

# DISASTER EDUCATION: & COPING RESOURCES HURRICANE

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/  
COPING

COPING



HURRICANE

ELEMENTARY LEVEL

# GAIN KNOWLEDGE: HOW A HURRICANE FORMS, HOW TO MEASURE, & WEATHER CLUES



## 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.

## 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.

DROP IN AIR PRESSURE	STRONG WIND	CALM SKIES
WEATHER ALERTS	RAIN BANDS	SINKHOLES
HAIL STONES		THUNDERCLOUDS
		EXTREME HEAT
		SNOWFALL

## 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).

<b>CATEGORY 1</b> -WIND: 74-95 MPH -DAMAGE: SMALL BRANCHES BROKEN, SHINGLES RIPPED OFF ROOFS, POWER OUTAGES MAY HAPPEN FOR A SHORT TIME.
<b>CATEGORY 2</b> -WIND: 96-110 MPH -DAMAGE: TREES KNOCKED DOWN, ROOFS AND HOUSES DAMAGED, POWER OUTAGES MAY LAST SEVERAL DAYS.
<b>CATEGORY 3</b> -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.
<b>CATEGORY 4</b> -WIND: 130-156 MPH -DAMAGE: ENTIRE HOUSES LOSE THEIR ROOFS/WALLS, MANY TREES AND POWER POLES FALL, LONG POWER OUTAGES (WEEKS).
<b>CATEGORY 5</b> -WIND: 157 MPH OR HIGHER -DAMAGE: MASSIVE DAMAGE TO BUILDINGS, TREES, AND ROADS, MANY HOMES MAY BE DESTROYED, POWER OUTAGES FOR WEEKS OR MONTHS.

EIGHT

ACTIVITIES

## 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.

WHAT IS SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT?  
Type here.

A MEMORY THAT MAKES ME SMILE IS...  
Type here.

SOMETHING I MISS IS...  
Type here.

WHEN I FEEL SAD, I CAN...  
Type here.

## 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?			

CANC  
U OF  
OR

POWERPOINT &  
DIGITAL VERSION

STRESS  
ASSESSMENT

# BE PREPARED: HURRICANE PREPARATION & SUPPLIES



## 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

PERFECT  
LESSON FOR  
AN UPCOMING  
STORM

## 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
- 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
  - WHISTLE (TO SIGNAL FOR HELP)

## 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**
  - DEEP 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: HURRICANE

BE PREPARED

### HURRICANE PREPARATION: ACTIVITY

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

- True**: BEFORE A HURRICANE, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?
- True**: THERE IS NO NEED TO COVER WINDOWS IN PREPARATION FOR A HURRICANE. TRUE OR FALSE?
- False**: DURING A HURRICANE, YOU SHOULD DUCK UNDERNEATH A WINDOW. TRUE OR FALSE?
- True**: DURING A HURRICANE, YOU SHOULD STAY IN YOUR SAFE PLACE (SHELTER HOME). TRUE OR FALSE?

## 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.

INCLUDES COPING  
TIPS FOR PARENTS

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



## 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
 SMILE	 WRITE	 DRAW

## 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 THE WAVES GENTLY AND A LIGHTHOUSE SHINES NEARBY. TAKE A SLOW BREATH IN THROUGH YOUR NOSE AND IMAGINE THE AIR FILLING THE LIGHTHOUSE.

## RIDE THE HURRICANE

### 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.

## GRATITUDE Rainbow

Things I am Thankful For:

## Thank You, Helpers!

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

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

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

Draw a picture of the community helper: