

DISASTER EDUCATION: & COPING RESOURCES FLOOD

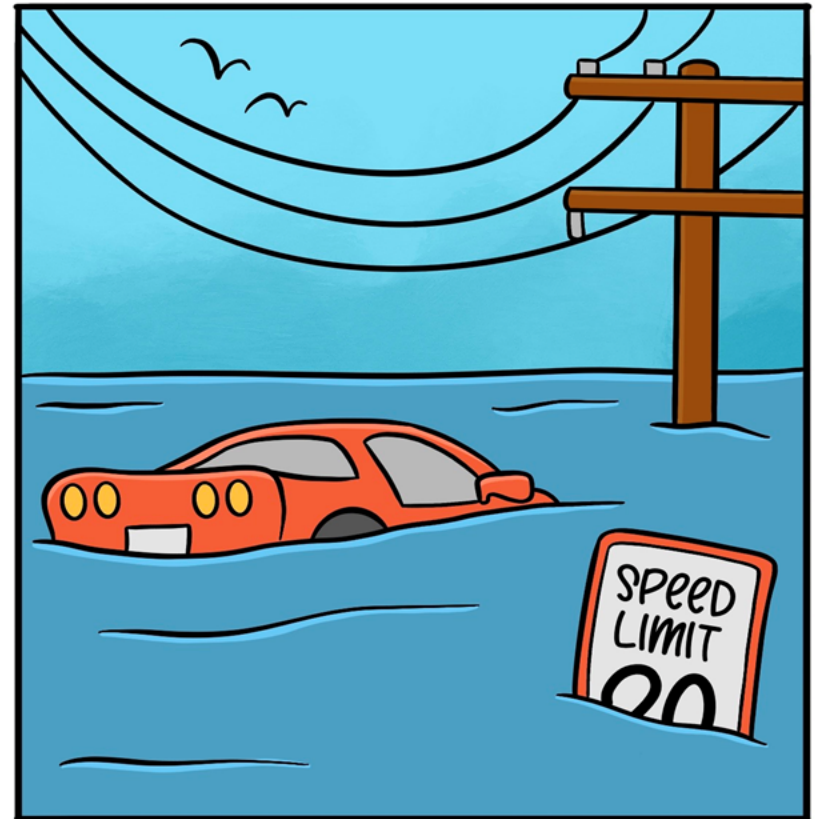
GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING

COPING



FLOOD

MIDDLE SCHOOL LEVEL

GAIN KNOWLEDGE: HOW A FLOOD FORMS, HOW TO MEASURE, & WEATHER 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.

SATURATED GROUND

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

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.

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 CLUES ACTIVITY

CLUES OF A POSSIBLE FLOOD

NOT CLUES OF A POSSIBLE FLOOD

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

CLUES OF A POSSIBLE FLOOD

MAYA STOOD ON THE PORCH AND HELD ONTO THE RAILING. THE WIND PUSHED HARD AGAINST HER, MAKING THE TREES BEND AND SWAY.

ETHAN LOOKED OUT THE WINDOW AS RAIN POURED DOWN NONSTOP. PUDDLES WERE TURNING INTO LARGE POOLS ACROSS THE YARD. HE NOTICED THE WATER WAS STARTING TO COLLECT AND COULD LEAD TO FLOODING.

LIAM WALKED ALONG THE BEACH AND STOPPED SUDDENLY. THE OCEAN WAVES WERE HIGHER THAN USUAL AND CREEPING CLOSER TO THE SHORE. HE REALIZED THE WATER WAS RISING AND COULD BECOME UNSAFE.

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.

FLOOD LEVEL 1
0-6 INCHES

FLOOD LEVEL 2
6-12 INCHES

FLOOD LEVEL 3
1-3 FEET

FLOOD LEVEL 4
3-6 FEET

FLOOD LEVEL 5
6+ FEET

EIGHT

ACTIVITIES

DISASTER EDUCATION: FLOOD

→ AFTERMATH / COPING

AFTER THE FLOOD: COPING WITH CHANGE & SAFETY

ONE THING THAT HAS STAYED THE SAME IS...
Type here.

WHAT IS YOUR SAFE ROUTINE. (MORNING, BEDTIME, SCHOOL)
Type here.

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

POWERPOINT &
DIGITAL VERSION

STRESS
ASSESSMENT

DISASTER EDUCATION: FLOOD

STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
9. DO YOU FEEL MORE ALONE INSIDE OR MORE ALONE WITH YOUR FEELING-S-LIKE OTHERS DONT UNDERSTAND?			
10. DO YOU STARTLE MORE EASILY OR FEEL MORE JUMPY OR NERVOUS THAN BEFORE THE FLOOD?			
11. DO YOU SLEEP WELL AFTER THE FLOOD?			
12. DO YOU FEEL BAD OR GUILTY BECAUSE YOU DIDNT DO SOMETHING YOU WISH YOU HAD DONE?			
13. DO YOU WANT TO STAY AWAY FROM			

BE PREPARED: FLOOD PREPARATION & DRILL PRACTICE



DISASTER EDUCATION: FLOOD

BE PREPARED

FLOOD PREPARATION

BEFORE A FLOOD



DURING A FLOOD



AFTER A FLOOD



PERFECT
LESSON FOR AN
AREA PRONE TO
FLOODS

FLOOD DRILL



DISASTER EDUCATION: FLOOD

BE PREPARED

FLOOD PREPARATION: ACTIVITY

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

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

YOU SHOULD NOT WORRY ABOUT CHECKING EMERGENCY ALERTS DURING A FLOOD. TRUE OR FALSE?

AN EMERGENCY FLOOD KIT SHOULD INCLUDE BATTERIES AND A FLASHLIGHT. TRUE OR FALSE?

TO PREPARE FOR A FLOOD, YOU SHOULD KEEP IMPORTANT ITEMS CLOSE TO THE GROUND. TRUE OR FALSE?

DURING A FLOOD, YOU SHOULD DUCK UNDERNEATH A WINDOW. TRUE OR FALSE?

THERE IS NO NEED TO PRACTICE A FLOOD DRILL BECAUSE IT COULD HAPPEN AT ANY TIME. TRUE OR FALSE?

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

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.

THE WEATHER WARNING

SETUP: STUDENTS ARE AT HOME WHEN A FLOOD WATCH IS ANNOUNCED ON TV AND PHONES.

ROLES: PARENT/GUARDIAN, STUDENT, YOUNGER SIBLING, NEWS REPORTER (OPTIONAL).

ACTIONS: THE REPORTER ANNOUNCES A FLOOD WARNING. THE FAMILY DISCUSSES WHAT IT MEANS. STUDENT HELPS GATHER SUPPLIES (FLASHLIGHT, WATER, SNACKS). FAMILY DECIDES ON A SAFE PLACE TO GO IF NEEDED.

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.

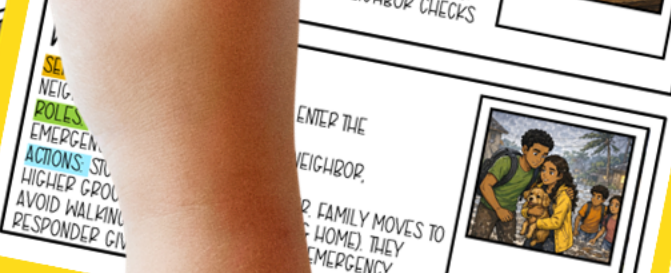
→ **COPING STRATEGIES TO PRACTICE TOGETHER**

- 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".

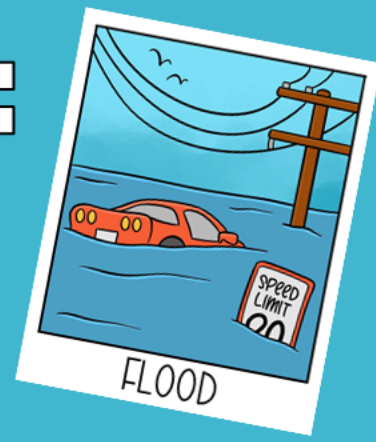
→ **WHEN TO SEEK EXTRA SUPPORT**

- FREQUENT NIGHTMARES OR TROUBLE SLEEPING.
- ONGOING FEAR, CLINGINESS, OR WITHDRAWAL.
- FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES.

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 FLOOD WATER. THEY START REALLY HEAVY 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.

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 GREAT!	NATURE	HELP

PRACTICE MINDFULNESS RAIN TECHNIQUE

Recognize
Allow
Investigate
Nurture

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

River Flow Breathing

Breathe In... River Flows In

Breathe Out... River Flows Out

Slow & Steady

6 Calm Breaths

Raindrop Breathing

Breathe In Hold Breathe Out Relax

5 Gentle Breaths

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!

A large white circle is provided for writing a message of gratitude.