

# DISASTER EDUCATION: & COPING RESOURCES FLOOD

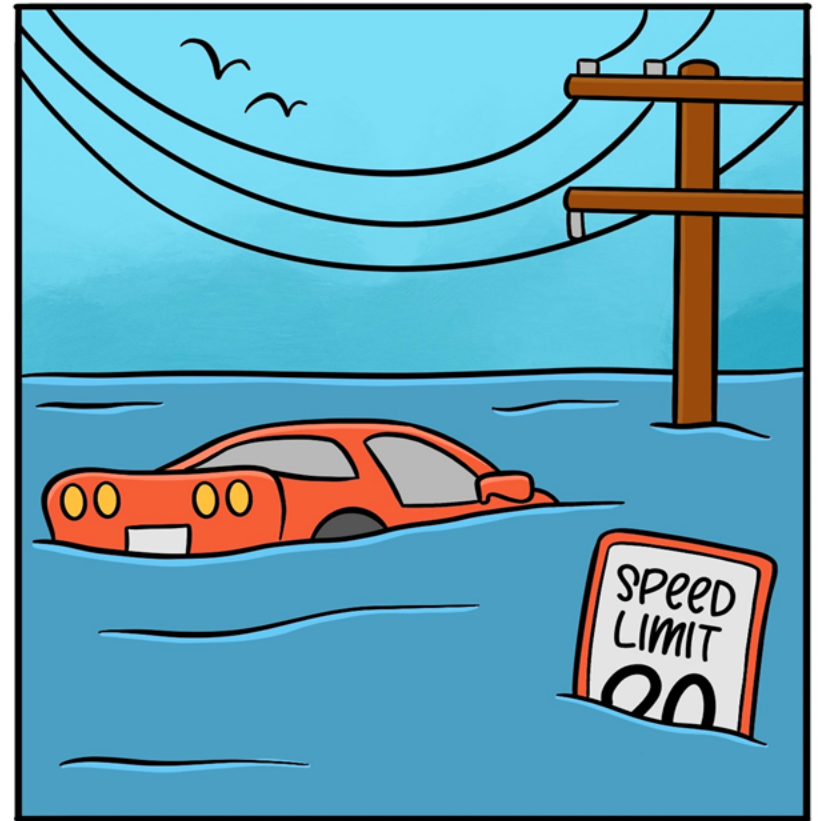
GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/  
COPING

COPING



FLOOD

ELEMENTARY LEVEL

# GAIN KNOWLEDGE: HOW A FLOOD STARTS, HOW TO MEASURE, & CLUES



## DISASTER EDUCATION: FLOOD

← GAIN KNOWLEDGE

### HOW A FLOOD FORMS

**HEAVY RAIN**

A FLOOD OFTEN STARTS WHEN HEAVY RAIN FALLS FOR A LONG TIME. SOMETIMES STORMS DROP MORE WATER THAN THE GROUND CAN HANDLE.

**STORM DRAINS OVERFLOW**

STORM DRAINS AND SEWERS FILL UP TOO QUICKLY AND CANT CARRY ALL THE WATER AWAY. SO WATER BEGINS TO COLLECT ON STREETS.

**RIVERS RISE**

NEARBY RIVERS, CREEKS, & STREAMS FILL UP FROM ALL THE EXTRA WATER AND BEGIN TO RISE HIGHER.

**SATURATED GROUND**

THE SOIL SOAKS UP WATER LIKE A SPONGE. AFTER A WHILE, IT GETS TOO FULL AND CANT ABSORB MORE.

**WATER LEVEL RISES**

WATER SPREADS INTO NEIGHBORHOODS, YARDS, AND ROADS THE WATER LEVEL KEEPS GETTING HIGHER.

**FLOODING OCCURS**

WATER COVERS LAND THAT IS USUALLY DRY. THIS IS CALLED A FLOOD.

## FLOOD 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 FLOOD.

WEATHER CLUES OF A POSSIBLE FLOOD

FLOOD

NOT CLUES OF A POSSIBLE FLOOD

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## DISASTER EDUCATION: FLOOD

← GAIN KNOWLEDGE

### HOW A MEASURE A FLOOD

ONE OF THE MOST COMMON WAYS TO MEASURE A FLOOD IS BY HOW DEEP THE WATER GETS

	<b>FLOOD LEVEL 1</b> 0-6 INCHES
	<b>FLOOD LEVEL 2</b> 6-12 INCHES
	<b>FLOOD LEVEL 3</b> 1-3 FEET
	<b>FLOOD LEVEL 4</b> 3-6 FEET
	<b>FLOOD LEVEL 5</b> 6+ FEET

EIGHT

ACTIVITIES

## DISASTER EDUCATION: FLOOD

← AFTERMATH / COPING

### AFTER THE FLOOD: EXPRESSING LOSS

A MEMORY THAT MAKES ME SMILE IS...

Type here.

WHEN I FEEL SAD, I CAN...

Type here.

SOMETHING I MISS IS...

Type here.

WHAT IS SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT?

Type here.

## DISASTER EDUCATION: FLOOD

### 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 FLOOD?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT THE FLOOD?			
3. DO THOUGHTS ABOUT THE FLOOD COME BACK TO YOU EVEN WHEN YOU DONT WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE FLOOD OR HAVE TROUBLE SLEEPING?			

POWERPOINT &  
DIGITAL VERSION

STRESS ASSESSMENT

# BE PREPARED: FLOOD PREPARATION & DRILL PRACTICE



## DISASTER EDUCATION: FLOOD

BE PREPARED

### FLOOD PREPARATION

**BEFORE A FLOOD**

- MAKE A SAFETY PLAN
- MAKE AN EMERGENCY KIT
- LISTEN FOR ALERTS
- MOVE IMPORTANT ITEMS HIGHER

**DURING A FLOOD**

- MOVE TO HIGHER GROUND
- LISTEN FOR EMERGENCY INSTRUCTIONS
- STAY INSIDE AND AWAY FROM WINDOWS
- NEVER WALK OR DRIVE IN FLOODWATER

**AFTER A FLOOD**

- STAY PUT UNTIL IT IS SAFE
- AVOID FLOODWATER
- WATCH OUT FOR DEBRIS
- HELP OTHERS IF YOU CAN

PERFECT  
LESSON FOR AN  
AREA PRONE TO  
FLOODS

## FLOOD DRILL

- STOP WHAT YOU ARE DOING AND LISTEN FOR INSTRUCTIONS
- LINE UP QUICKLY AND QUIETLY TO GO TO A SAFE PLACE
- 
- 

## COPING TIPS FOR PARENTS

EXPERIENCING A FLOOD 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.

## DISASTER EDUCATION: FLOOD

BE PREPARED

### FLOOD PREPARATION: ACTIVITY

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

- True**: BEFORE A FLOOD, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO.
- False**: TO PREPARE FOR A FLOOD, YOU SHOULD KEEP IMPORTANT ITEMS CLOSE TO THE GROUND.
- True**: DURING A FLOOD, KEEP YOUR PHONE NEARBY TO GET EMERGENCY ALERTS.
- True**: DURING A FLOOD, YOU SHOULD SEEK SHELTER VERY QUICKLY.

## DISASTER EDUCATION: FLOOD

BE PREPARED

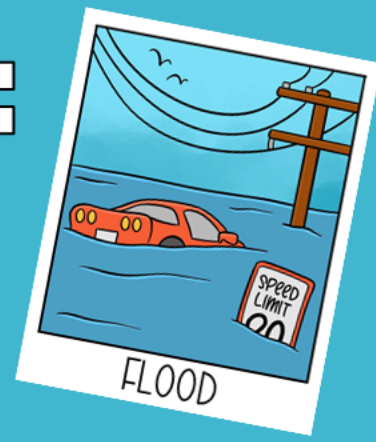
### FLOOD PREPARATION: DRILL ACTIVITY

WHAT SHOULD YOU DO IN A FLOOD DRILL? CIRCLE THE CORRECT ANSWERS AND CROSS OUT THE WRONG ONES.

- True**: WAIT UNTIL YOU ARE TOLD IT IS SAFE.
- False**: NOT LISTENING TO YOUR TEACHER'S INSTRUCTIONS.
- True**: KNEEL DOWN WITH YOUR HANDS ON THE FLOOR.
- True**: FREEZING UP AND DOING NOTHING WHEN YOU HEAR THE ALARM.
- True**: STOP WHAT YOU ARE DOING AND LISTEN FOR INSTRUCTIONS.
- True**: LINE UP QUICKLY AND GO TO A SAFE PLACE.
- True**: MOVE TO HIGHER GROUND.
- False**: GOOF OFF WITH YOUR FRIENDS WHILE YOU WAIT.
- True**: RUN OUTSIDE.

INCLUDES COPING  
TIPS FOR PARENTS

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



## FLOOD FEELINGS

DURING A FLOOD, OUR FEELINGS CAN BUILD UP JUST LIKE RISING WATER. AT FIRST, THEY MAY FEEL HEAVY—SCARY, CONFUSING, AND OVERWHELMING. BUT WHEN WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY SETTLE AND BECOME EASIER TO MANAGE.

Feelings shown in callouts: Sadness, Anger, Worry, Safe, Relieved, Frustrated.

## COPING SKILLS

 DEEP BREATHING	 USE SAFE TALK <i>I'm safe with my teacher</i>	 HOLD A COMFORT ITEM
 USE GROUNDING	 MOVE YOUR BODY	 TALK TO A HELPER
 PRACTICE GRATITUDE	 DRAW PICTURES	 WRITE IN A JOURNAL

## PRACTICE MINDFULNESS RAIN TECHNIQUE

**R**ecognize  
**A**llow  
**I**nvestigate  
**N**urture

- Recognize what you're experiencing
- Allow life to be just as it is
- Investigate with kindness
- Nurture with self-compassion

## GRATEFUL AFTER THE FLOOD

I AM THANKFUL FOR...


## Finding Calm After the Storm

**Feet & Legs**  
Imagine the ground is steady and strong. Let your feet feel heavy and calm.

**Hands & Arms**  
Gently let go of anything you were holding during the storm. Let your hands soften...

**Stomach & Chest**  
Feel your breath move in and out like a calm wave. Let each breath help you relax.

**Shoulders & Face**  
Imagine your shoulders dropping down and getting loose. Let your face feel calm and relaxed.

**Take a slow, deep breath...**  
Scan your body from your feet to your head. Let each part relax like calm, gentle waves.

## Thank You, Helpers!

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

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

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

Draw a picture of the community helper: