORM IS CALMING... I AM CALM."

**Snowstorm Blow Breathing**  
TAKE A DEEP BREATH IN THROUGH YOUR NOSE. BLOW OUT SLOWLY LIKE YOU'RE BLOWING SNOWFLAKES ACROSS THE SKY. TRY TO MAKE YOUR BREATH LONG AND STEADY. THINK: "I CAN BLOW MY WORRIES AWAY."

**Snowman Stack Breathing**  
IMAGINE BUILDING A SNOWMAN WITH 3 SNOWBALLS. BREATHE IN AND MAKE A BIG BELLY (BOTTOM SNOWBALL). BREATHE IN A LITTLE MORE (MIDDLE SNOWBALL). BREATHE IN A TINY BIT MORE (HEAD). THEN SLOWLY BREATHE OUT AND "MELT THE SNOWMAN"

**Warm Hands Breathing**  
WARM YOUR HANDS LIKE YOU'RE WARMING THEM IN THE SUN. BREATHE IN THROUGH YOUR NOSE. BREATHE OUT THROUGH YOUR MOUTH. FEEL THE WARMTH.

## RIDE THE BLIZZARD

### Calm Breathing

Follow the spiral with your finger. Breathe in slowly as you trace the spiral inward. Breathe out slowly as you trace the spiral outward.

START

## GRATEFUL AFTER THE BLIZZARD

I AM THANKFUL FOR...

Things I am Thankful For:

## Thank You, Helpers!

Thank you for \_\_\_\_\_

You help our community by \_\_\_\_\_

You are important because \_\_\_\_\_

Draw a picture of the community helper: