

DISASTER EDUCATION: & COPING RESOURCES HURRICANE

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING

COPING



HURRICANE

MIDDLE SCHOOL 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 PUSHING 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

WEATHER CLUES OF A POSSIBLE HURRICANE

NOT CLUES OF A POSSIBLE HURRICANE

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

JORDAN CHECKED HIS PHONE AS ANOTHER WEATHER ALERT POPPED UP. THE RADAR SHOWED A MASSIVE STORM SYSTEM SPINNING CLOSER TO THE COAST.

EMMA STEPPED OUTSIDE AND FELT THE HEAVY, STICKY AIR. SUDDENLY, A STRONG GUST OF WIND PUSHED PAST HER WITH A LOUD POOF.

ALEX STOOD BY THE WINDOW, WATCHING THE SKY GROW DARKER BY THE MINUTE. THE WIND PICKED UP SUDDENLY, RATTLING THE WINDOWS AND SHAKING THE HOUSE. HE COULD TELL THE WEATHER WAS CHANGING QUICKLY AND BECOMING MORE SERIOUS.

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.

EIGHT

ACTIVITIES

DISASTER EDUCATION: HURRICANE

→ GAIN KNOWLEDGE

HURRICANE WEATHER CLUES

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.

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?			

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)

DISASTER EDUCATION: HURRICANE

BE PREPARED

HURRICANE PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE 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?

DURING A HURRICANE, YOU SHOULD LISTEN FOR UPDATES ON THE STORM. TRUE OR FALSE?

PREPARING THE HOUSE FOR THE STORM

PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY SCENARIO (CUT THEM OUT BELOW). HAVE THEM PLAN IT AND THEN PERFORM IT IN FRONT OF THE CLASS.

SETUP: A HURRICANE WARNING HAS BEEN ANNOUNCED. YOUR FAMILY HAS A FEW DAYS TO PREPARE THE HOUSE BEFORE THE STORM ARRIVES.

ROLES: PARENT/GUARDIAN, STUDENT, YOUNGER SIBLING, NEIGHBOR ASKING FOR HELP.

ACTIONS: DECIDE WHAT SUPPLIES TO GATHER. BRING OUTDOOR ITEMS INSIDE. DISCUSS WHERE THE FAMILY WILL STAY DURING THE STORM. HELP A NEIGHBOR WHO FORGOT TO PREPARE.

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 - 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.

HURRICANE SHELTER

STUDENTS SHOULD LEAVE HOME AND GO TO A SCHOOL GYM.

STUDENT WHO IS A PARENT OR CAREGIVER SHOULD CHECK IN WITH NEIGHBOR CHECKING IN WITHOUT POWER. TALK ABOUT HOW TO PASS TIME.

STUDENTS HELP EACH OTHER.

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.



FEELINGS COPING SKILLS



BODY SCAN MEDITATION

IMAGINE YOUR BODY IS LIKE THE LAND AFTER A BIG STORM — IT NEEDS TIME TO REST, REPAIR, AND FEEL SAFE AGAIN. WE'LL CHECK IN WITH EACH PART OF YOU, HELPING IT GO FROM STORMY TO CALM, LIKE SEEING A RAINBOW AFTER THE HURRICANE.

FIND THE CALM EYE OF THE STORM INSIDE YOU
SIT COMFORTABLY. CLOSE YOUR EYES IF YOU WANT. TAKE A SLOW BREATH IN... AND A SLOW BREATH OUT.

HEAD — THE WIND — IMAGINE A GENTLE WIND AT THE TOP OF YOUR HEAD. LET THE WIND HELP RELAX YOUR FOREHEAD, EYES, JAW. BREATHE IN SLOWLY... BREATHE OUT SLOWLY.

SHOULDERS & ARMS — THE RAIN
IMAGINE SOFT RAINDROPS FALLING ON YOUR SHOULDERS AND ARMS. LET THE RAIN WASH AWAY TIGHT OR WORRIED FEELINGS. RELAX YOUR SHOULDERS, ARMS, HANDS.

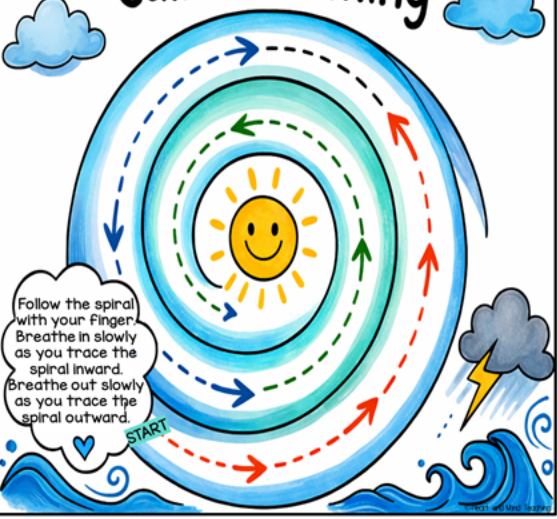
CHEST & BELLY — THE OCEAN WAVES
FEEL YOUR BREATHING LIKE OCEAN WAVES. BREATHE IN... THE WAVE ROLLS IN. BREATHE OUT... THE WAVE ROLLS AWAY. LET YOUR CHEST AND STOMACH FEEL CALM AND STEADY.

LEGS & FEET — STRONG TREES
IMAGINE YOUR LEGS AND FEET LIKE STRONG TREES. YOUR ROOTS ARE PLANTED SAFELY IN THE GROUND. RELAX YOUR LEGS, KNEES, FEET.

THE CALM EYE OF THE HURRICANE
NOW IMAGINE YOU ARE IN THE QUIET CENTER OF THE STORM. EVERYTHING AROUND YOU SLOWS DOWN. YOUR BODY FEELS CALM, SAFE, STEADY. TAKE ONE LAST DEEP BREATH.



RIDE THE HURRICANE Calm Breathing



YOGA MOVES

