

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. ✨ ✨ ✨





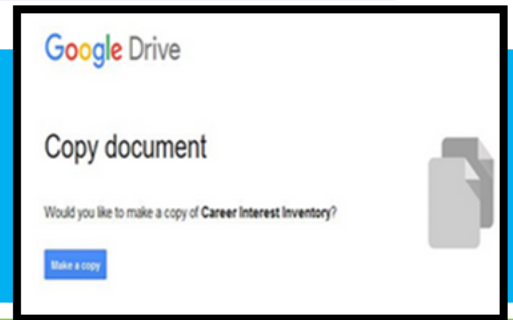
Google Slides

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: Wildfire](#)

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: WILDFIRE

Session Objective:

- *Students will recognize signs of a Wildfire.
- *Students will identify how a Wildfire 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 Wildfire might form?
- *What are some coping skills we can use?

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 have recently experienced this disaster.
- Present the PowerPoint to students, using the handouts as a visual reminder to post in class.
- How a Wildfire Forms Activity: Cut out the images on page 8 and have students glue or tape them to page 7.
- How to Measure a Wildfire Activity: Match the description to the Wildfire Rating.
- Wildfire Clues: Cut out the images on page 13 and glue/tape them to page 14.
- Wildfire Preparation Activity: Write if the statement is true or false.
- Wildfire Supplies Activity: Circle the correct statements, cross out the false statements.
- After the fire reflection pages: Have students write or draw their answers.
- Wildfire 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-Fire 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.
- Grounding Technique: Read to students, have them practice the techniques. Display in classroom for on-going use.
- 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.

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.

DISASTER EDUCATION:

WILDFIRE

➡ GAIN KNOWLEDGE



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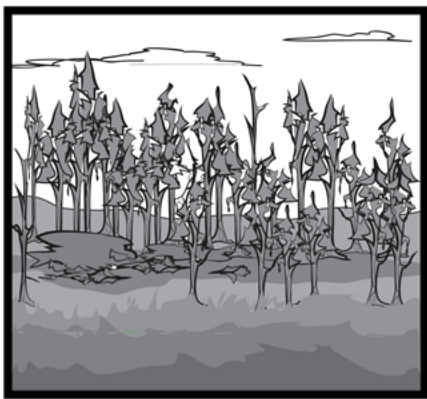
- ➡ HOW A WILDFIRE FORMS
P. 5 INFORMATIVE HANDOUT/POSTER
P. 6-7 ACTIVITY
- ➡ HOW TO MEASURE A WILDFIRE
P. 8 INFORMATIVE HANDOUT/POSTER
P. 9 ACTIVITY
- ➡ WILDFIRE CLUES
P. 10 INFORMATIVE HANDOUT/POSTER
P. 11-12 ACTIVITY

DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE

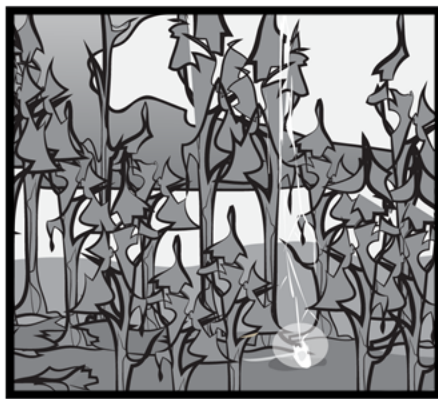


HOW A WILDFIRE STARTS



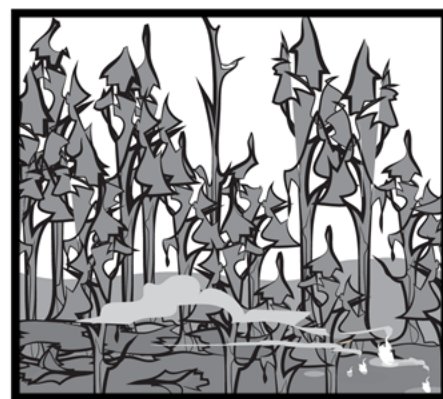
FOREST IN DROUGHT

WHEN THE WEATHER IS VERY HOT AND DRY, GRASS, LEAVES, AND TREES LOSE WATER AND BECOME VERY EASY TO BURN.



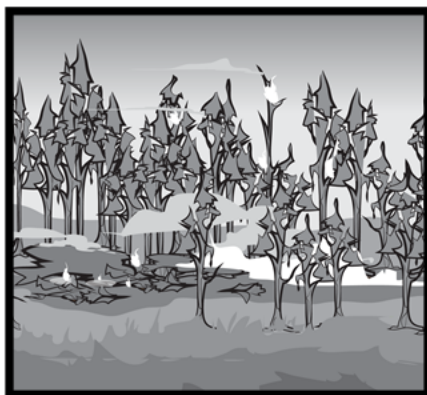
A SPARK HAPPENS

A WILDFIRE OFTEN STARTS WITH A SPARK, SUCH AS: LIGHTNING, A CAMPFIRE NOT PUT OUT, FIREWORKS, POWER LINES, SPARKS FROM MACHINES



PLANTS CATCH FIRE

THE SPARK LANDS ON DRY GRASS, LEAVES, OR BRANCHES, AND THE PLANTS BEGIN TO BURN AND CREATE FLAMES.



WIND SPREADS THE FIRE

THE WIND PUSHES THE FLAMES AND HOT EMBERS TO NEW PLACES, CAUSING MORE PLANTS AND TREES TO CATCH FIRE.



THE FIRE GROWS AND ANIMALS FLEE

THE FIRE SPREADS BECOMING A WILDFIRE THAT CAN GROW QUICKLY. ANIMALS FLEE THE AREA.



FIRE REACHES TOWN

IF THE WILDFIRE KEEPS SPREADING, IT CAN MOVE TOWARD TOWNS AND NEIGHBORHOODS.

DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE: ACTIVITY

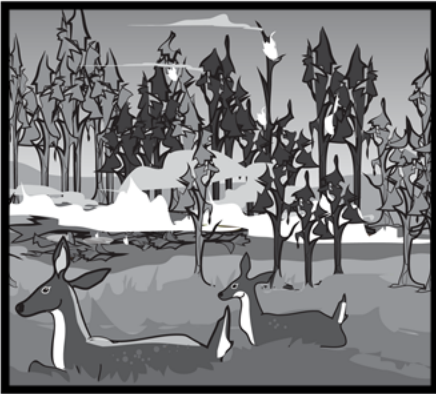


HOW A WILDFIRE STARTS

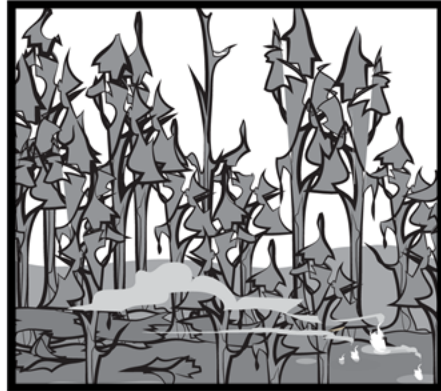
CUT OUT THE PICTURES ON THE NEXT PAGE AND PASTE THEM HERE IN THE ORDER THAT A WILDFIRE STARTS.



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



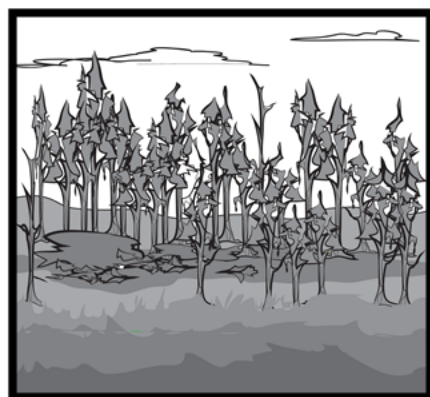
THE FIRE GROWS AND
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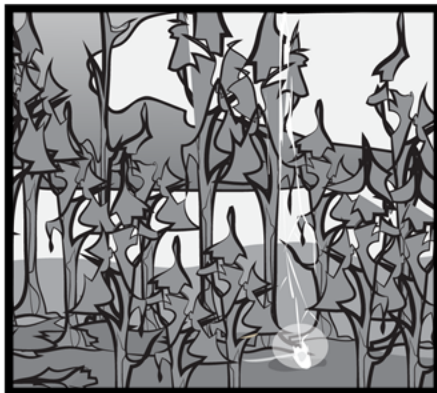
PLANTS CATCH FIRE



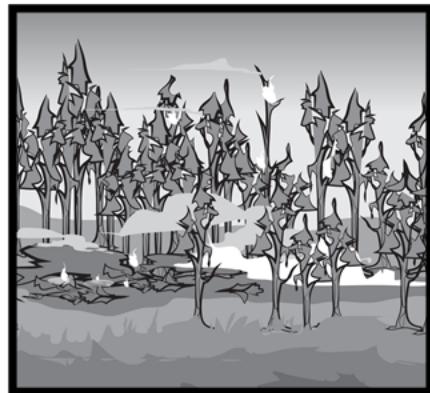
FIRE REACHES TOWN



FOREST IN DROUGHT



A SPARK HAPPENS



WIND SPREADS THE
FIRE

DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



HOW TO MEASURE A WILDFIRE

WILDFIRES ARE MEASURED IN SEVERAL DIFFERENT WAYS SO FIREFIGHTERS AND SCIENTISTS CAN UNDERSTAND HOW BIG AND DANGEROUS THE FIRE IS.



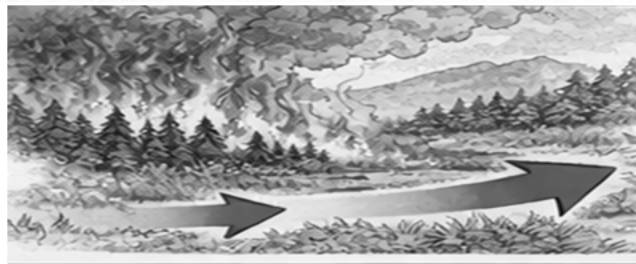
SIZE (ACRES BURNED)

WILDFIRES ARE OFTEN MEASURED BY HOW MUCH LAND HAS BURNED. THE SIZE IS COUNTED IN ACRES. 1 ACRE IS ABOUT THE SIZE OF A FOOTBALL FIELD.



FIRE INTENSITY

FIREFIGHTERS LOOK AT HOW HOT AND POWERFUL THE FIRE IS. THEY OBSERVE THINGS LIKE: HOW TALL THE FLAMES ARE, HOW FAST THINGS ARE BURNING, HOW MUCH HEAT THE FIRE IS PRODUCING.



RATE OF SPREAD

THIS MEASURES HOW FAST THE FIRE IS MOVING ACROSS THE LAND. WIND, DRY PLANTS, AND STEEP HILLS CAN MAKE FIRES SPREAD FASTER.



CONTAINMENT

WILDFIRES ARE ALSO MEASURED BY HOW MUCH OF THE FIRE FIREFIGHTERS HAVE UNDER CONTROL. THIS IS SHOWN AS A PERCENTAGE. EXAMPLE: 25% CONTAINED = FIREFIGHTERS HAVE CONTROLLED SOME OF THE FIRE



DAMAGE

OFFICIALS ALSO MEASURE WHAT THE WILDFIRE HAS AFFECTED, SUCH AS: HOMES OR BUILDINGS DAMAGED, FORESTS BURNED, ROADS, OR POWER LINES DESTROYED

DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



HOW TO MEASURE A WILDFIRE: ACTIVITY

DRAW A LINE MATCHING THE WILDFIRE MEASUREMENT TECHNIQUE TO THE CORRECT DESCRIPTION OF WILDFIRE DAMAGE.

SIZE (ACRES BURNED)



OFFICIALS ALSO MEASURE WHAT THE WILDFIRE HAS AFFECTED, SUCH AS: HOMES OR BUILDINGS DAMAGED, FORESTS BURNED, ROADS, OR POWER LINES DESTROYED

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DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



HURRICANE CLUES



THE SKY MAY LOOK GRAY, HAZY, OR FILLED WITH SMOKE, MAKING IT HARDER TO SEE FAR AWAY.



YOU MAY SMELL SMOKE IN THE AIR, EVEN IF YOU CANNOT SEE THE FIRE YET.



BECAUSE OF THE SMOKE, THE SUN MAY LOOK ORANGE OR RED, ESPECIALLY DURING THE DAY.



TINY PIECES OF ASH MAY FALL FROM THE SKY LIKE LIGHT SNOW OR DUST.

WILD ANIMALS MAY RUN OR MOVE AWAY FROM FORESTS TRYING TO ESCAPE THE FIRE.



YOU MIGHT SEE OR HEAR FIRE TRUCKS, HELICOPTERS, OR PLANES WORKING TO FIGHT THE FIRE.

PEOPLE MAY RECEIVE PHONE ALERTS, NEWS WARNINGS, OR EVACUATION NOTICES.

LARGE AIRPLANES OR HELICOPTERS MAY BE DROPPING WATER OR RED FIRE RETARDANT ON THE FIRE.



AT NIGHT YOU MIGHT SEE AN ORANGE GLOW IN THE DISTANCE OR FLAMES ON HILLSIDES.



CLUES OF A
POSSIBLE WILDFIRE

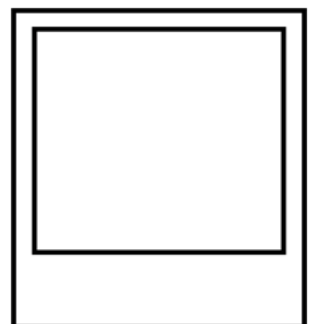
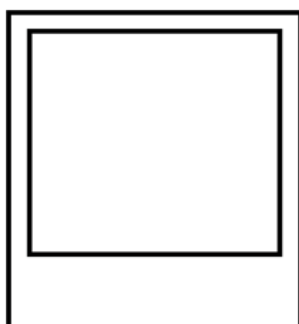
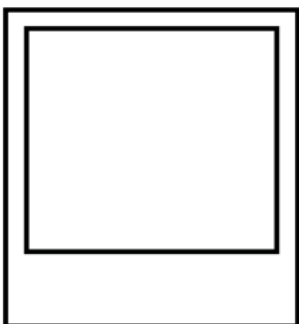
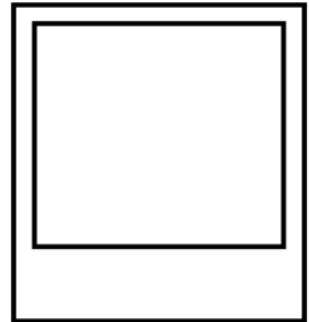
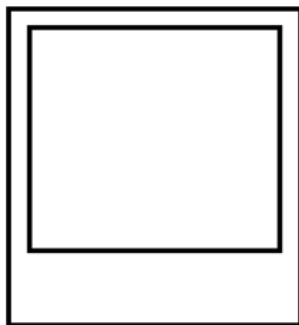
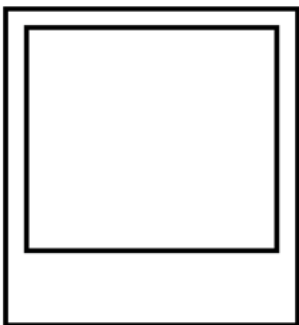
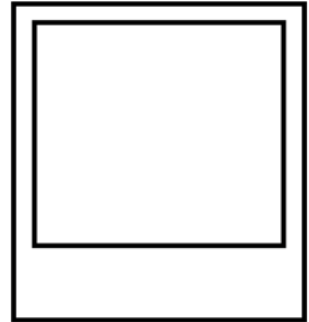
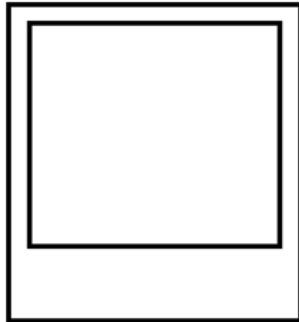
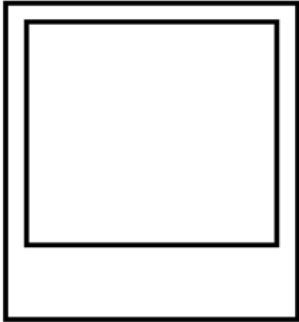
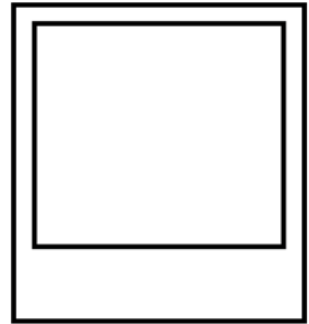
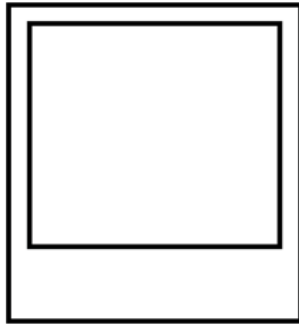
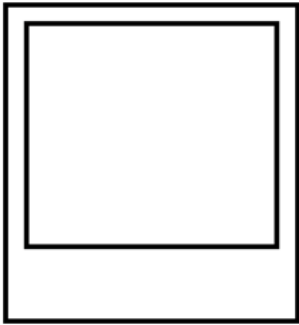


NOT CLUES OF A
POSSIBLE WILDFIRE

WILDFIRE WEATHER CLUES ACTIVITY



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



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



DISASTER EDUCATION:

WILDFIRE

➡ BE PREPARED



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➡ WILDFIRE SUPPLIES

P. 17 INFORMATIVE HANDOUT/POSTER

P. 18 ACTIVITY

DISASTER EDUCATION: WILDFIRE

➡ BE PREPARED



WILDFIRE PREPARATION

BEFORE A WILDFIRE



MAKE A SAFETY PLAN



PACK AN EMERGENCY
KIT



CLEAR LEAVES, STICKS,
AND BRUSH FROM HOME.



LISTEN TO ALERTS

DURING A WILDFIRE



LISTEN TO ADULTS AND
OFFICIALS



BE READY TO LEAVE
QUICKLY



STAY AWAY FROM
SMOKE AND FIRE



STAY CALM

AFTER A WILDFIRE



WAIT UNTIL IT IS SAFE TO
RETURN.



WATCH FOR HOT SPOTS



WEAR A MASK AND
WATCH FOR DEBRIS



HELP OTHERS IF YOU
CAN

DISASTER EDUCATION: WILDFIRE

➡ BE PREPARED



WILDFIRE PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE WILDFIRE FACT IS TRUE OR FALSE.



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

TRUE OR FALSE?



THERE IS NO NEED TO CLEAR LEAVES, STICKS, AND BRUSH FROM YOUR HOME TO PREVENT A WILDFIRE.

TRUE OR FALSE?



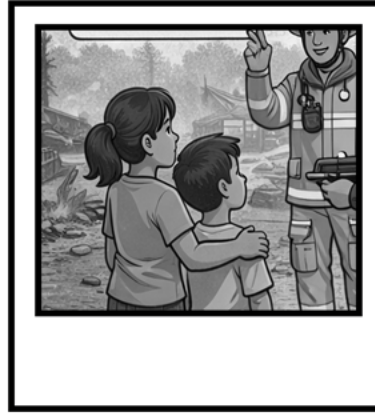
AN EMERGENCY KIT SHOULD INCLUDE BATTERIES AND WATER.

TRUE OR FALSE?



DURING A WILDFIRE, YOU SHOULD IGNORE EMERGENCY ALERTS.

TRUE OR FALSE?



DURING A WILDFIRE, YOU SHOULD LISTEN TO ADULTS AND OFFICIALS.

TRUE OR FALSE?



DURING A WILDFIRE, YOU SHOULD BE READY TO LEAVE QUICKLY.

TRUE OR FALSE?

DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



WILDFIRE PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE WILDFIRE FACT IS TRUE OR FALSE.



DURING A WILDFIRE, YOU SHOULD REMAIN CALM.

TRUE OR FALSE?



DURING A WILDFIRE, YOU SHOULD GO TOWARDS THE SMOKE AND FIRE.

TRUE OR FALSE?



AFTER A WILDFIRE, YOU CAN GO BACK TO THE FIRE SITE RIGHT AWAY WITHOUT WAITING.

TRUE OR FALSE?



AFTER A WILDFIRE, YOU SHOULD WATCH FOR HOT SPOTS.

TRUE OR FALSE?



AFTER A WILDFIRE, YOU CAN BREATHE FREELY WITHOUT A MASK ON.

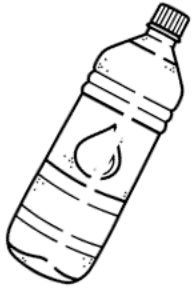
TRUE OR FALSE?



AFTER A WILDFIRE, YOU SHOULD HELP OTHERS IF YOU CAN.

TRUE OR FALSE?

WILDFIRE EVACUATION KIT



WATER & FOOD

- ☐ BOTTLED WATER (AT LEAST A FEW DAYS' SUPPLY)
- ☐ NON-PERISHABLE SNACKS (GRANOLA BARS, CRACKERS, PEANUT BUTTER, CANNED FOOD)
- ☐ PET FOOD, LEASH, WATER BOWL



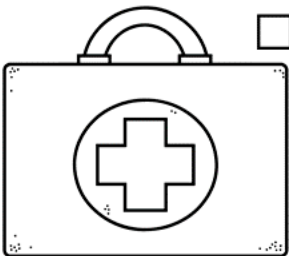
LIGHT & POWER

- ☐ FLASHLIGHTS
- ☐ EXTRA BATTERIES
- ☐ PORTABLE PHONE CHARGER



HEALTH & FIRST AID

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



COMFORT ITEMS

- ☐ BLANKETS
- ☐ EXTRA CLOTHES
- ☐ COMFY SHOES
- ☐ SWEATSHIRT OR JACKET
- ☐ SMALL TOYS, BOOKS, OR GAMES FOR KIDS



IMPORTANT ITEMS

- ☐ IMPORTANT DOCUMENTS
- ☐ EMERGENCY CONTACT LIST
- ☐ CASH



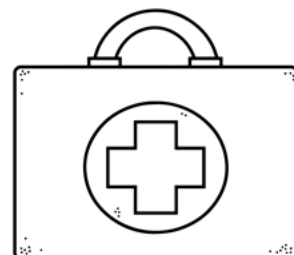
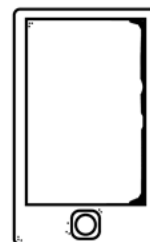
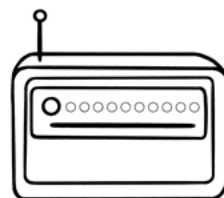
DISASTER EDUCATION: WILDFIRE

➡ BE PREPARED



WILDFIRE PREPARATION: PACK THE EMERGENCY KIT

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



DISASTER EDUCATION:

WILDFIRE

➡ AFTERMATH/COPING



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P. 33 GRATITUDE ACTIVITY
P. 34 GUIDED VISUALIZATION

➡ LOOK FOR THE HELPERS

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P. 39 COPING TIPS FOR PARENTS
P. 40 STRESS ASSESSMENT

DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



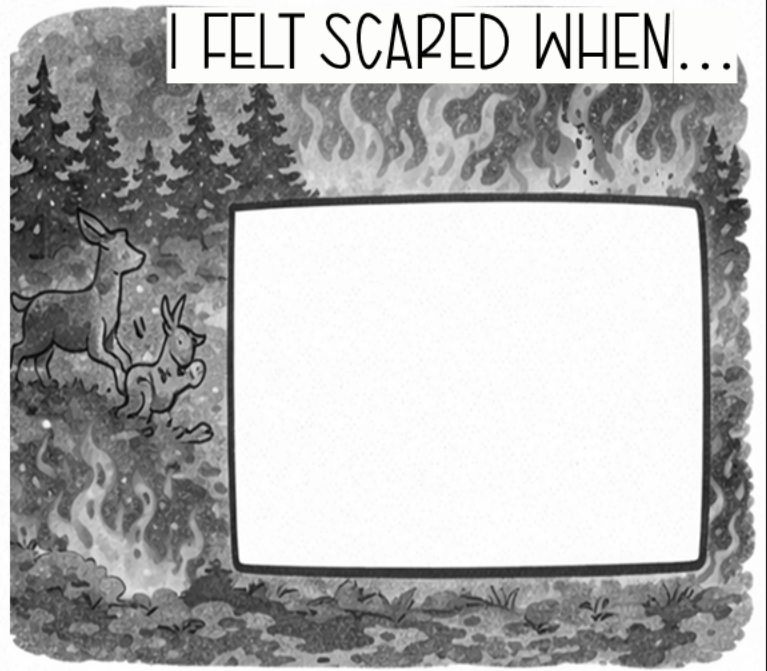
AFTER THE FIRE: PROCESSING FEAR & SAFETY

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: WILDFIRE

➡ AFTERMATH / COPING

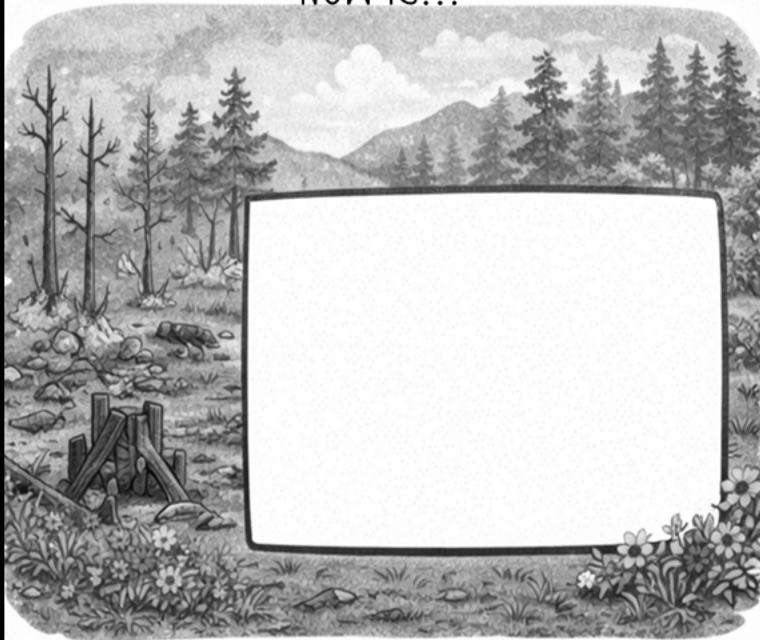


AFTER THE FIRE: COPING WITH CHANGE

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 black border, intended for a drawing of a safe routine.

DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



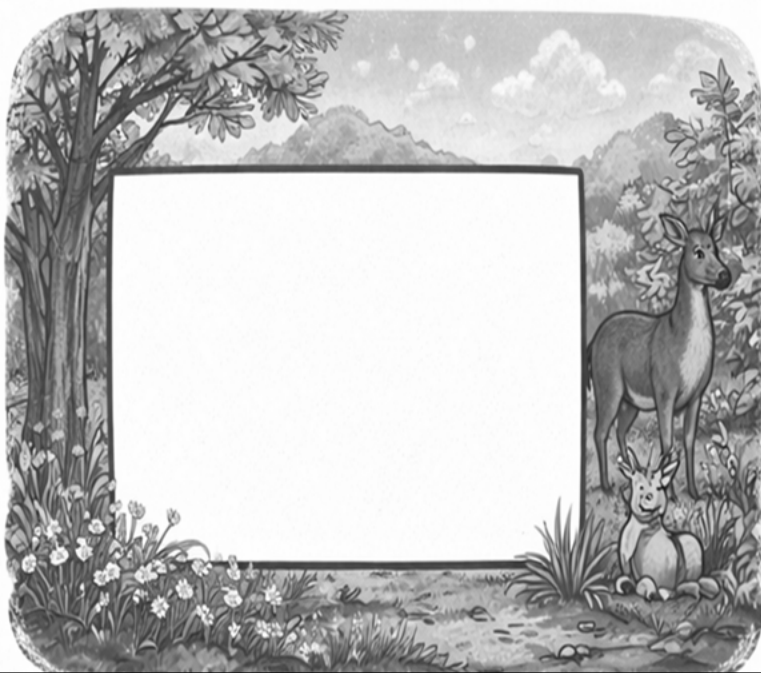
AFTER THE FIRE: EXPRESSING LOSS

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

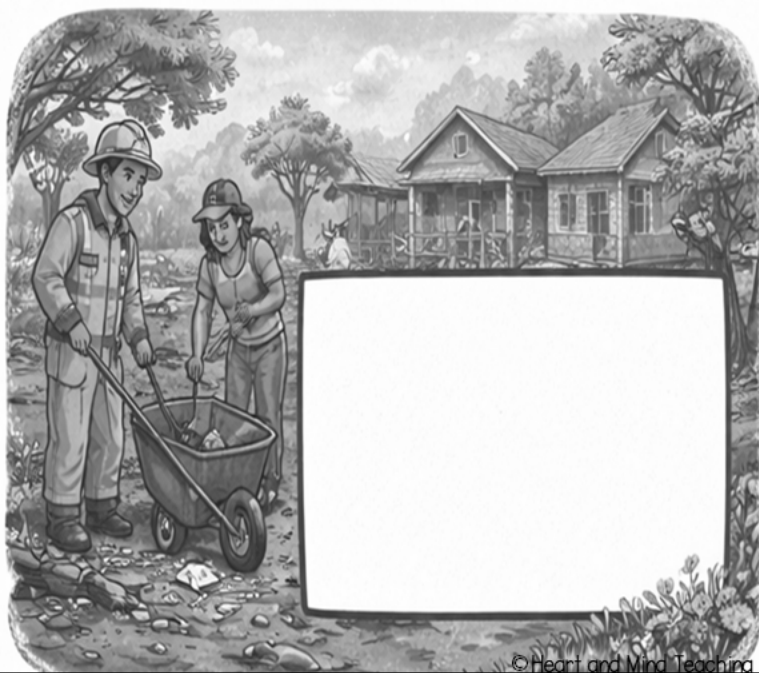
DRAW A PICTURE OF SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT.

A MEMORY THAT MAKES ME SMILE IS...

SOMETHING I MISS IS...



WHEN I FEEL SAD, I CAN...



DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



AFTER THE FIRE: 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: WILDFIRE

➡ AFTERMATH / COPING



AFTER THE FIRE: 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...

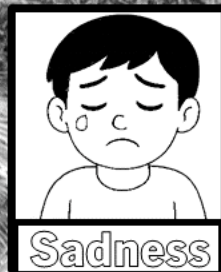
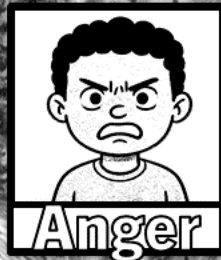
SOMETHING I CAN DO TO
HELP OTHERS IS...

DRAW YOURSELF BEING BRAVE:

I WAS BRAVE WHEN I....

WILDFIRE FEELINGS

DURING A WILDFIRE, OUR FEELINGS CAN SPREAD AS QUICKLY AS A FIRE. 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.



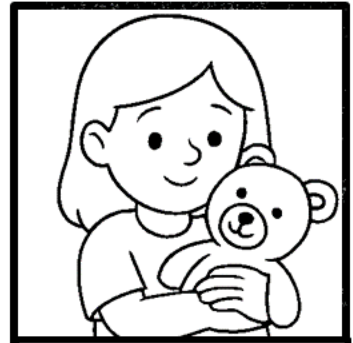
COPING SKILLS



DEEP BREATHING



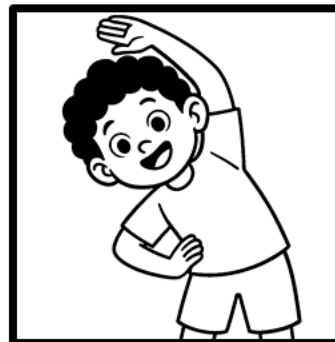
USE SAFE TALK



HOLD A COMFORT ITEM



USE GROUNDING



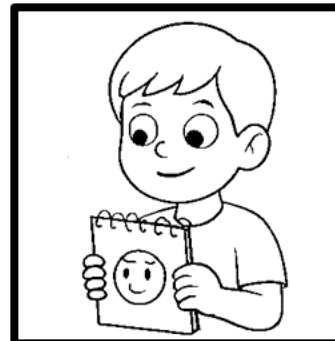
MOVE YOUR BODY



TALK TO A HELPER



PRACTICE GRATITUDE



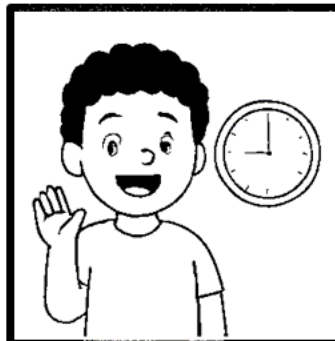
DRAW PICTURES



WRITE IN A JOURNAL



IMAGINE A CALM
SAFE PLACE



GO BACK TO NORMAL
ROUTINES



LISTEN TO CALMING
MUSIC

DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



COPING WITH THE AFTERMATH OF A WILDFIRE: 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...



Panic



Anger



Overwhelmed

I CAN DO THIS TO HELP...

DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING

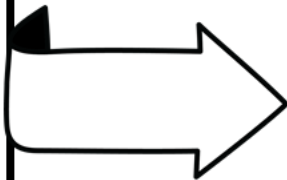


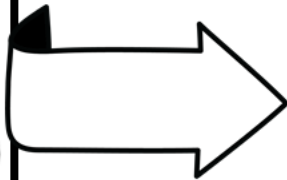
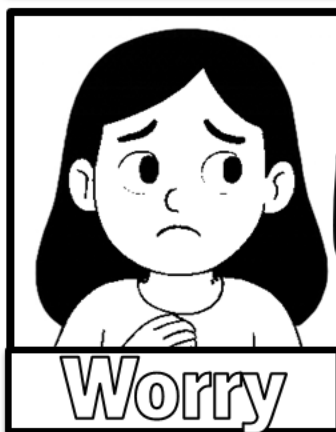
COPING WITH THE AFTERMATH OF A WILDFIRE: ACTIVITY

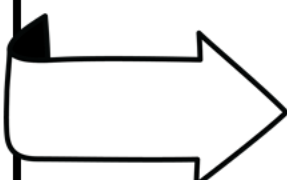
BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. WRITE YOUR ANSWER AND DRAW THE COPING SKILL.

I AM FEELING...

I CAN DO THIS TO HELP...







DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



COPING WITH THE AFTERMATH OF A WILDFIRE: ACTIVITY

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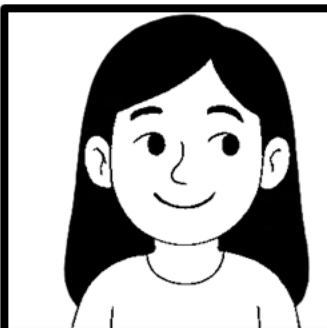
I AM FEELING...



Restless



Confused



Safe

I CAN DO THIS TO HELP...

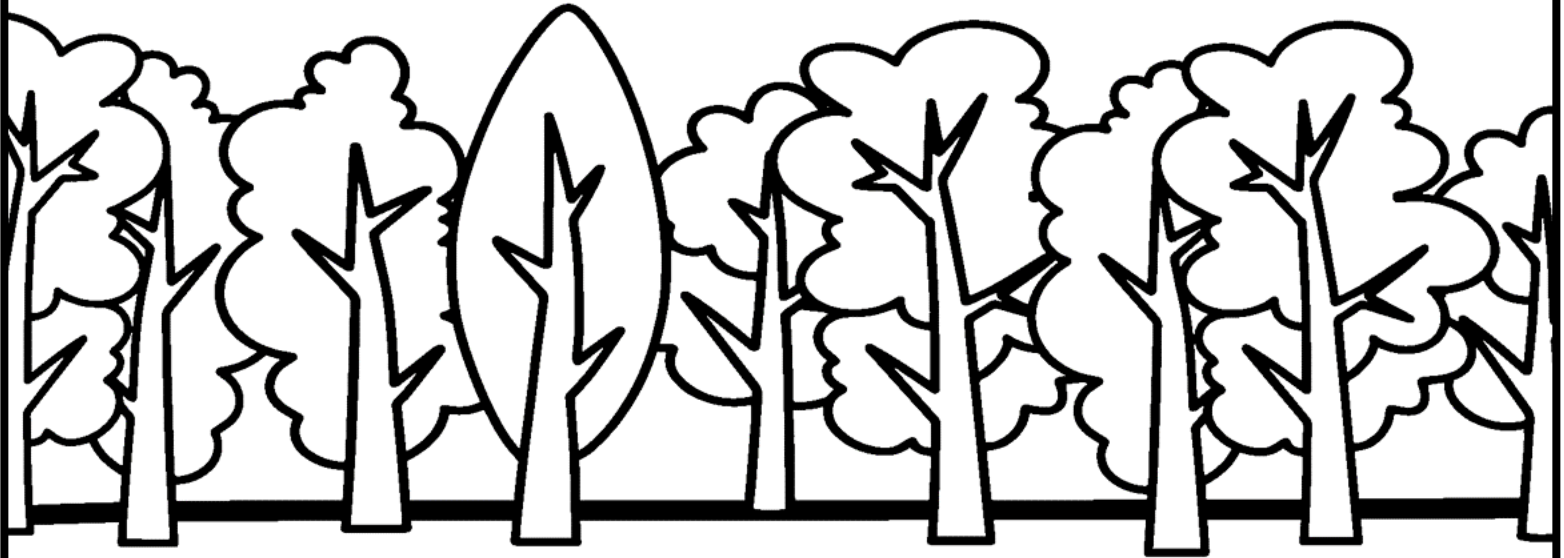
POST-FIRE COPING AFFIRMATIONS

"I AM SAFE RIGHT NOW."

"EVEN AFTER A FIRE, THE FOREST AND OUR COMMUNITY CAN GROW STRONG AGAIN.."

"THERE ARE HELPERS WORKING HARD TO KEEP PEOPLE SAFE.."

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



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

"EVERY DAY, I AM GETTING STRONGER."

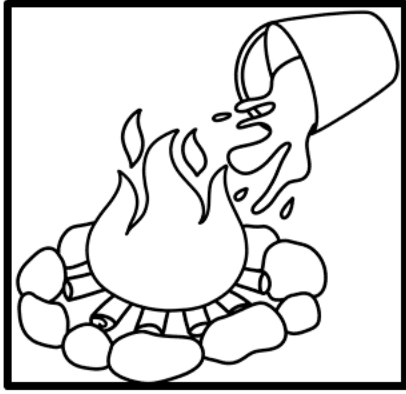
"I CAN TAKE DEEP BREATHS TO CALM MY BODY."

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

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

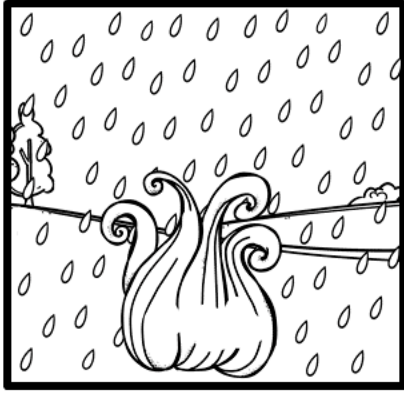
"THERE ARE PEOPLE WHO CARE FOR ME AND PROTECT ME."

BREATHING EXERCISES



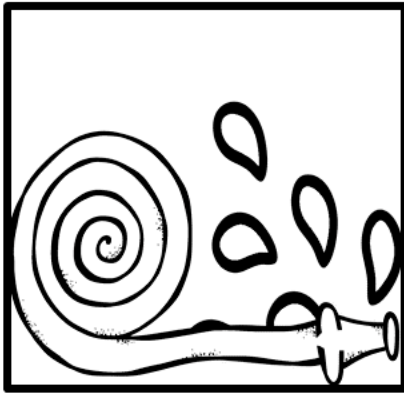
Put out the Spark **Breathing**

SOMETIMES BIG FIRES START FROM TINY SPARKS. WE CAN CALM OUR BODIES THE SAME WAY. HOLD YOUR HANDS IN FRONT OF YOU LIKE A SMALL FLAME. BREATHE IN SLOWLY THROUGH YOUR NOSE FOR 4 SECONDS. BLOW OUT GENTLY THROUGH YOUR MOUTH LIKE YOU ARE PUTTING OUT THE TINY FLAME. WATCH THE FLAME GET SMALLER AND CALMER EACH BREATH.



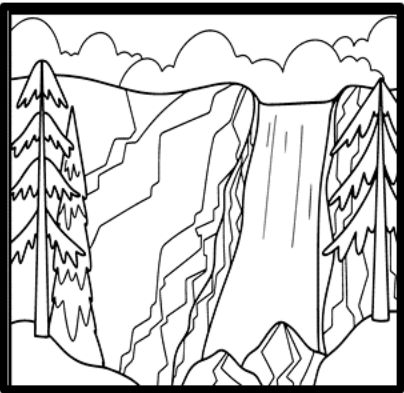
Rain on the Fire **Breathing**

RAIN HELPS STOP WILDFIRES AND COOL THE LAND. BREATHE IN AND IMAGINE DARK CLOUDS BRINGING RAIN. BREATHE OUT SLOWLY AND IMAGINE GENTLE RAIN FALLING ON THE FIRE. EACH BREATH MAKES THE FIRE COOLER AND CALMER.



Firefighter Hose **Breathing**

FIREFIGHTERS USE STRONG HOSES TO COOL DOWN FIRES. PRETEND YOUR ARMS ARE A BIG FIRE HOSE. BREATHE IN SLOWLY THROUGH YOUR NOSE. BREATHE OUT SLOWLY THROUGH YOUR MOUTH WHILE PRETENDING TO SPRAY WATER. IMAGINE THE WATER COOLING EVERYTHING DOWN.

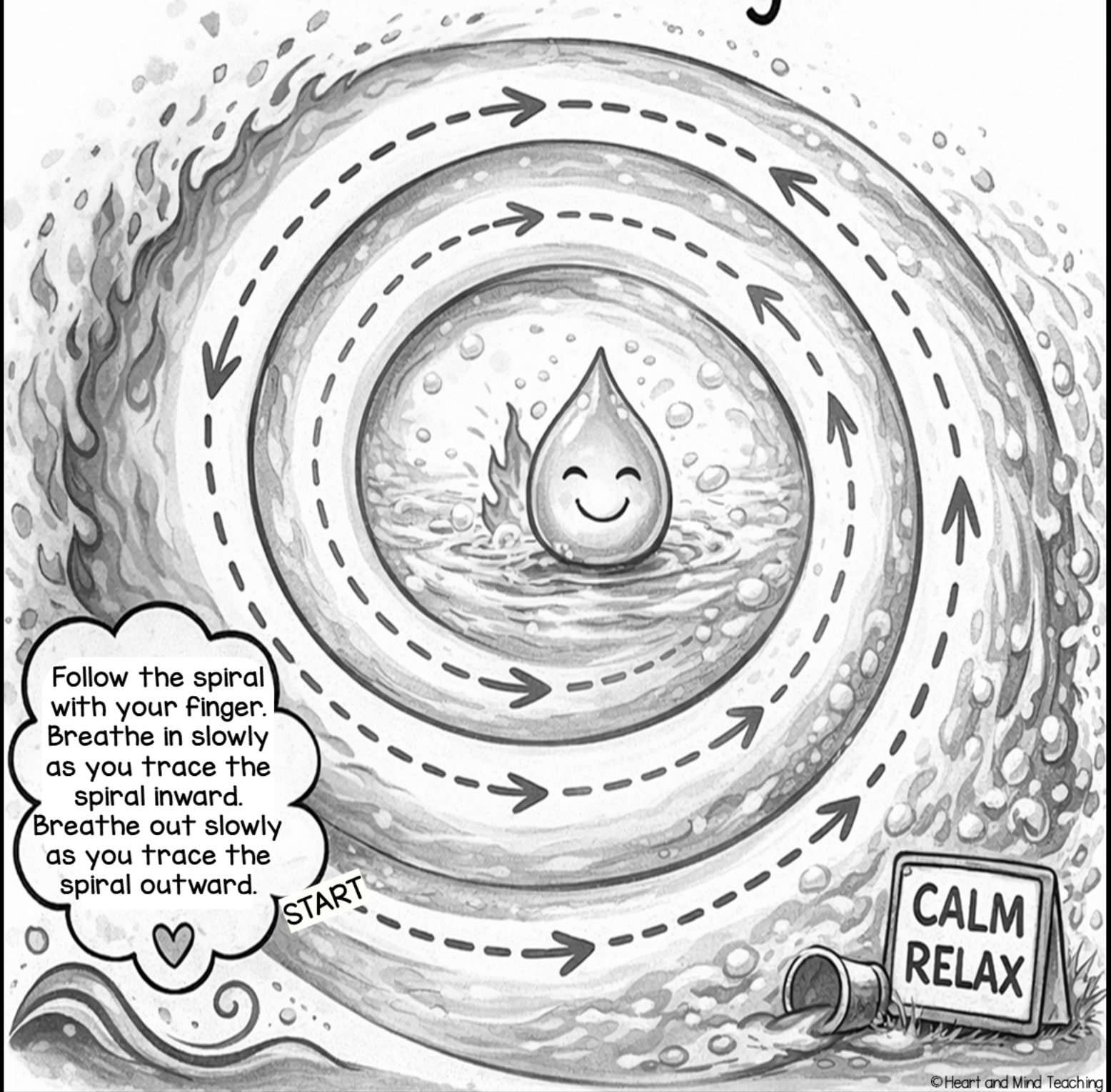


Forest Calm **Breathing**

AFTER A FIRE, THE FOREST SLOWLY BECOMES PEACEFUL AGAIN. BREATHE IN SLOWLY AND IMAGINE FRESH AIR IN A QUIET FOREST. HOLD YOUR BREATH FOR 2 SECONDS. BREATHE OUT SLOWLY, LETTING YOUR BODY RELAX LIKE THE FOREST AFTER RAIN. REPEAT 6 TIMES.

EXTINGUISH THE FLAME

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

CALM
RELAX



GRATEFUL

AFTER THE FIRE

I AM THANKFUL FOR...

GUIDED VISUALIZATION

SIT COMFORTABLY AND TAKE A SLOW BREATH IN THROUGH YOUR NOSE.
NOW BREATHE OUT SLOWLY THROUGH YOUR MOUTH.
CLOSE YOUR EYES IF YOU FEEL COMFORTABLE.

IMAGINE YOU ARE STANDING IN A FOREST AFTER A WILDFIRE. THE FIRE HAS PASSED, AND EVERYTHING IS QUIET. THE AIR FEELS COOL AND CALM. YOU CAN SEE THE GROUND WHERE THE FIRE ONCE BURNED, BUT NOW THE FOREST IS BEGINNING TO HEAL.



TAKE ANOTHER SLOW BREATH IN. AND SLOWLY BREATHE OUT. AS YOU LOOK AROUND, YOU NOTICE TINY GREEN PLANTS GROWING FROM THE SOIL. SMALL FLOWERS BEGIN TO APPEAR. THE FOREST IS SLOWLY COMING BACK TO LIFE. JUST LIKE THE FOREST, YOUR FEELINGS CAN HEAL AND GROW STRONGER TOO. BREATHE IN SLOWLY AGAIN. AND BREATHE OUT.

YOU HEAR THE SOUND OF A SMALL STREAM FLOWING NEARBY. BIRDS ARE BEGINNING TO RETURN. ANIMALS ARE SLOWLY COMING BACK TO THE FOREST. THE SUN SHINES WARMLY, HELPING THE TREES AND PLANTS GROW AGAIN. TAKE ANOTHER SLOW BREATH IN. AND SLOWLY BREATHE OUT.

NOW IMAGINE YOURSELF PLANTING A SMALL TREE IN THE FOREST. AS YOU PLACE IT IN THE SOIL, YOU KNOW THAT WITH TIME, SUNLIGHT, AND RAIN, IT WILL GROW TALL AND STRONG. JUST LIKE THAT TREE, YOU ARE GROWING STRONGER TOO. TAKE ONE LAST DEEP BREATH IN...AND SLOWLY BREATHE OUT. WHEN YOU ARE READY, GENTLY OPEN YOUR EYES.

LOOK FOR THE HELPERS

WILDFIRES 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

WILDFIRES 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 FIRE 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 WILDFIRE 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: WILDFIRE



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

counseling

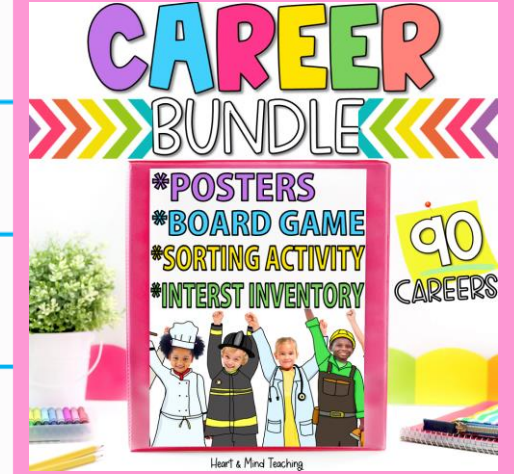
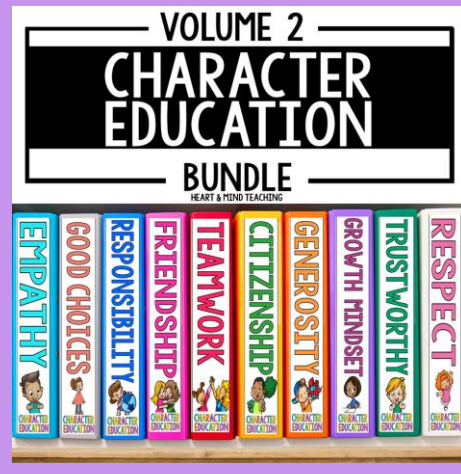
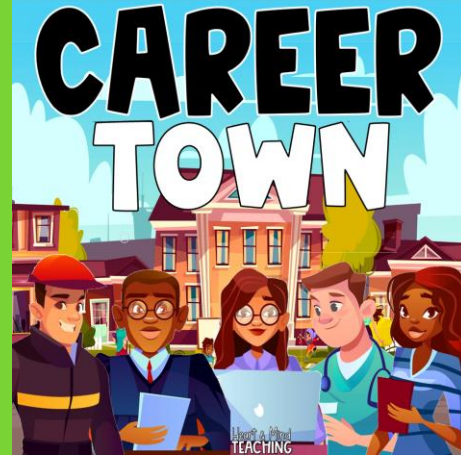
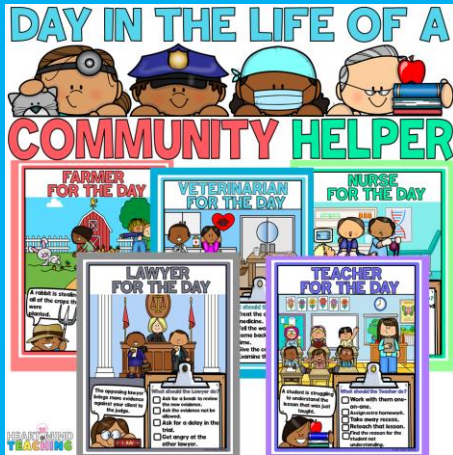
sel

small groups

book companions

behavior

♡♡ Best Selling Resources ♡



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