

THANK YOU FOR YOUR PURCHASE!



Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

If you have any questions or concerns, please email me at:



heartandmindteaching@gmail.com

♥
Ashley

Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter. ✨ ✨





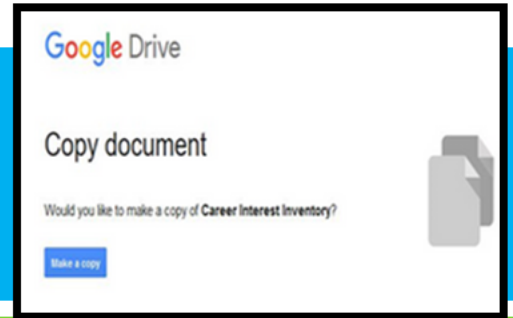
Google Slides

YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy: **Disaster Ed: Hurricane**

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



DISASTER EDUCATION: HURRICANE

Session Objective:

- *Students will recognize weather signs of a hurricane.
- *Students will identify how to a hurricane forms and how to measure its intensity.
- *Students will identify different coping skills.

Materials:

- Handouts & PowerPoint
- Scissors
- Pencils
- Glue or tape.

Guiding Questions:

- *What are some signs that a hurricane might form?
- *What are some coping skills we can use?

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)
- *Behavior: Self-Management Skills: Personal Safety Skills. (B-SMS 9)

SEL Competencies:

- *Self-Awareness: Identifying Emotions, Accurate Self-perception.
- *Self-Management: Stress Management.
- *Responsible Decision-Making: Analyzing situations, reflecting.

Session Details

- Give Stress Assessment (page 38) to students. This is helpful data to give before and after the lesson to gauge how students are coping if they recently experienced this disaster.
- Present the PowerPoint to students, using the handouts as a visual reminder to post in class.
- How a hurricane Forms Activity: Cut out the images on page 8 and have students glue or tape them to page 7.
- How to Measure a hurricane Activity: Match the description to the Saffir-Simpson Scale Rating.
- Hurricane Weather Clues: Cut out the images on page 13 and glue/tape them to page 14.
- Hurricane Preparation Activity: Write if the statement is true or false.
- Hurricane Drill Activity: Circle the correct statements, cross out the false statements.
- After the storm reflection pages: Have students write or draw their answers.
- Hurricane Funnell Feelings Activity: Show the coping skills from page 27 as an example, for pages 28-30, have students write in a coping skill they would use and draw it in the box.
- Post-Storm Coping Affirmations: Read to students and have them say it back to you. Display in classroom for on-going use.
- Breathing Exercises- Read to students, have them practice the techniques. Display in classroom for on-going use.
- Hurricane Calm Breathing: Have students practice deep breathing while tracing the swirl.
- Gratitude Rainbow: Have students write in things/people they are grateful for.
- Guided Visualization: Read to students. Display in classroom for on-going use.
- Look for the helpers: Have students answer the questions and then write a letter of thanks to a local community helper.

DISASTER EDUCATION:

HURRICANE



➡ GAIN KNOWLEDGE

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➡ HOW A HURRICANE FORMS

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P. 8 INFORMATIVE HANDOUT/POSTER

P. 9 ACTIVITY

➡ HURRICANE WEATHER CLUES

P. 10 INFORMATIVE HANDOUT/POSTER

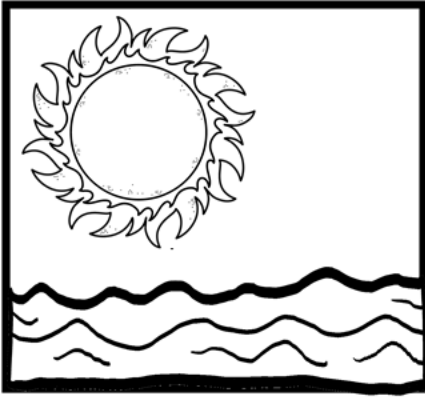
P. 11-12 ACTIVITY

DISASTER EDUCATION: HURRICANE

➡ GAIN KNOWLEDGE

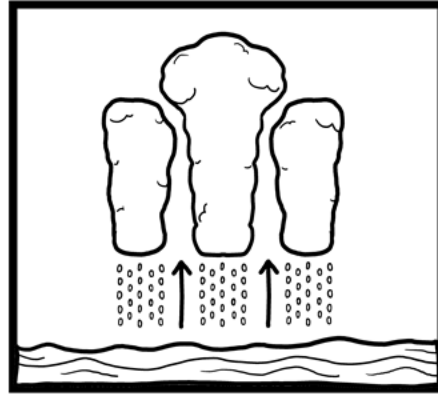


HOW A HURRICANE FORMS



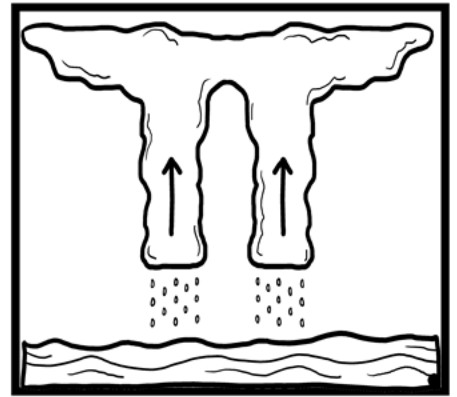
WARM OCEAN WATER

HURRICANES START OVER VERY WARM OCEAN WATER. WHEN THE SUN HEATS THE OCEAN, THE WARM WATER GIVES ENERGY TO THE AIR ABOVE IT.



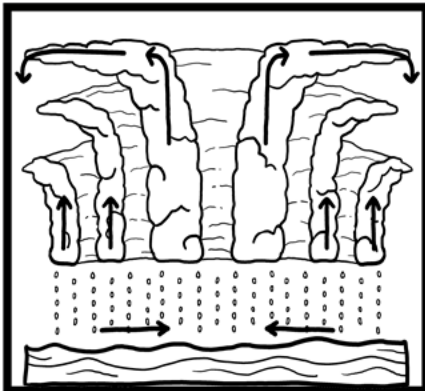
WARM AIR RISES

AS WARM AIR RISES, IT COOLS AND FORMS LARGE STORM CLOUDS AND RAIN.



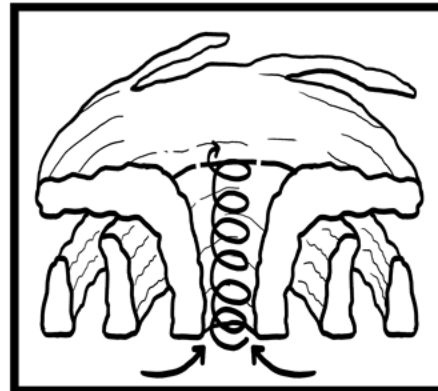
CLOUDS AND STORMS FORM

WARM AIR RISES AND COOLER AIR SINKS, HELPING THE STORM CLOUDS GROW TALLER AND STRONGER.



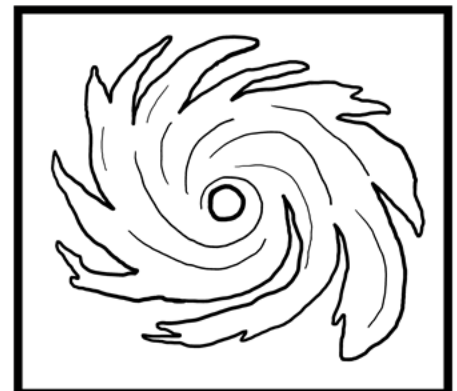
THE STORM STARTS TO ORGANIZE

AIR BEGINS MOVING IN PATTERNS THAT HELP THE STORM ORGANIZE AND GROW BIGGER.



THE STORM GETS STRONGER

AIR RUSHING INTO THE STORM STARTS TO SPIN AND SWIRL, FORMING A HURRICANE.



THE HURRICANE MOVES

ONCE IT FORMS, THE HURRICANE MOVES ACROSS THE OCEAN.

DISASTER EDUCATION: HURRICANE

➡ GAIN KNOWLEDGE: ACTIVITY

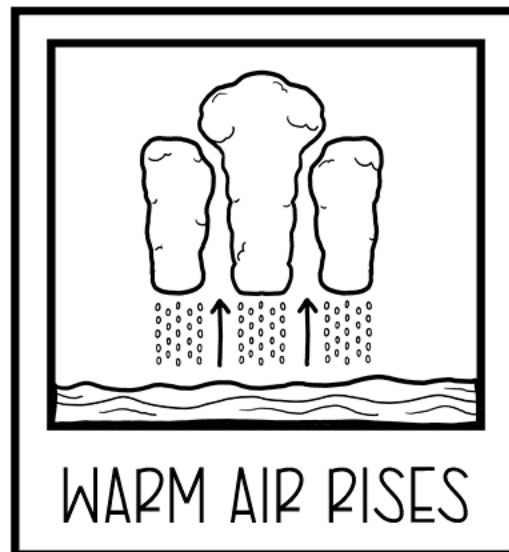
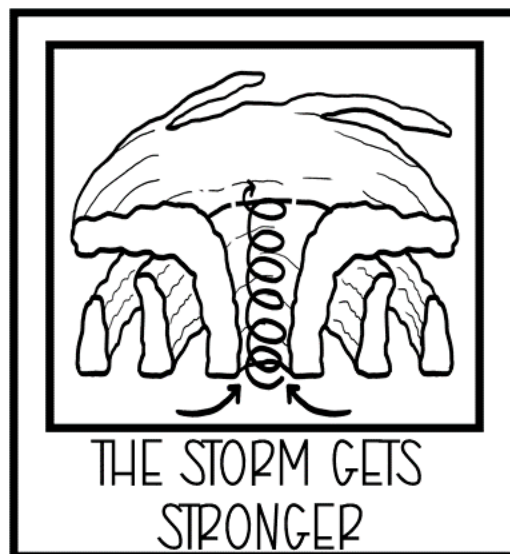
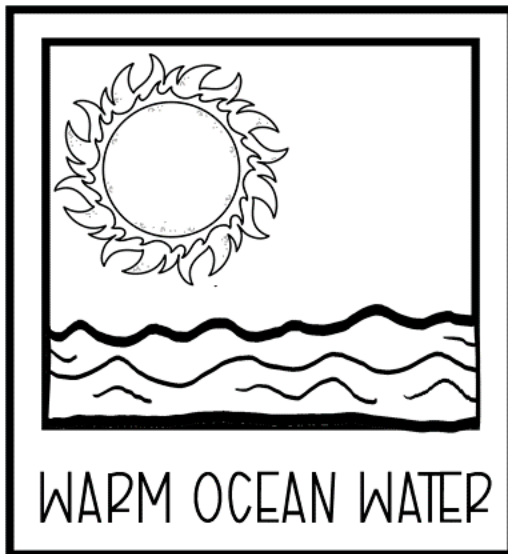
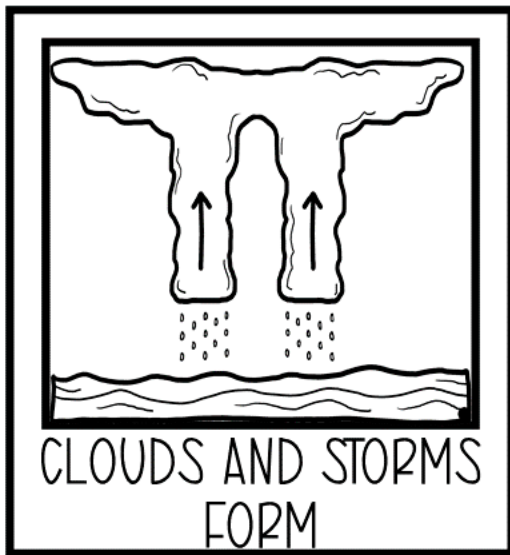


HOW A HURRICANE FORMS

CUT OUT THE PICTURES ON THE NEXT PAGE AND PASTE THEM HERE IN THE ORDER THAT A HURRICANE FORMS.



CUT AND THESE IMAGES AND PASTE THEM TO THE PREVIOUS PAGE.



DISASTER EDUCATION: HURRICANE

➡ GAIN KNOWLEDGE



HOW TO MEASURE A HURRICANE

THE SAFFIR-SIMPSON SCALE MEASURES HOW STRONG A HURRICANE IS BY LOOKING AT HOW STRONG THE WINDS ARE. IT GOES FROM CATEGORY 1 (WEAKEST) TO CATEGORY 5 (STRONGEST).



CATEGORY 1

- WIND: 74-95 MPH
- DAMAGE: SMALL BRANCHES BROKEN, SHINGLES RIPPED OFF ROOFS, POWER OUTAGES MAY HAPPEN FOR A SHORT TIME.



CATEGORY 2

- WIND: 96-110 MPH
- DAMAGE: TREES KNOCKED DOWN, ROOFS AND HOUSES DAMAGED, POWER OUTAGES MAY LAST SEVERAL DAYS



CATEGORY 3

- WIND: 111-129 MPH
- DAMAGE: MAJOR ROOF DAMAGE TO HOMES, MANY TREES FALL OR BREAK, ELECTRICITY AND WATER MAY BE UNAVAILABLE FOR DAYS OR WEEKS



CATEGORY 4

- WIND: 130-156 MPH
- DAMAGE: ENTIRE HOUSES LOSE THEIR ROOFS/ WALLS, MANY TREES AND POWER POLES FALL, LONG POWER OUTAGES (WEEKS)



CATEGORY 5

- WIND: 157 MPH OR HIGHER
- DAMAGE: MASSIVE DAMAGE TO BUILDINGS, TREES, AND ROADS, MANY HOMES MAY BE DESTROYED, POWER OUTAGES FOR WEEKS OR MONTHS.

DISASTER EDUCATION: HURRICANE

➡ GAIN KNOWLEDGE: ACTIVITY



HOW TO MEASURE A HURRICANE: ACTIVITY

DRAW A LINE MATCHING THE SAFFIR-SIMPSON HURRICANE SCALE CATEGORY TO THE CORRECT DESCRIPTION OF WIND AND DAMAGE.

CATEGORY 1



- WIND: 96-110 MPH
- DAMAGE: TREES KNOCKED DOWN, ROOFS AND HOUSES DAMAGED, POWER OUTAGES MAY LAST SEVERAL DAYS

CATEGORY 2



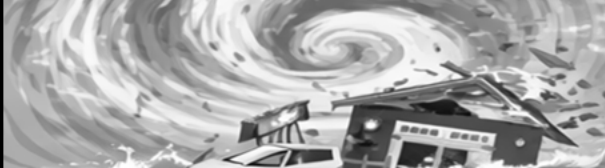
- WIND: 111-129 MPH
- DAMAGE: MAJOR ROOF DAMAGE TO HOMES, MANY TREES FALL OR BREAK, ELECTRICITY AND WATER MAY BE UNAVAILABLE FOR DAYS OR WEEKS

CATEGORY 3



- WIND: 74-95 MPH
- DAMAGE: SMALL BRANCHES BROKEN, SHINGLES RIPPED OFF ROOFS, POWER OUTAGES MAY HAPPEN FOR A SHORT TIME.

CATEGORY 4



- WIND: 111-135 MPH
- DAMAGE: BIG TREES SNAPPED, ROOFS TORN OFF HOUSES, CARS PUSHED AROUND.

CATEGORY 5



- WIND: 130-156 MPH
- DAMAGE: ENTIRE HOUSES LOSE THEIR ROOFS/ WALLS, MANY TREES AND POWER POLES FALL, LONG POWER OUTAGES (WEEKS).

DISASTER EDUCATION: HURRICANE

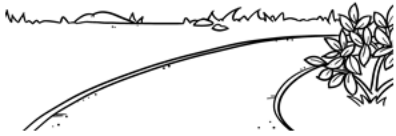
➡ GAIN KNOWLEDGE



HURRICANE WEATHER CLUES



THE SKY FILLS WITH LARGE, DARK, FAST-MOVING STORM CLOUDS.



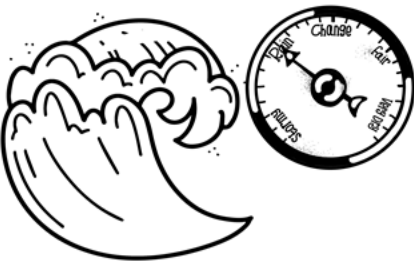
THE WIND BEGINS TO PICK UP AND BLOW HARDER THAN NORMAL. TREES MAY SWAY AND LOOSE OBJECTS MIGHT MOVE.



RAIN MAY COME IN WAVES OR BANDS, WHERE IT RAINS HARD, STOPS, AND THEN STARTS AGAIN.



NEAR THE COAST, THE OCEAN CAN GET ROUGH WITH VERY LARGE WAVES. THE OCEAN MAY BEGIN TO RISE HIGHER THAN NORMAL, WHICH CAN CAUSE FLOODING CALLED STORM SURGE.



SCIENTISTS NOTICE THE AIR PRESSURE DROPPING, WHICH IS A SIGN A BIG STORM MAY BE COMING.



METEOROLOGISTS MAY ISSUE HURRICANE WATCHES OR WARNINGS TO LET PEOPLE KNOW A STORM COULD BE COMING.



SOMETIMES THE AIR CAN LOOK HAZY OR FOGGY BECAUSE THERE IS SO MUCH MOISTURE IN THE AIR.



WEATHER CLUES OF A
POSSIBLE HURRICANE

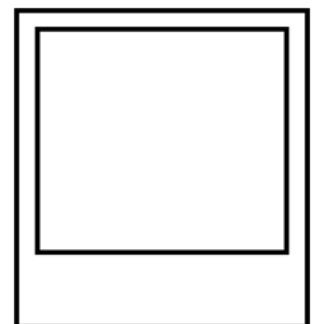
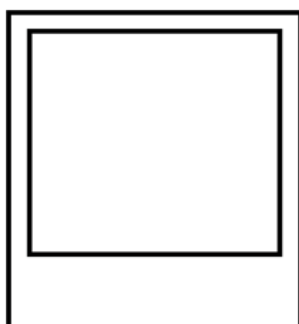
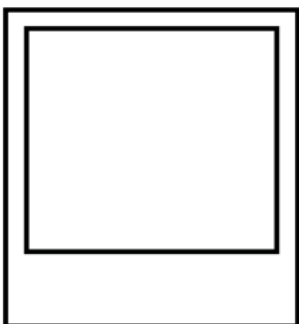
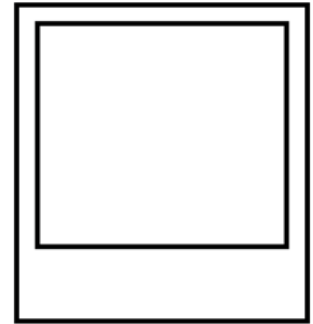
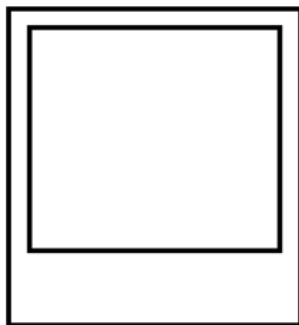
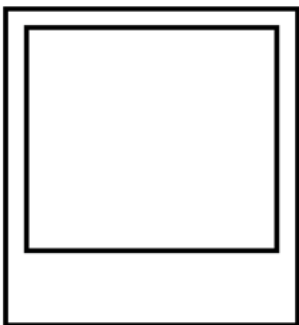
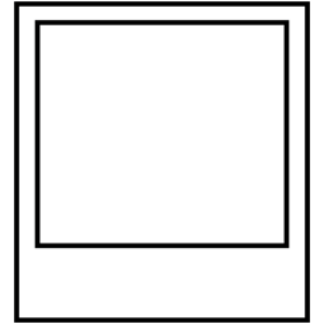
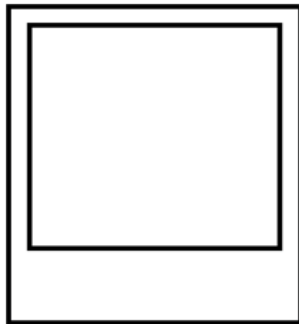
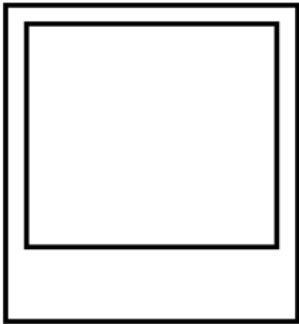
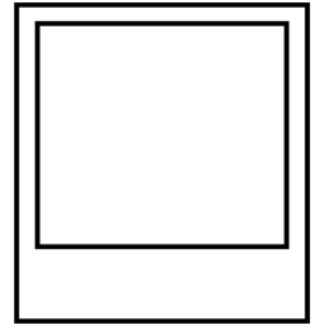
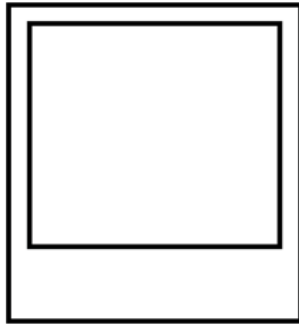
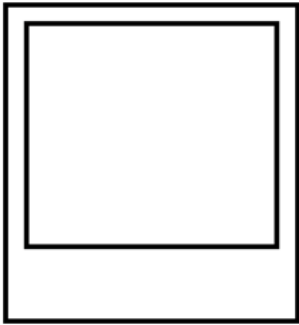


NOT CLUES OF A
POSSIBLE HURRICANE

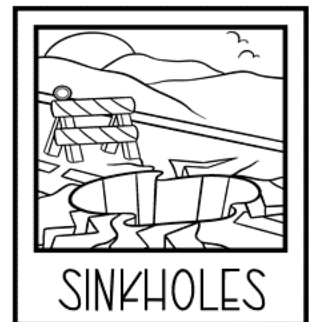
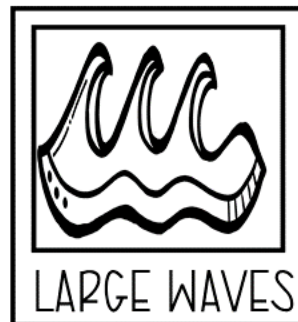
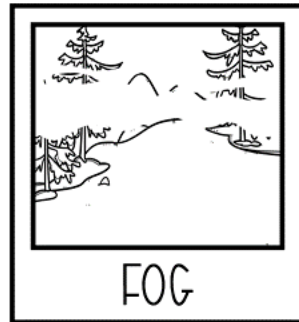
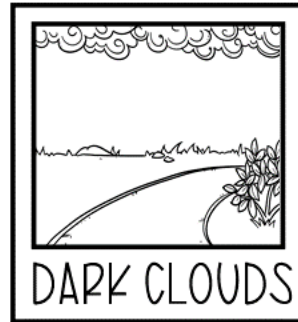
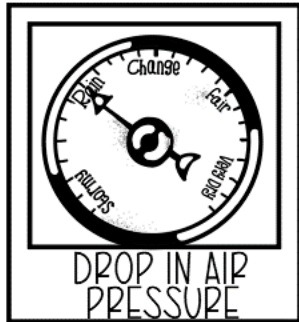
HURRICANE WEATHER CLUES ACTIVITY



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 HURRICANE.



CUT AND THESE IMAGES AND PASTE THEM TO THE PREVIOUS PAGE.



DISASTER EDUCATION:

HURRICANE



➡ BE PREPARED

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P. 18 ACTIVITY

DISASTER EDUCATION: HURRICANE

➡ BE PREPARED

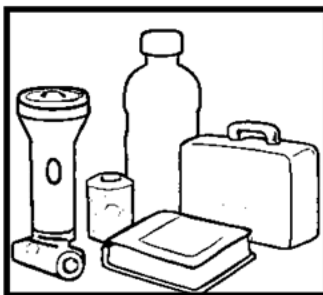


HURRICANE PREPARATION

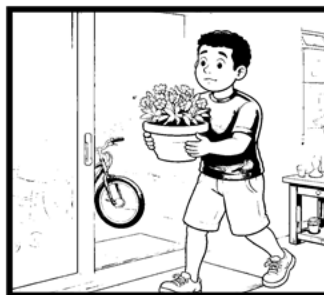
BEFORE A HURRICANE



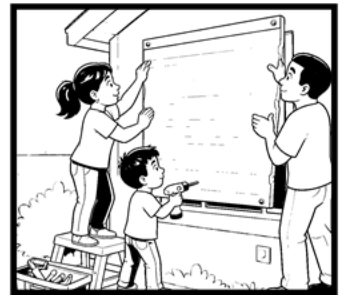
MAKE A SAFETY PLAN



GATHER EMERGENCY
SUPPLIES



BRING OUTDOOR
ITEMS INSIDE



SECURE YOUR HOME

DURING A HURRICANE



GET TO A SHELTER IF
NEEDED



GO TO A ROOM WITH
NO WINDOWS



STAY AWAY FROM
WINDOWS

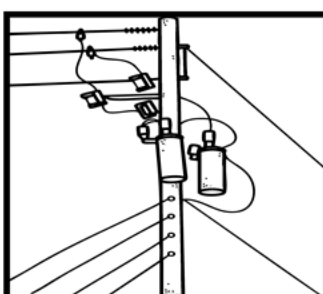


LISTEN FOR UPDATES

AFTER A HURRICANE



STAY PUT UNTIL IT IS
SAFE.



STAY AWAY FROM POWERLINES
AND STANDING WATER.



WATCH OUT FOR SHARP
THINGS LIKE GLASS.



HELP OTHERS IF YOU
CAN

DISASTER EDUCATION: HURRICANE

➡ BE PREPARED



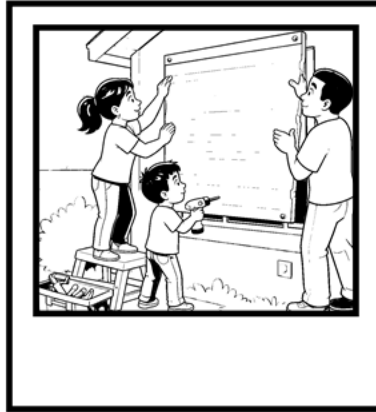
HURRICANE PREPARATION: ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE HURRICANE FACT IS TRUE OR FALSE



BEFORE A HURRICANE,
YOU SHOULD ALREADY
KNOW A SAFE PLACE TO
GO.

TRUE OR FALSE?



THERE IS NO NEED TO
COVER WINDOWS IN
PREPARATION FOR A
HURRICANE.

TRUE OR FALSE?



AN EMERGENCY KIT
SHOULD INCLUDE
BATTERIES AND WATER.

TRUE OR FALSE?



DURING A HURRICANE,
YOU SHOULD DUCK
UNDERNEATH A WINDOW.

TRUE OR FALSE?



DURING A HURRICANE, YOU
SHOULD STAY IN YOUR
SAFE PLACE (SHELTER OR
HOME).

TRUE OR FALSE?



DURING A HURRICANE,
YOU SHOULD DRIVE
AROUND IN YOUR
CAR.

TRUE OR FALSE?

DISASTER EDUCATION: HURRICANE

➡ BE PREPARED



HURRICANE PREPARATION: ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE HURRICANE FACT IS TRUE OR FALSE.



DURING A HURRICANE,
YOU SHOULD LISTEN FOR
UPDATES ON THE STORM.

TRUE OR FALSE?



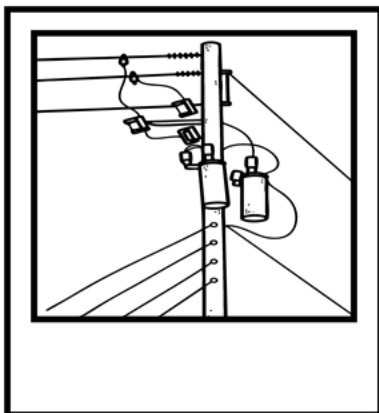
AFTER A HURRICANE, IT
IS SAFE TO PLAY IN
STANDING FLOOD
WATER.

TRUE OR FALSE?



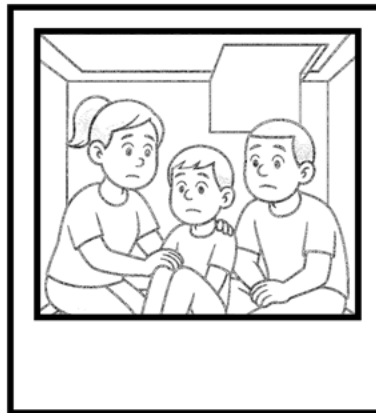
AFTER A HURRICANE, LET
THE PROFESSIONALS HELP
YOUR NEIGHBORS. THERE
IS NO NEED TO HELP THEM.

TRUE OR FALSE?



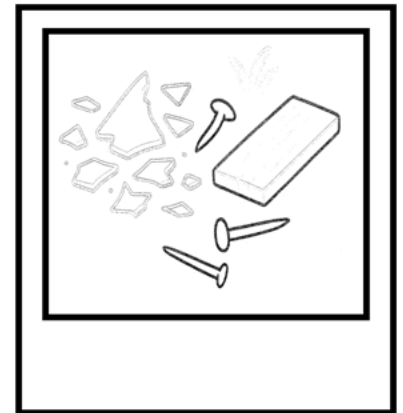
AFTER A HURRICANE, IT IS
USUALLY SAFE TO GO
NEAR DOWN POWERLINES.

TRUE OR FALSE?



AFTER A HURRICANE,
YOU SHOULD STAY PUT
UNTIL AN ADULT SAYS IT'S
SAFE.

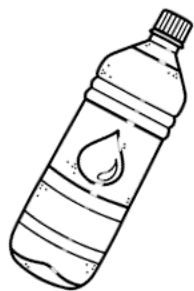
TRUE OR FALSE?



AFTER A HURRICANE,
DEBRIS CAN BE
DANGEROUS.

TRUE OR FALSE?

HURRICANE SUPPLIES CHECKLIST



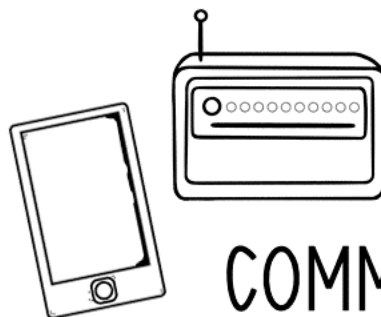
WATER & FOOD

- ☐ BOTTLED WATER (AT LEAST A FEW DAYS' SUPPLY)
- ☐ CANNED OR PACKAGED FOOD
- ☐ SNACKS (GRANOLA BARS, CRACKERS, PEANUT BUTTER)
- ☐ MANUAL CAN OPENER



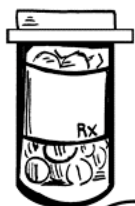
LIGHT & POWER

- ☐ FLASHLIGHTS
- ☐ EXTRA BATTERIES
- ☐ BATTERY-POWERED LANTERN
- ☐ PORTABLE PHONE CHARGER



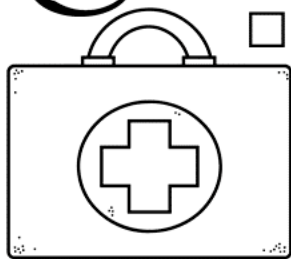
SAFETY & COMMUNICATION

- ☐ BATTERY-POWERED RADIO
- ☐ CELL PHONE WITH EMERGENCY ALERTS TURNED ON
- ☐ WHISTLE (TO SIGNAL FOR HELP)



HEALTH & FIRST AID

- ☐ FIRST AID KIT
- ☐ ANY NEEDED MEDICINES
- ☐ HAND SANITIZER
- ☐ WET WIPES



COMFORT ITEMS

- ☐ BLANKETS
- ☐ EXTRA CLOTHES
- ☐ SMALL TOYS, BOOKS, OR GAMES FOR KIDS



IMPORTANT ITEMS

- ☐ IMPORTANT DOCUMENTS IN A WATERPROOF BAG
- ☐ EMERGENCY CONTACT LIST
- ☐ CASH



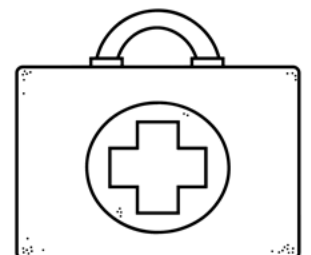
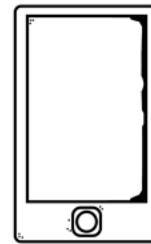
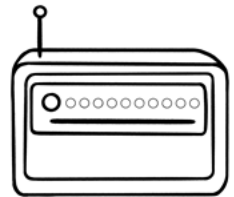
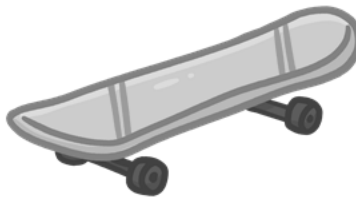
DISASTER EDUCATION: HURRICANE

➡ BE PREPARED



HURRICANE PREPARATION: PACK THE EMERGENCY KIT

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



DISASTER EDUCATION:

HURRICANE



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➡ FEELINGS & COPING SKILLS

P. 25-29 HURRICANE FEELINGS ACTIVITY

P. 30 POST-STORM COPING AFFIRMATIONS

P. 31 BREATHING EXERCISES

P. 32 HURRICANE CALM BREATHING

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DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



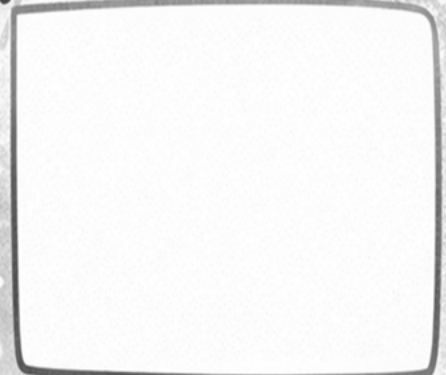
AFTER THE STORM: PROCESSING FEAR & SAFETY

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

I FEEL SAFE
WHEN...



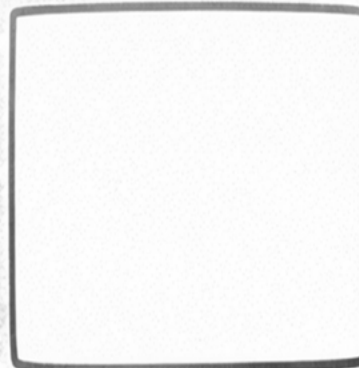
I FELT SCARED
WHEN...



THE SOUND THAT FRIGHTENED ME THE
MOST WAS...



DRAW A PICTURE OF THE PEOPLE OR
THINGS THAT HELP YOU FEEL SAFE.



DISASTER EDUCATION: HURRICANE

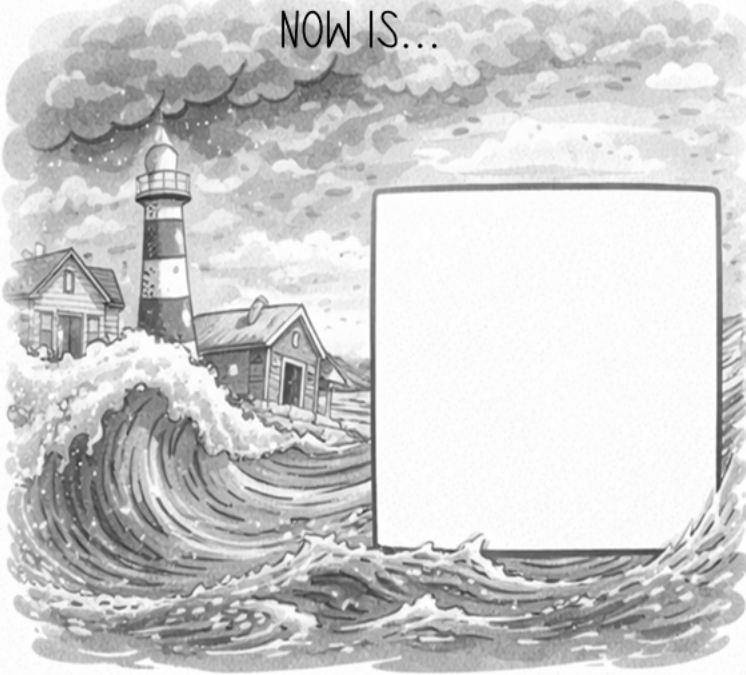
➡ AFTERMATH / COPING



AFTER THE STORM: COPING WITH CHANGE

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND
IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

SOMETHING THAT IS DIFFERENT IN MY LIFE
NOW IS...



ONE THING THAT HAS STAYED THE SAME IS...



DRAW WHAT YOUR SAFE ROUTINE LOOKS LIKE:
(MORNING, BEDTIME, SCHOOL)

A large, empty rectangular box with a thick border, intended for drawing a safe routine.

DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



AFTER THE STORM: EXPRESSING LOSS

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

DRAW A PICTURE OF SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT.

A MEMORY THAT MAKES ME SMILE IS...

SOMETHING I MISS IS...

WHEN I FEEL SAD, I CAN...



DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



AFTER THE STORM: BUILDING HOPE

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

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

DRAW A RAINBOW OR SYMBOL OF
HOPE FOR YOUR FUTURE.

A HELPER I CAN COUNT ON IS...

DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



AFTER THE STORM: MY STRENGTHS

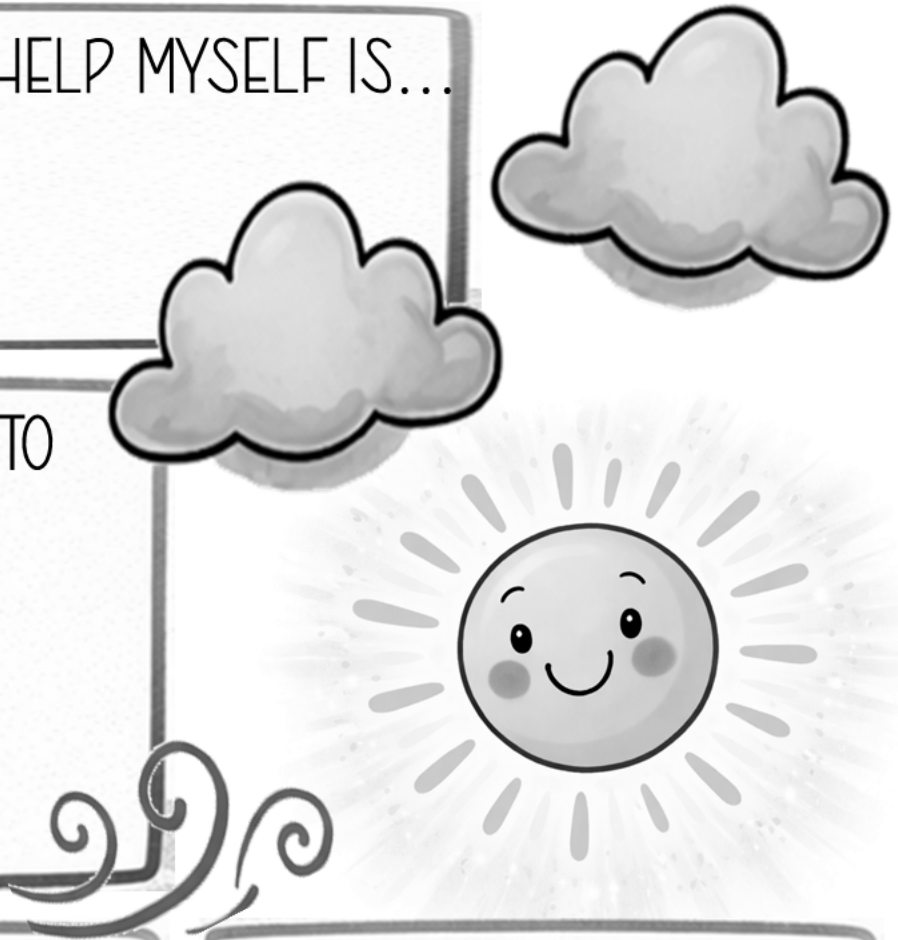
IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

SOMETHING I CAN DO TO HELP MYSELF IS...

SOMETHING I CAN DO TO
HELP OTHERS IS...

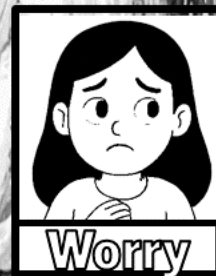
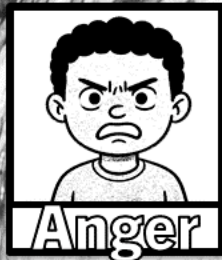
DRAW YOURSELF BEING BRAVE:

I WAS BRAVE WHEN I....

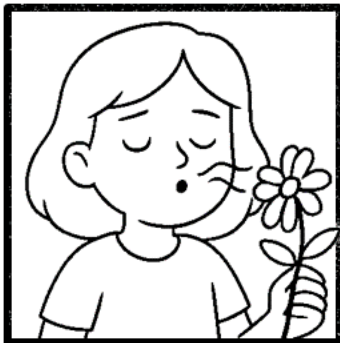


HURRICANE FEELINGS

DURING A HURRICANE, OUR FEELINGS CAN SPIN AROUND LIKE THE WIND. THEY START REALLY BIG IN THE MIDDLE—SCARY, CONFUSING, OVERWHELMING. BUT IF WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY EASE AND TAPER OFF AND GET SMALLER AND EASIER TO HANDLE.



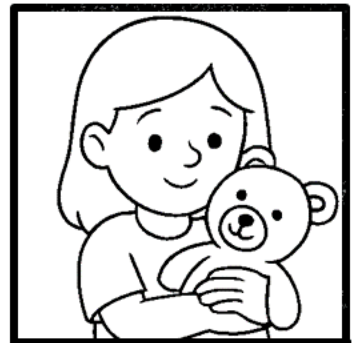
COPING SKILLS



DEEP BREATHING



USE SAFE TALK



HOLD A COMFORT ITEM



USE GROUNDING



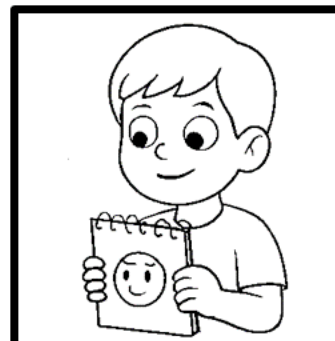
MOVE YOUR BODY



TALK TO A HELPER



PRACTICE GRATITUDE



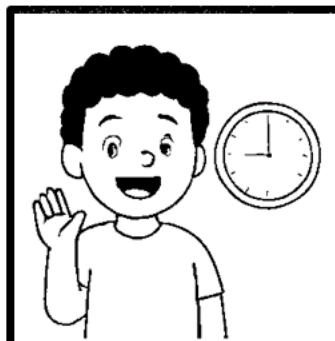
DRAW PICTURES



WRITE IN A JOURNAL



IMAGINE A CALM
SAFE PLACE



GO BACK TO NORMAL
ROUTINES



LISTEN TO CALMING
MUSIC

DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



COPING WITH THE AFTERMATH OF A HURRICANE: ACTIVITY

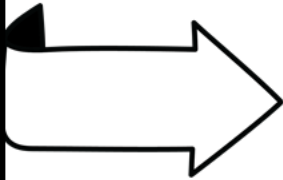
BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. WRITE YOUR ANSWER AND DRAW THE COPING SKILL.

I AM FEELING...

I CAN DO THIS TO HELP...

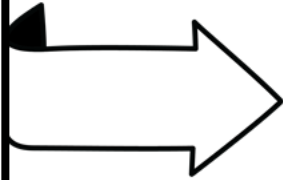


Panic



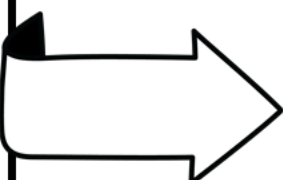


Anger





Overwhelmed



DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING

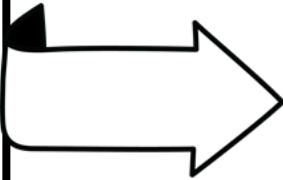


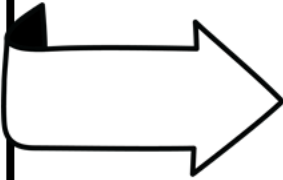
COPING WITH THE AFTERMATH OF A HURRICANE: ACTIVITY

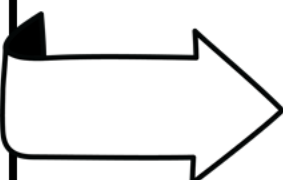
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I AM FEELING...

I CAN DO THIS TO HELP...







DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



COPING WITH THE AFTERMATH OF A HURRICANE: ACTIVITY

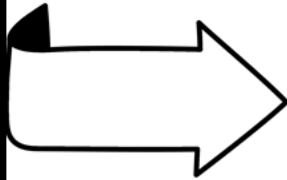
BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. WRITE YOUR ANSWER AND DRAW THE COPING SKILL.

I AM FEELING...

I CAN DO THIS TO HELP...

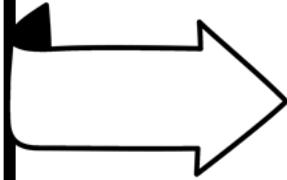


Restless



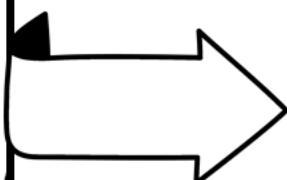


Confused

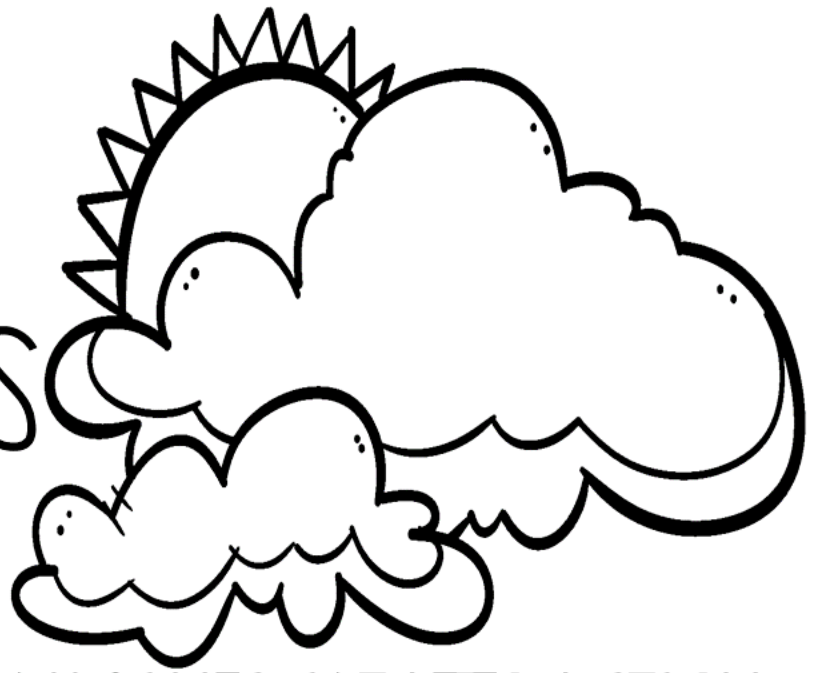




Safe

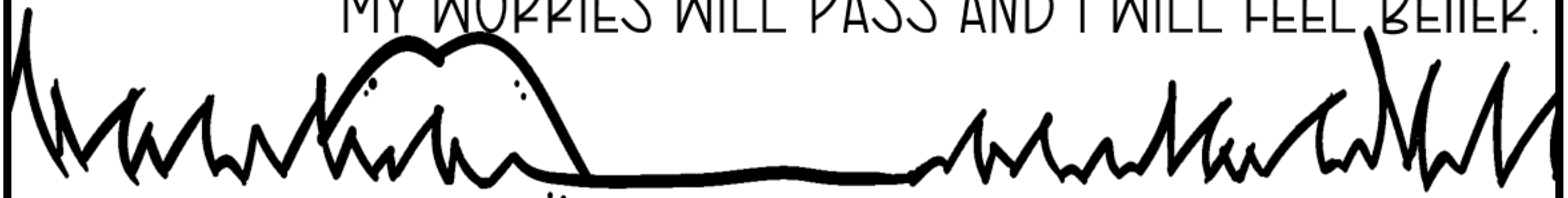


POST-STORM COPING AFFIRMATIONS



"I AM SAFE RIGHT NOW."

"JUST LIKE THE SUN COMES OUT AFTER A STORM,
MY WORRIES WILL PASS AND I WILL FEEL BETTER."



"I CAN FIND SOMETHING GOOD EACH DAY."

"I AM BRAVE, EVEN WHEN I FEEL SCARED."

"STORMS DON'T LAST FOREVER."

"I CAN HANDLE BIG FEELINGS ONE STEP AT A TIME."

"EVERY DAY, I AM GETTING STRONGER."

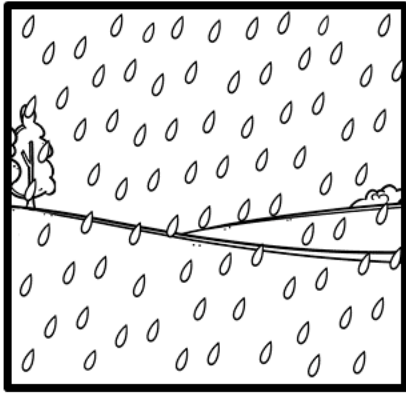
"I CAN TAKE DEEP BREATHS TO CALM MY BODY."

"I CAN FIND COMFORT IN SMALL THINGS THAT MAKE ME SMILE."

"IT'S OKAY TO REST AND TAKE CARE OF MYSELF."

"THERE ARE PEOPLE WHO CARE FOR ME AND PROTECT ME."

BREATHING EXERCISES



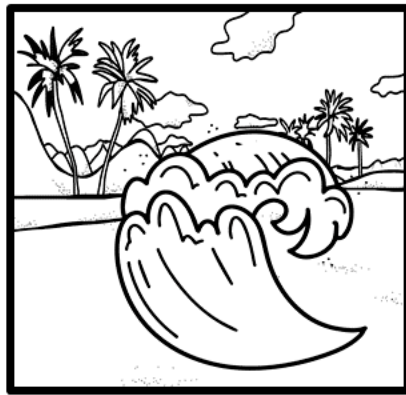
Rain Breathing

CLOSE YOUR EYES AND IMAGINE YOU ARE INSIDE A WARM, SAFE HOUSE DURING A STORM. YOU HEAR RAIN TAPPING ON THE ROOF AND WIND BLOWING OUTSIDE. TAKE A SLOW BREATH IN AND IMAGINE THE STORM CLOUDS MOVING ACROSS THE SKY. NOW BREATHE OUT SLOWLY AND IMAGINE THE RAIN GENTLY FALLING.



Wind Breathing

IMAGINE A GENTLE WIND BLOWING ACROSS A FIELD. TAKE A SLOW BREATH IN THROUGH YOUR NOSE AND IMAGINE THE COOL BREEZE FILLING YOUR LUNGS. NOW BREATHE OUT SLOWLY THROUGH YOUR MOUTH AND PICTURE THE WIND MOVING SOFTLY THROUGH THE TREES



Ocean Waves Breathing

IMAGINE YOU ARE STANDING ON A CALM BEACH WATCHING THE OCEAN WAVES. TAKE A SLOW BREATH IN THROUGH YOUR NOSE AND IMAGINE A WAVE GENTLY ROLLING TOWARD THE SHORE. NOW BREATHE OUT SLOWLY THROUGH YOUR MOUTH AND IMAGINE THE WAVE SLOWLY ROLLING BACK INTO THE OCEAN.

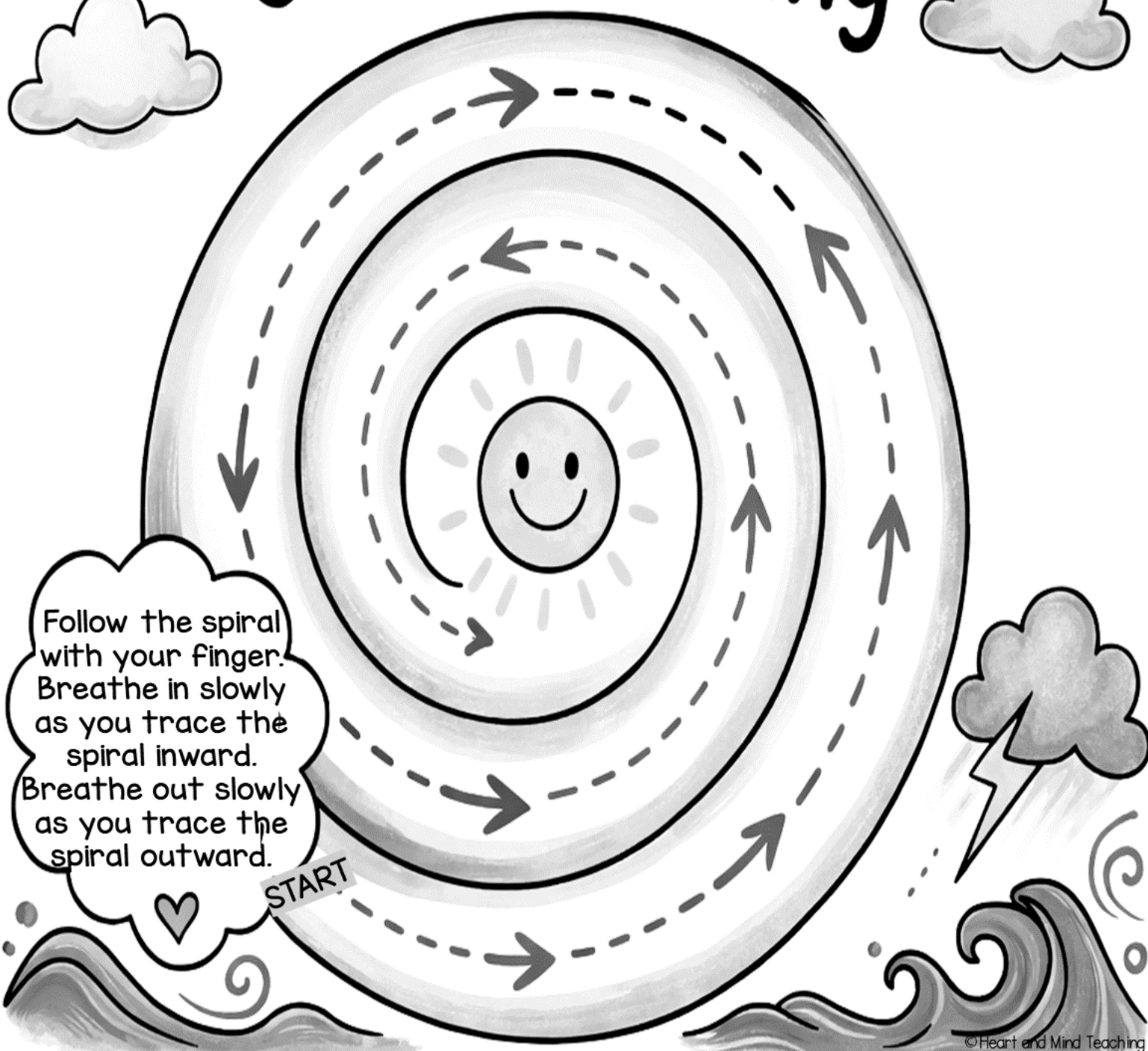


Lighthouse Breathing

IMAGINE YOU ARE STANDING NEAR THE OCEAN WATCHING WAVES MOVE GENTLY AND A LIGHTHOUSE SHINES NEARBY. TAKE A SLOW BREATH IN AND IMAGINE THE AIR FILLING YOUR BODY WITH CALM AND STRENGTH. NOW BREATHE OUT SLOWLY AND PICTURE YOURSELF WALKING INTO A SAFE HARBOR WHERE BOATS ARE PROTECTED FROM THE STORM.

RIDE THE HURRICANE

Calm Breathing



GRATITUDE

Rainbow



GUIDED VISUALIZATION



CLOSE YOUR EYES IF YOU FEEL COMFORTABLE OR JUST SOFTEN YOUR GAZE. TAKE A SLOW, DEEP BREATH IN... AND LET IT OUT GENTLY.

NOW IMAGINE YOU ARE INSIDE A SAFE, COZY HOUSE. OUTSIDE, A STORM IS PASSING BY. YOU HEAR RAIN GENTLY TAPPING ON THE ROOF. YOU HEAR THE WIND BLOWING OUTSIDE. BUT INSIDE, YOU ARE SAFE AND CALM.

TAKE A SLOW BREATH IN...AND SLOWLY BREATHE OUT.

THE STORM BEGINS TO SLOW DOWN. THE WIND IS NOT AS STRONG NOW. THE RAIN BEGINS TO GET LIGHTER AND LIGHTER.

YOU FEEL YOUR BODY BECOMING MORE RELAXED.

TAKE ANOTHER SLOW BREATH IN...AND SLOWLY BREATHE OUT.

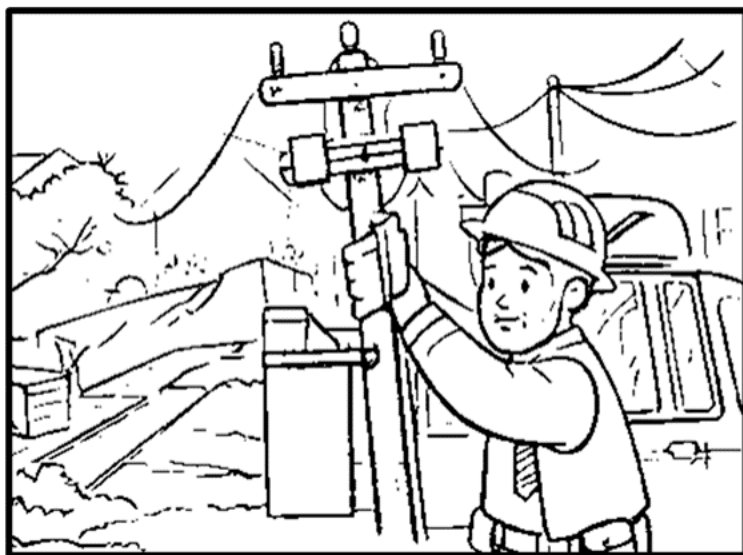
THE SKY STARTS TO GET BRIGHTER. A WARM, GENTLE SUN BEGINS TO SHINE. THE SUNSHINE FEELS CALM AND PEACEFUL.

WHEN YOU ARE READY, GENTLY OPEN YOUR EYES. REMEMBER: JUST LIKE STORMS PASS, WORRIED FEELINGS PASS TOO.

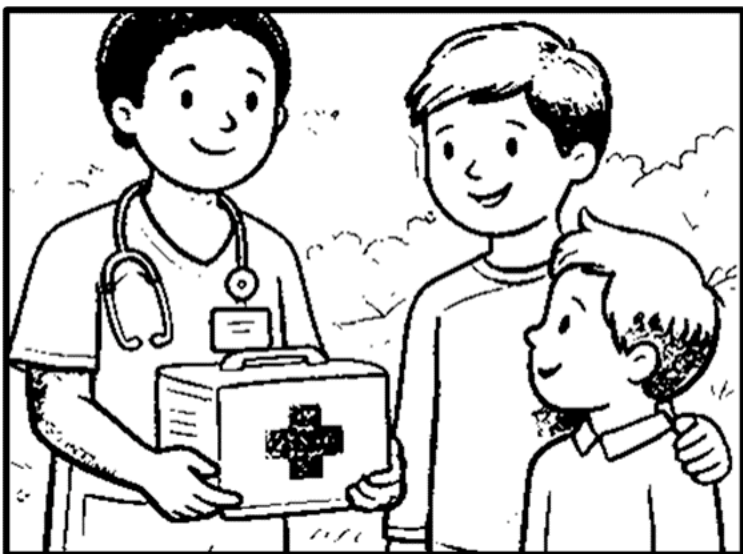
LOOK FOR THE HELPERS

STORMS LIKE HURRICANES CAN FEEL SCARY. BUT DO YOU KNOW WHAT MR. ROGERS ALWAYS SAID? *'LOOK FOR THE HELPERS. THERE ARE ALWAYS PEOPLE HELPING.'*

HOW DO HELPERS MAKE US FEEL AFTER SOMETHING SCARY?



WHO ARE HELPERS YOU KNOW IN OUR COMMUNITY?



WHAT DO THEY DO TO HELP?



LOOK FOR THE HELPERS

STORMS LIKE HURRICANES CAN FEEL SCARY. BUT DO YOU KNOW WHAT MR. ROGERS ALWAYS SAID? *'LOOK FOR THE HELPERS. THERE ARE ALWAYS PEOPLE HELPING.'*

ONE HELPER I SAW ASSISTING OTHERS AFTER THE STORM WAS:



SEEING OTHERS HELPING PEOPLE MADE ME FEEL:



CAN KIDS BE HELPERS TOO? WHAT SMALL WAYS CAN WE HELP OTHERS?



Thank You, Helpers!

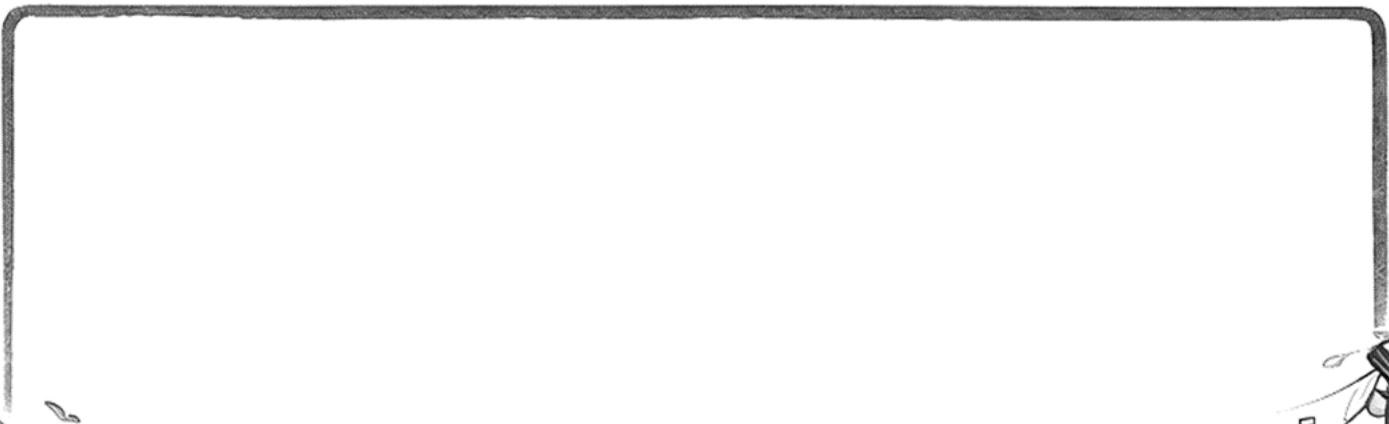


Thank you for _____.

You help our community by _____.

You are important because _____.

Draw a picture of the community helper:



Thank You, Helpers!



COPING TIPS FOR PARENTS



EXPERIENCING A HURRICANE 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 – NOTICE 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.

➡ SCHOOL SUPPORT

OUR STAFF ARE HERE TO HELP. WE WILL PROVIDE EXTRA EMOTIONAL SUPPORT IN THE COMING DAYS. IF YOU HAVE CONCERNS, PLEASE CONTACT:

TYPE HERE THE PERSON THEY SHOULD CONTACT.

DISASTER EDUCATION: HURRICANE



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 HURRICANE?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT THE HURRICANE?			
3. DO THOUGHTS ABOUT THE HURRICANE COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE HURRICANE OR HAVE TROUBLE SLEEPING?			
5. DO YOU WORRY THAT THE HURRICANE WILL HAPPEN AGAIN?			
6. WHEN SOMETHING REMINDS YOU OF THE HURRICANE, DO YOU GET TENSE OR UPSET?			
7. IS IT AS EASY TO PAY ATTENTION (CONCENTRATE) AS BEFORE THE HURRICANE?			
8. DO YOU GET MORE STOMACH ACHES, HEADACHES, OR OTHER SICK FEELINGS SINCE THE HURRICANE THAN YOU DID BEFORE?			

counseling

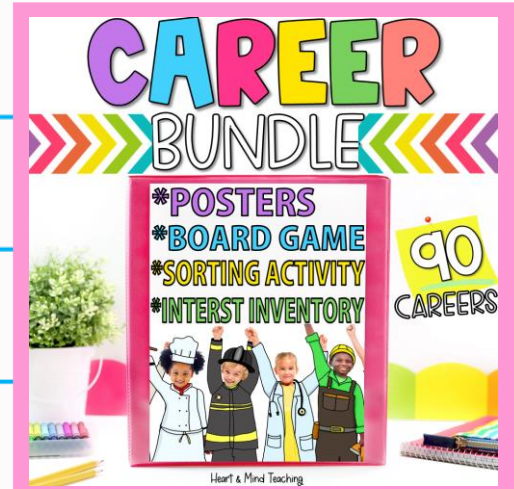
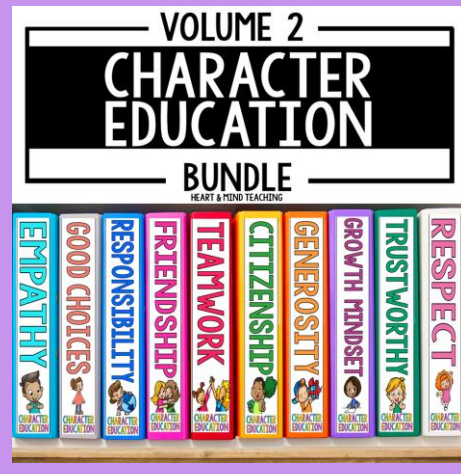
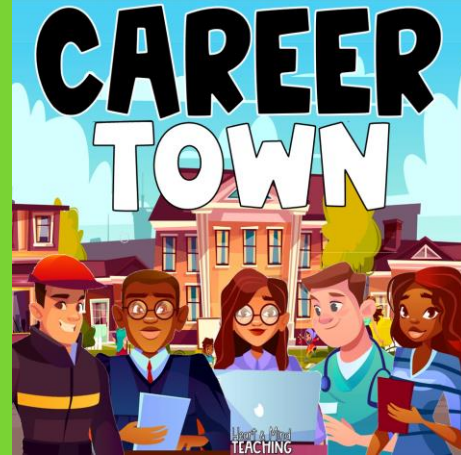
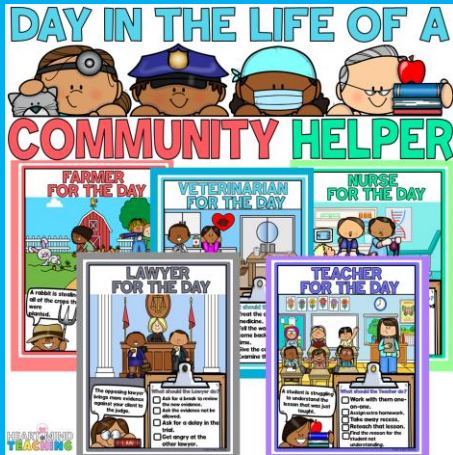
sel

small groups

book companions

behavior

♡♡ Best Selling Resources ♡



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♡ **WANT A PEEK INTO MY CLASSROOM?**

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