

# DISASTER EDUCATION: & COPING RESOURCES

# BLIZZARD

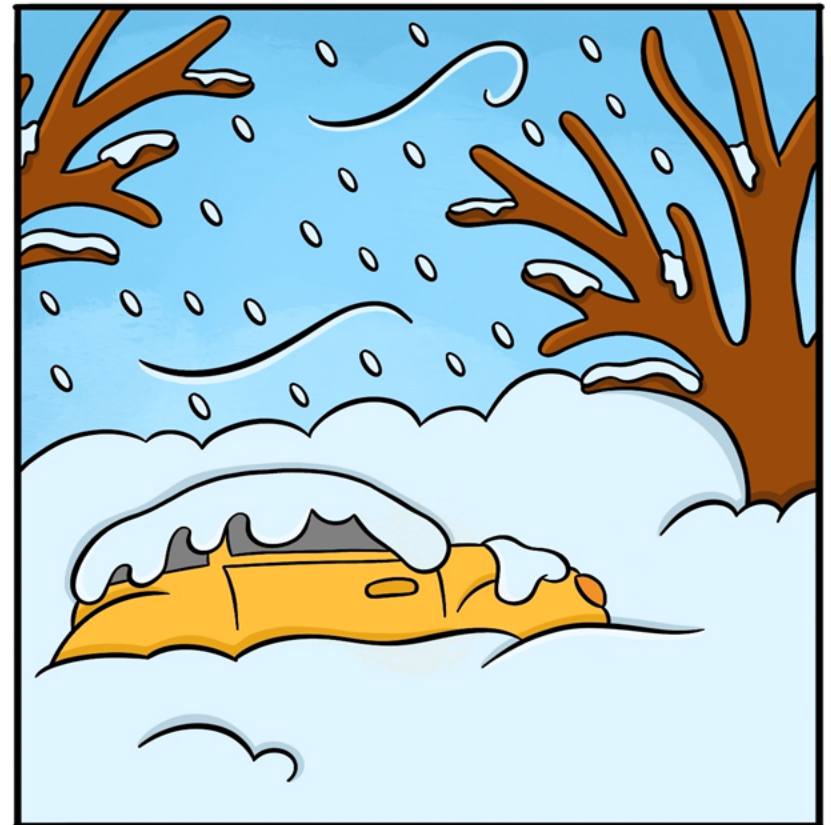
GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/  
COPING

COPING



BLIZZARD

ELEMENTARY LEVEL

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

## DISASTER EDUCATION: BLIZZARD

→ GAIN KNOWLEDGE

### BLIZZARD WEATHER CLUES

READ THE SCENARIOS AND WRITE THE WEATHER CLUES IN THE BOX.

**WEATHER CLUES OF A POSSIBLE BLIZZARD**

MAYA PULLED HER HOOD TIGHTER AS THE WIND HOWLED LOUDER. SNOW WAS BLOWING SIDWAYS, AND SHE COULD BARELY SEE THE END OF THE STREET ANYMORE.

JORDAN CHECKED HIS PHONE AND SAW A WEATHER ALERT WARNING OF HEAVY SNOW AND STRONG WINDS. OUTSIDE, THE SKY HAD TURNED A DULL GRAY, AND SNOW WAS STARTING TO PILE UP QUICKLY.

LIAM NOTICED THE TEMPERATURE HAD DROPPED FAST DURING THE AFTERNOON. BY EVENING, THICK SNOW WAS FALLING NONSTOP, AND THE ROADS WERE ALREADY BECOMING HARD TO SEE.

## DISASTER EDUCATION: BLIZZARD

→ GAIN KNOWLEDGE

### HOW TO MEASURE A BLIZZARD

A BLIZZARD ISNT MEASURED BY JUST HOW MUCH SNOW FALLS; ITS 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/OR 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

## 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 DONT WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE BLIZZARD OR HAVE TROUBLE SLEEPING?			

STRESS ASSESSMENT

# BE PREPARED: BLIZZARD PREPARATION & DRILL PRACTICE



## 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  
AREA PRONE TO  
BLIZZARDS

## 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 DRAID, 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 AND CIRCLE IF THE BLIZZARD FACT IS TRUE OR FALSE.

BEFORE A BLIZZARD, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?

THERE IS NO NEED TO CHARGE DEVICES IN PREPARATION FOR A BLIZZARD. TRUE OR FALSE?

A BLIZZARD KIT SHOULD INCLUDE BATTERIES AND WATER. TRUE OR FALSE?

DURING A BLIZZARD, YOU SHOULD LEAVE YOUR PETS OUTSIDE. TRUE OR FALSE?

DURING A BLIZZARD, YOU SHOULD SEEK SHELTER VERY QUICKLY. TRUE OR FALSE?

DURING A BLIZZARD, YOU SHOULD STAY IN YOUR SAFE PLACE (SHELTER OR HOME). TRUE OR FALSE?

DURING A BLIZZARD, YOU SHOULD STAY IN ONE ROOM TO CONSERVE HEAT. TRUE OR FALSE?

## THE BLIZZARD WARNING

PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY (CUT THEM OUT BELOW). HAVE THEM PLAN IT AND THEN PERFORM IT IN FRONT OF THE CLASS.

**SETUP:** A WINTER STORM WARNING HAS JUST BEEN ANNOUNCED. SNOW AND STRONG WINDS ARE EXPECTED WITHIN A FEW HOURS.

**ROLES:** PREPARED STUDENT, UNPREPARED FRIEND, PARENT/GUARDIAN, WEATHER REPORTER.

**ACTIONS:** DISCUSS WHAT SUPPLIES ARE NEEDED (FOOD, WATER, FLASHLIGHT, BLANKETS). DECIDE WHAT TO DO BEFORE THE STORM ARRIVES. PRACTICE CONVINCING OTHERS WHY PREPARATION IS IMPORTANT.

### AT SCHOOL

THE STORM HITS EARLY, AND STUDENTS MUST EVACUATE SOONER THAN EXPECTED.

STUDENTS MUST STAY CALM/PROBLEM-SOLVING AND FOLLOWING INDOOR BEHAVIORS TO FEEL SAFE.

### AT HOME

THE STORM HITS EARLY, AND STUDENTS MUST EVACUATE SOONER THAN EXPECTED.

STUDENTS MUST STAY CALM/PROBLEM-SOLVING AND FOLLOWING INDOOR BEHAVIORS TO FEEL SAFE.

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	Panic	Overwhelmed
Sadness	Frustrated	Anxious	Numb
Worry	Guilt	Restless	Confused

## FEELINGS COPING SKILLS

DEEP BREATHING	USE SAFE TALK	USE GROUNDING	EXERCISING	TALK TO A HELPER
PRACTICE GRATITUDE	DRAW / PAINT	WRITE IN A JOURNAL	USE VISUALIZATION	LISTEN TO MUSIC
STICK TO A ROUTINE	READ A BOOK	MAKE A PLAN	BE IN NATURE	CALL A FRIEND
MINDFULNESS	MEDITATION	I am grateful	NATURE CONNECTION	POSITIVE THINKING

## Blizzard-Themed Yoga Poses

Strong Ground (Mountain Pose) STAND TALL WITH FEET FLAT ON THE GROUND. ARMS BY YOUR SIDES OR REACHING UP. PRESS YOUR FEET FIRMLY INTO THE FLOOR.	Swaying Pine (Tree Pose) STAND ON ONE FOOT. PLACE THE OTHER ON YOUR ANKLE OR LEG. HANDS TOGETHER OR PAISED OVERHEAD. GENTLY SWAY... THEN BECOME STILL.	Drop, Cover, Hold (Child's Pose) KNEEL AND SIT BACK ON YOUR HEELS. BEND FORWARD, FOREHEAD DOWN. ARMS TUCKED IN OR STRETCHED FORWARD.
Blizzard Breath (Cat-Cow Stretch) ON HANDS AND KNEES ARCH BACK UP (CAT), THEN PRESS YOUR BELLY DOWN AND BREATHE SLOWLY WITH...	Ice Tunnel (Bridge Pose) LIE ON YOUR BACK. KNEES BENT FEET FLAT LIFT YOUR HIPS TOWARD THE SKY. HOLD, THEN SLOWLY LOWER.	Calm Inside (Snowflake Rest) LIE FLAT ON YOUR BACK. ARMS AND LEGS RELAXED. STAY STILL AND BREATHE SLOWLY. SAY "THE STORM IS CALM. MY BODY IS CALM."

## GROUNDING TECHNIQUE

5 things you see

4 things you feel

3 things you hear

2 things you smell

1 slow breath

## 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

## Thank You, Helpers!