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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. ✨ ✨ ✨





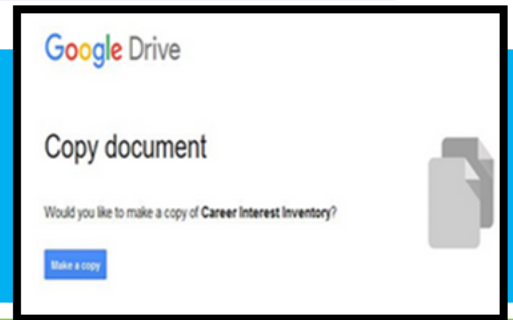
Google Slides

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: Hurricane](#)

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: HURRICANE

Session Objective:

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

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.

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 Hurricane Forms Activity: Cut out the images on page 8 and have students glue or tape them to page 7.
- How to Measure a Hurricane Activity: Match the description to the Saffir-Simpson Scale. Rating.
- Hurricane Weather Clues: Cut out the images on page 13 and glue/tape them to page 14.
- Hurricane Preparation Activity: Write if the statement is true or false.
- Hurricane Drill Activity: Circle the correct statements, cross out the false statements.
- After the storm reflection pages: Have students write or draw their answers.
- Hurricane 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-Storm Coping Affirmations: Read to students and have them say it back to you. Display in classroom for on-going use.
- Breathing Exercises, RAIN Technique, Guided Visualizations, Yoga moves, Body Scan- Read to students, have them practice the techniques. Display in classroom for on-going use.
- Gratitude Rainbow- Have students write in people/things they are grateful for.
- Look for the helpers: Have students answer the questions and then write a letter of thanks to a local community helper.

DISASTER EDUCATION:

HURRICANE



➡ GAIN KNOWLEDGE

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P. 8 ACTIVITY

➡ HURRICANE WEATHER CLUES

P. 9 INFORMATIVE HANDOUT/POSTER

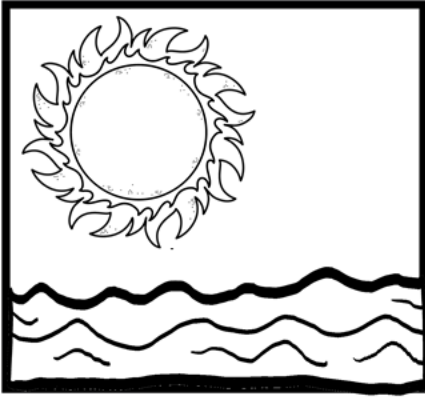
P. 10-11 ACTIVITY

DISASTER EDUCATION: HURRICANE

➡ GAIN KNOWLEDGE

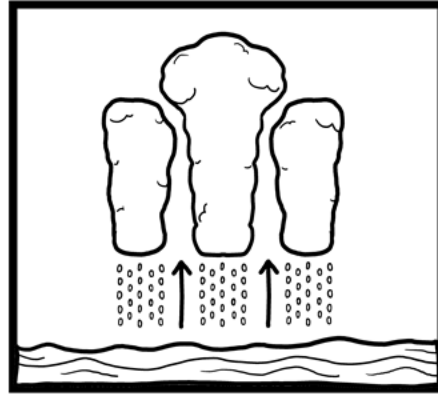


HOW A HURRICANE FORMS



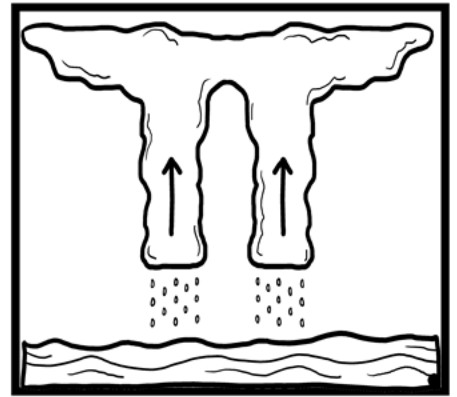
WARM OCEAN WATER

HURRICANES START OVER VERY WARM OCEAN WATER. WHEN THE SUN HEATS THE OCEAN, THE WARM WATER GIVES ENERGY TO THE AIR ABOVE IT.



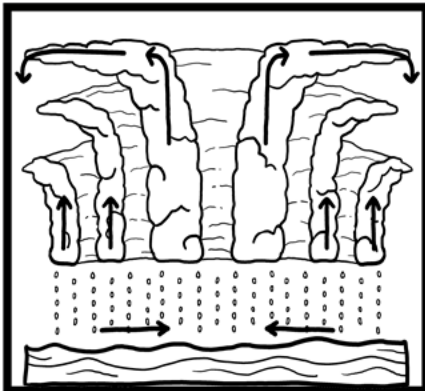
WARM AIR RISES

AS WARM AIR RISES, IT COOLS AND FORMS LARGE STORM CLOUDS AND RAIN.



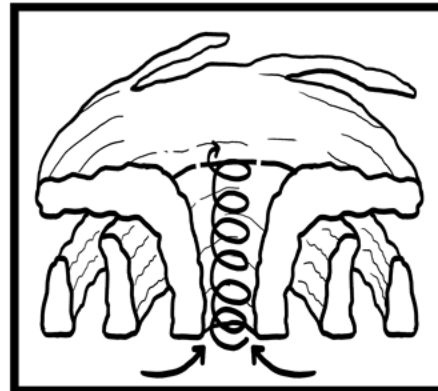
CLOUDS AND STORMS FORM

WARM AIR RISES AND COOLER AIR SINKS, HELPING THE STORM CLOUDS GROW TALLER AND STRONGER.



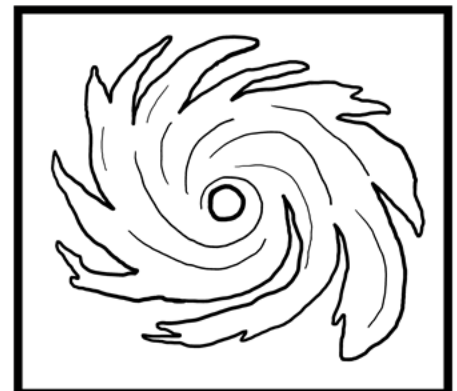
THE STORM STARTS TO ORGANIZE

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.

DISASTER EDUCATION: HURRICANE

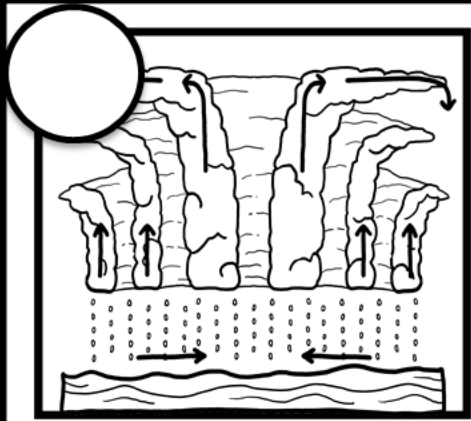
➡ GAIN KNOWLEDGE: ACTIVITY



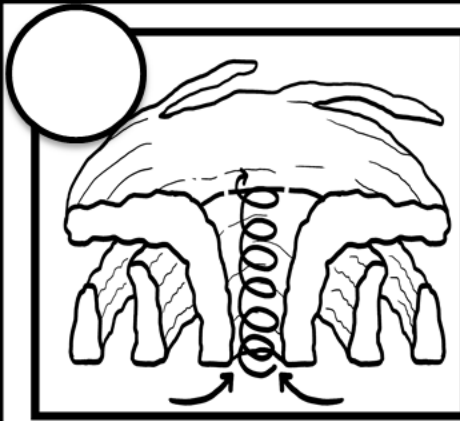
HOW A HURRICANE FORMS

NUMBER THE IMAGES IN THE ORDER THAT A HURRICANE FORMS. BELOW EACH IMAGE DESCRIBE WHAT IS HAPPENING.

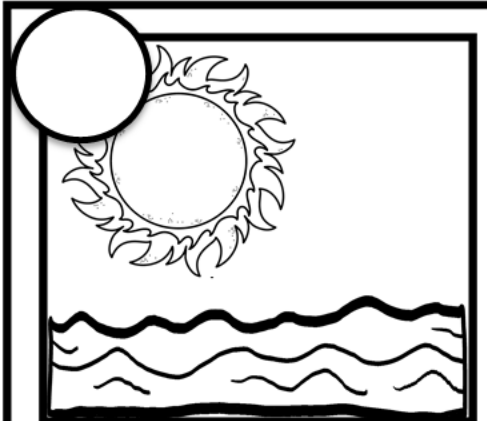
©Heart and Mind Teaching



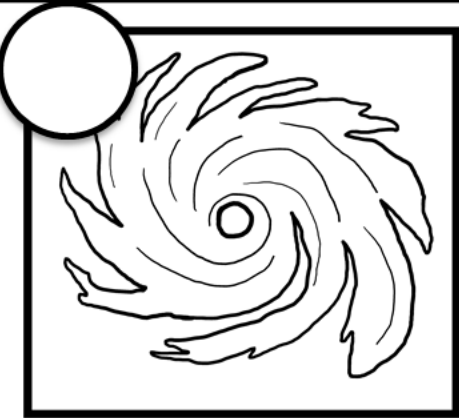
THE STORM STARTS TO ORGANIZE



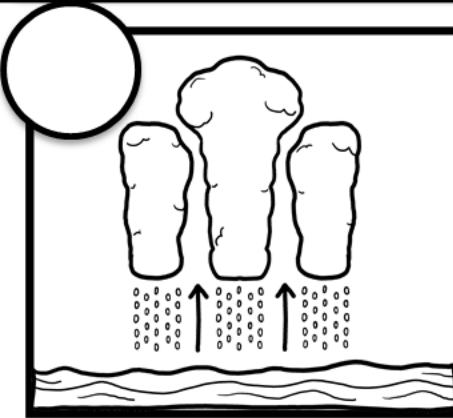
THE STORM GETS STRONGER



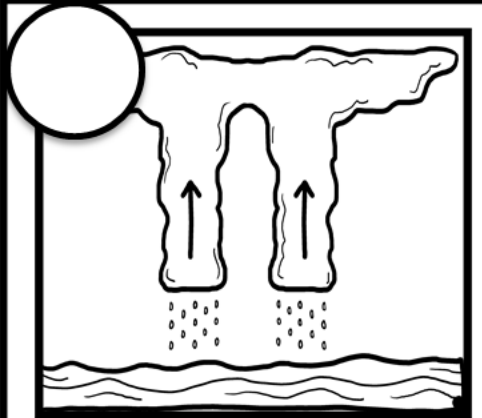
WARM OCEAN WATER



THE HURRICANE MOVES



WARM AIR RISES



CLOUDS AND STORMS FORM

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.

DISASTER EDUCATION: HURRICANE

➡ GAIN KNOWLEDGE: ACTIVITY



HOW TO MEASURE A HURRICANE: ACTIVITY

DRAW A LINE MATCHING THE SAFFIR-SIMPSON HURRICANE SCALE CATEGORY TO THE CORRECT DESCRIPTION OF WIND AND DAMAGE.

CATEGORY 1



- WIND: 96-110 MPH
- DAMAGE: TREES KNOCKED DOWN, ROOFS AND HOUSES DAMAGED, POWER OUTAGES MAY LAST SEVERAL DAYS

CATEGORY 2



- 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 3



- WIND: 74-95 MPH
- DAMAGE: SMALL BRANCHES BROKEN, SHINGLES RIPPED OFF ROOFS, POWER OUTAGES MAY HAPPEN FOR A SHORT TIME.

CATEGORY 4



- WIND: 111-135 MPH
- DAMAGE: BIG TREES SNAPPED, ROOFS TORN OFF HOUSES, CARS PUSHED AROUND.

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.

- WIND: 130-156 MPH
- DAMAGE: ENTIRE HOUSES LOSE THEIR ROOFS/ WALLS, MANY TREES AND POWER POLES FALL, LONG POWER OUTAGES (WEEKS).

DISASTER EDUCATION: HURRICANE

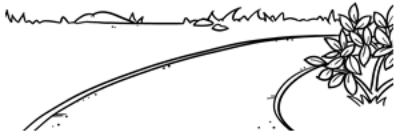
➡ GAIN KNOWLEDGE



HURRICANE WEATHER CLUES



THE SKY FILLS WITH LARGE, DARK, FAST-MOVING STORM CLOUDS.



THE WIND BEGINS TO PICK UP AND BLOW HARDER THAN NORMAL. TREES MAY SWAY AND LOOSE OBJECTS MIGHT MOVE.



RAIN MAY COME IN WAVES OR BANDS, WHERE IT RAINS HARD, STOPS, AND THEN STARTS AGAIN.



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.



SOMETIMES THE AIR CAN LOOK HAZY OR FOGGY BECAUSE THERE IS SO MUCH MOISTURE IN THE AIR.



METEOROLOGISTS MAY ISSUE HURRICANE WATCHES OR WARNINGS TO LET PEOPLE KNOW A STORM COULD BE COMING.



SCIENTISTS NOTICE THE AIR PRESSURE DROPPING, WHICH IS A SIGN A BIG STORM MAY BE COMING.



WEATHER CLUES OF A
POSSIBLE HURRICANE



NOT CLUES OF A
POSSIBLE HURRICANE

HURRICANE WEATHER CLUES ACTIVITY

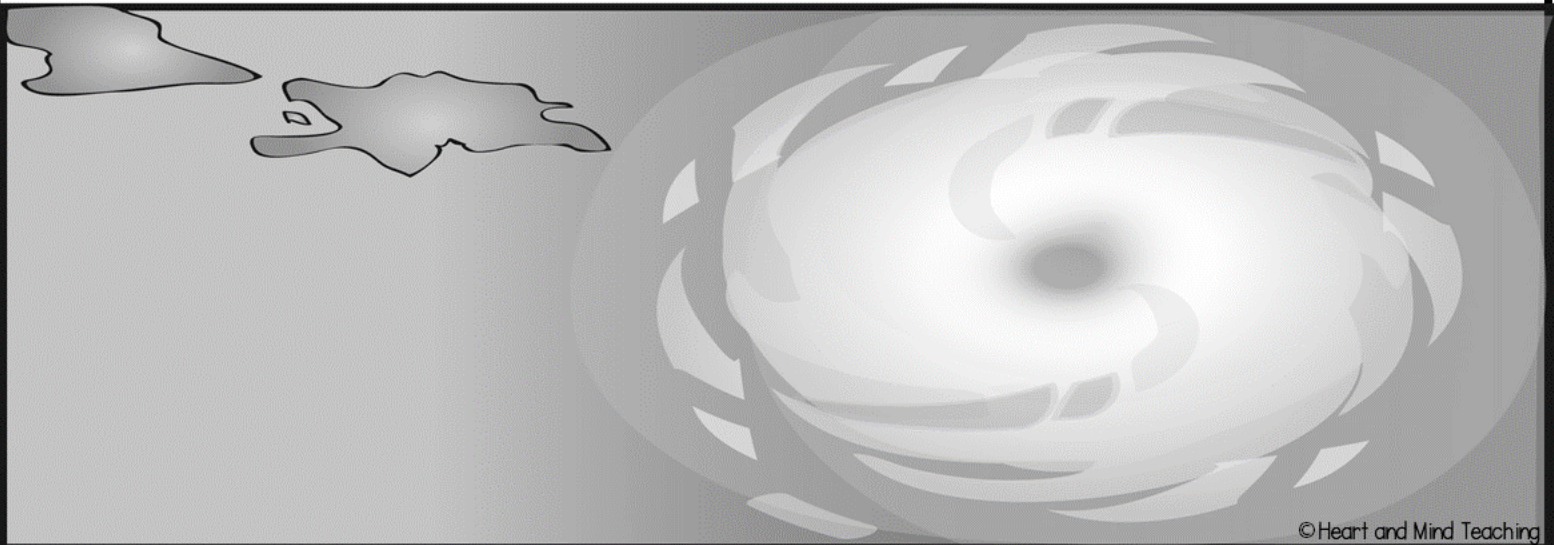
READ THE SCENARIOS AND WRITE THE WEATHER
CLUES IN THE BOX.

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.

WEATHER CLUES OF A
POSSIBLE HURRICANE





WEATHER CLUES OF A
POSSIBLE HURRICANE



NOT CLUES OF A
POSSIBLE HURRICANE

HURRICANE WEATHER CLUES ACTIVITY

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
RUSHED PAST HER WITH A LOUD ROAR.

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.

WEATHER CLUES OF A
POSSIBLE HURRICANE



DISASTER EDUCATION:

HURRICANE



➡ BE PREPARED

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P. 16 EMERGENCY SUPPLY CHECKLIST

P. 17-18 ROLE-PLAY ACTIVITY

DISASTER EDUCATION: HURRICANE

➡ BE PREPARED

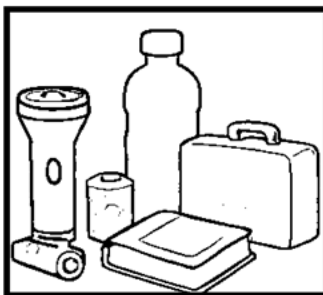


HURRICANE PREPARATION

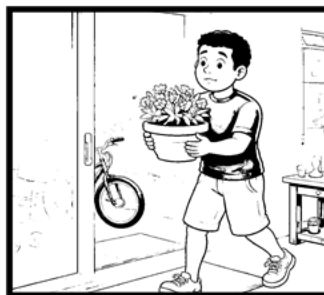
BEFORE A HURRICANE



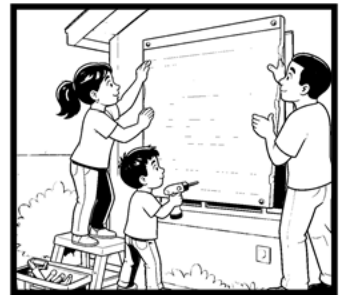
MAKE A SAFETY PLAN



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

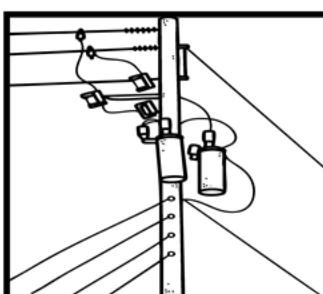


LISTEN FOR UPDATES

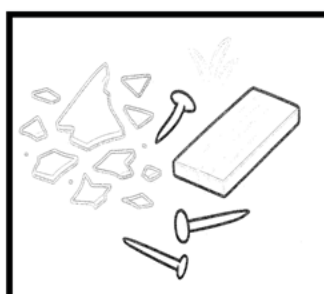
AFTER A HURRICANE



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

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?



DISASTER EDUCATION: HURRICANE

➡ BE PREPARED



HURRICANE PREPARATION: ACTIVITY

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

AFTER A HURRICANE, IT IS SAFE TO PLAY IN STANDING FLOOD WATER.

TRUE OR FALSE?

AFTER A HURRICANE, LET THE PROFESSIONALS HELP YOUR NEIGHBORS. THERE IS NO NEED TO HELP THEM.

TRUE OR FALSE?

AFTER A HURRICANE, IT IS USUALLY SAFE TO GO NEAR DOWN POWERLINES.

TRUE OR FALSE?

AFTER A HURRICANE, YOU SHOULD STAY PUT UNTIL AN ADULT SAYS IT'S SAFE.

TRUE OR FALSE?

AFTER A HURRICANE, DEBRIS CAN BE DANGEROUS.

TRUE OR FALSE?

DURING A HURRICANE, YOU SHOULD TRY TO OUTRUN IT IN YOUR CAR.

TRUE OR FALSE?

DURING A HURRICANE, YOU HAVE A GOOD AMOUNT OF TIME TO GET TO SAFETY.

TRUE OR FALSE?



HURRICANE SUPPLIES CHECKLIST



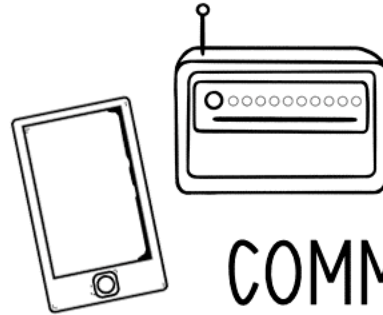
WATER & FOOD

- ☐ 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



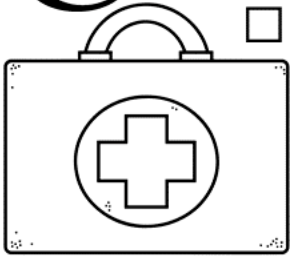
SAFETY & COMMUNICATION

- ☐ BATTERY-POWERED RADIO
- ☐ CELL PHONE WITH EMERGENCY ALERTS TURNED ON
- ☐ WHISTLE (TO SIGNAL FOR HELP)



HEALTH & FIRST AID

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



COMFORT ITEMS

- ☐ BLANKETS
- ☐ EXTRA CLOTHES
- ☐ SMALL TOYS, BOOKS, OR GAMES FOR KIDS



IMPORTANT ITEMS

- ☐ IMPORTANT DOCUMENTS IN A WATERPROOF BAG
- ☐ EMERGENCY CONTACT LIST
- ☐ CASH



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.

PREPARING THE HOUSE FOR THE STORM

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.



AT THE HURRICANE SHELTER

SETUP: YOUR FAMILY HAD TO LEAVE HOME AND GO TO A HURRICANE SHELTER AT A SCHOOL GYM.

ROLES: STUDENT WHO FEELS NERVOUS, STUDENT WHO FEELS CALM, SHELTER VOLUNTEER, PARENT OR CAREGIVER

ACTIONS: STUDENTS TALK ABOUT HOW THEY ARE FEELING.

VOLUNTEER EXPLAINS SHELTER RULES AND SAFETY.

PRACTICE CALMING BREATHING TOGETHER. STUDENTS HELP ORGANIZE SUPPLIES.



POWER IS OUT AT HOME

SETUP: THE HURRICANE PASSED, BUT THE POWER IS OUT AND THE FAMILY MUST WAIT FOR ELECTRICITY TO RETURN.

ROLES: STUDENT WHO IS BORED, STUDENT WHO IS WORRIED, PARENT OR CAREGIVER, NEIGHBOR CHECKING IN

ACTIONS: DISCUSS SAFE THINGS TO DO WITHOUT POWER. USE FLASHLIGHTS OR BATTERY RADIOS. TALK ABOUT HOW TO STAY CALM AND PATIENT. COME UP WITH FUN ACTIVITIES TO PASS TIME.



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.

HELPING AFTER THE STORM

SETUP: THE STORM HAS PASSED, AND PEOPLE IN THE AREA ARE HELPING CLEAN UP.

ROLES: STUDENT VOLUNTEER, COMMUNITY HELPER (FIREFIGHTER, POLICE OFFICER, OR UTILITY WORKER), NEIGHBOR WHOSE YARD HAS DEBRIS, PARENT SUPERVISING.

ACTIONS: DECIDE HOW TO HELP SAFELY. THANK COMMUNITY HELPERS. WORK TOGETHER TO CLEAN UP BRANCHES OR DEBRIS. TALK ABOUT TEAMWORK AFTER DISASTERS.



A FRIEND IS FEELING SCARED

SETUP: SCHOOL HAS REOPENED AFTER THE HURRICANE, BUT ONE STUDENT IS STILL FEELING NERVOUS.

ROLES: STUDENT WHO IS SCARED, SUPPORTIVE FRIEND, SCHOOL COUNSELOR OR TEACHER, ANOTHER CLASSMATE

ACTIONS: THE SCARED STUDENT SHARES FEELINGS. FRIENDS PRACTICE LISTENING AND EMPATHY. THE COUNSELOR SUGGESTS COPING STRATEGIES. STUDENTS PRACTICE BREATHING OR GROUNDING.



PLANNING FOR THE NEXT STORM

SETUP: YOUR CLASS IS CREATING A HURRICANE SAFETY PLAN FOR THE FUTURE.

ROLES: STUDENT SAFETY LEADER, STUDENT RESEARCHER, STUDENT WHO ASKS QUESTIONS, TEACHER FACILITATOR

ACTIONS: DISCUSS WHAT WORKED DURING THE LAST STORM. IDENTIFY SUPPLIES NEEDED IN AN EMERGENCY KIT. CREATE A SAFETY CHECKLIST. SHARE THE PLAN WITH THE CLASS.



DISASTER EDUCATION:

HURRICANE



➡ AFTERMATH/COPING

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DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



AFTER THE STORM: 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...

WHAT ARE SOME OF THE PEOPLE OR
THINGS THAT HELP YOU FEEL SAFE?



DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



AFTER THE STORM: 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...

WHAT IS YOUR SAFE ROUTINE: (MORNING, BEDTIME, SCHOOL), AND HAS IT CHANGED SINCE THE STORM?

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?

A MEMORY THAT MAKES ME SMILE IS...

SOMETHING I MISS IS...

WHEN I FEEL SAD, I CAN...

DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING



AFTER THE STORM: 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...

LIST WAYS YOU HAVE HOPE FOR
YOUR FUTURE.

A HELPER I CAN COUNT ON IS...

DISASTER EDUCATION: HURRICANE



➡ AFTERMATH / COPING

AFTER THE STORM: 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...

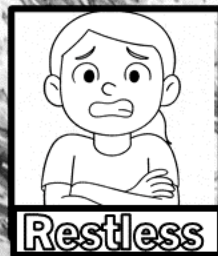
SOMETHING I CAN DO TO HELP OTHERS IS...

HOW DO YOU FEEL WHEN YOU ARE
BRAVE:

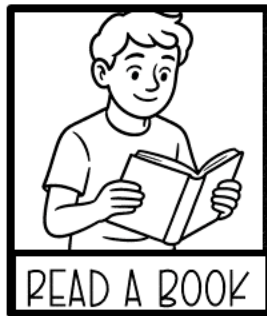
I WAS BRAVE WHEN I....

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



DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING

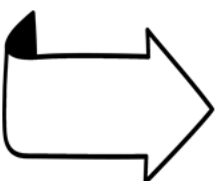
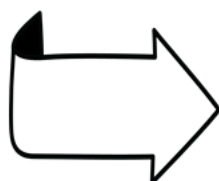
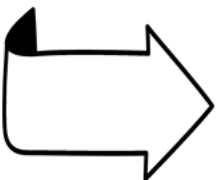
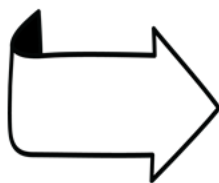


COPING WITH THE AFTERMATH OF A HURRICANE: ACTIVITY

BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. THINK OF WHAT WOULD WORK BEST FOR YOU. WRITE YOUR ANSWERS IN THE BOXES.

I AM FEELING...

I CAN DO THIS TO HELP... I CAN ALSO TRY THIS...



DISASTER EDUCATION: HURRICANE

➡ AFTERMATH / COPING

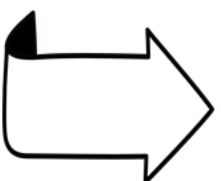
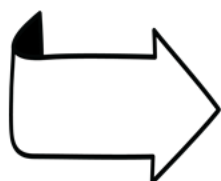
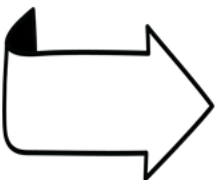
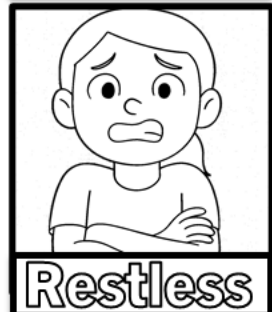
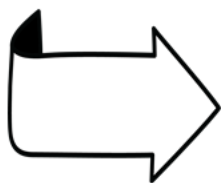


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DISASTER EDUCATION: HURRICANE

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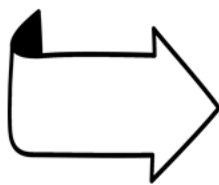
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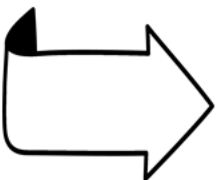
I AM FEELING... I CAN DO THIS TO GET THERE... I CAN ALSO TRY THIS...



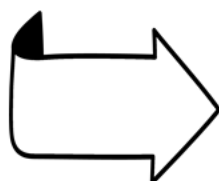
Resilient



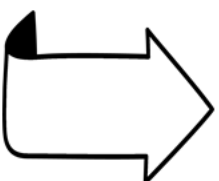
Hopeful



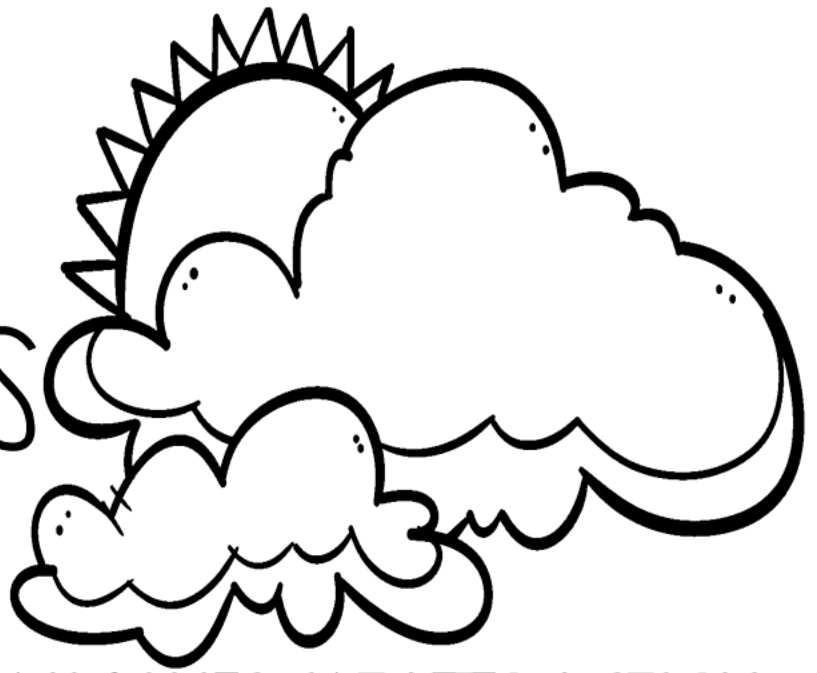
Safe



Grateful

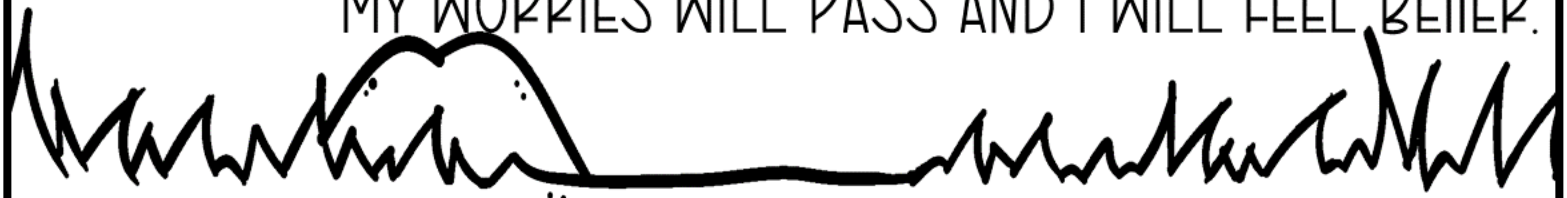


POST-STORM COPING AFFIRMATIONS



"I AM SAFE RIGHT NOW."

"JUST LIKE THE SUN COMES OUT AFTER A STORM,
MY WORRIES WILL PASS AND I WILL FEEL BETTER."



"I CAN FIND SOMETHING GOOD EACH DAY."

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

"STORMS DON'T LAST FOREVER."

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

"EVERY DAY, I AM GETTING STRONGER."

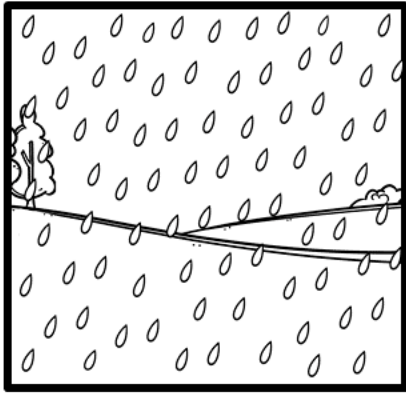
"I CAN TAKE DEEP BREATHS TO CALM MY BODY."

"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



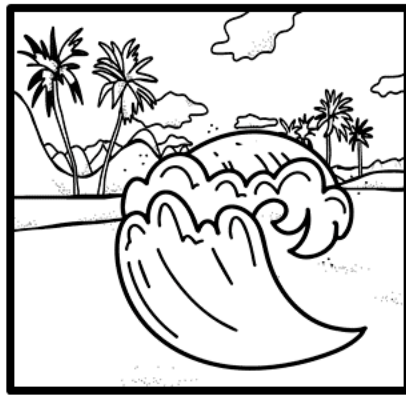
Rain Breathing

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.

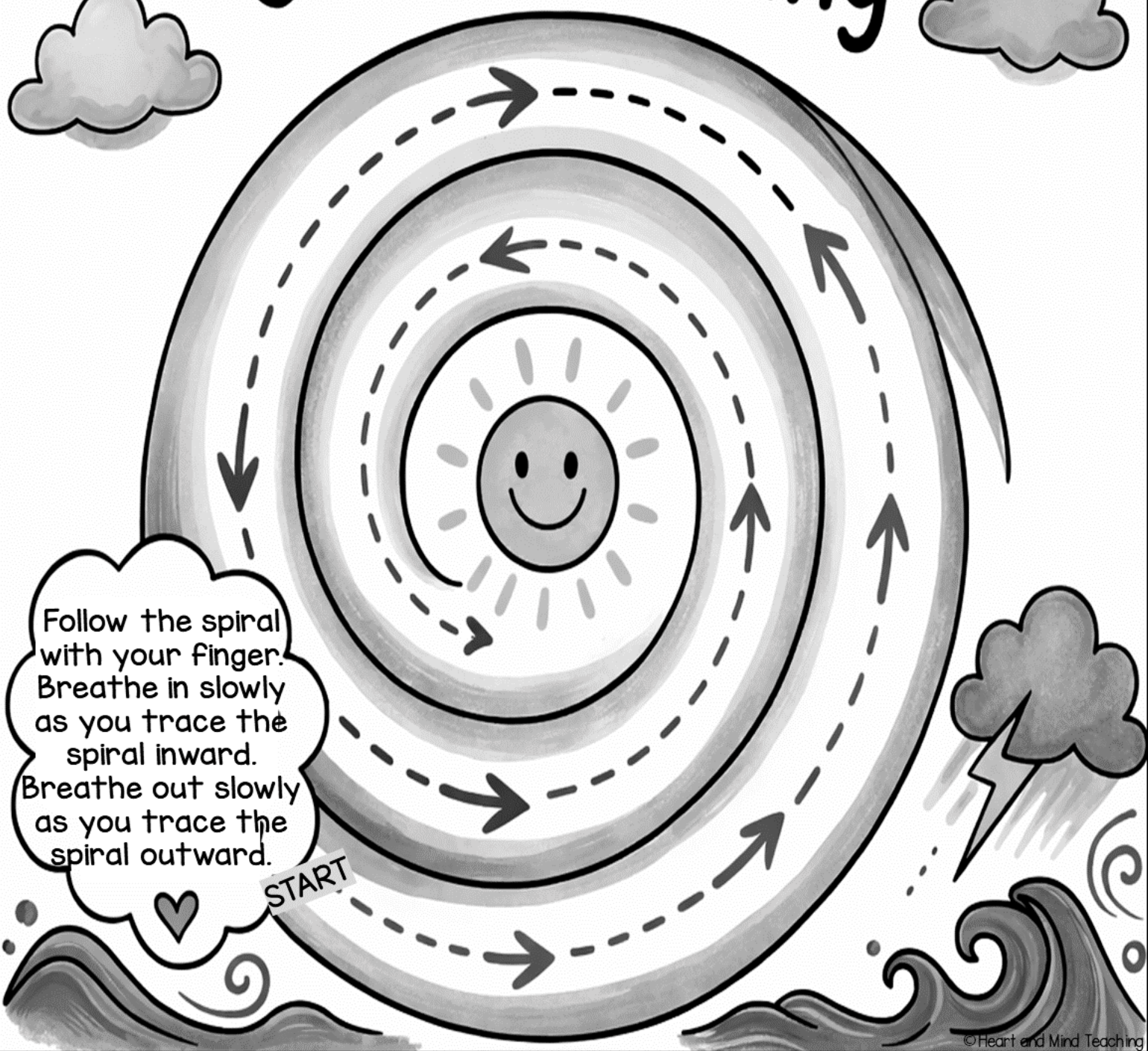


Lighthouse Breathing

IMAGINE YOU ARE STANDING NEAR THE OCEAN WATCHING WAVES MOVE GENTLY AND A LIGHTHOUSE SHINES NEARBY. TAKE A SLOW BREATH IN AND IMAGINE THE AIR FILLING YOUR BODY WITH CALM AND STRENGTH. NOW BREATHE OUT SLOWLY AND PICTURE YOURSELF WALKING INTO A SAFE HARBOR WHERE BOATS ARE PROTECTED FROM THE STORM.

RIDE THE HURRICANE

Calm Breathing



GRATITUDE

Rainbow





R

RECOGNIZE

JUST LIKE NOTICING DARK CLOUDS FORMING BEFORE A STORM, RECOGNIZE WHAT YOU'RE FEELING. SAY TO YOURSELF: "I FEEL SCARED," "I FEEL WORRIED," OR "I FEEL ANGRY." NAMING THE FEELING IS LIKE WATCHING THE STORM CLOUDS WITHOUT RUNNING FROM THEM.

A

ALLOW

STORMS HAVE TO PASS IN THEIR OWN TIME. ALLOW YOUR FEELINGS TO BE THERE INSTEAD OF PUSHING THEM AWAY. TELL YOURSELF: "IT'S OKAY TO FEEL THIS RIGHT NOW."

RAIN TECHNIQUE

I

INVESTIGATE

BE CURIOUS ABOUT YOUR FEELINGS, LIKE A WEATHER REPORTER STUDYING A HURRICANE. ASK YOURSELF: WHERE DO I FEEL THIS IN MY BODY? (TIGHT CHEST, FAST HEARTBEAT, SHAKY HANDS) WHAT THOUGHTS ARE SWIRLING AROUND, LIKE WINDS IN THE STORM?

N

NURTURE

CARE FOR YOURSELF THE WAY HELPERS KEEP PEOPLE SAFE DURING A HURRICANE. USE KIND WORDS AND COPING TOOLS: "I AM SAFE NOW. TAKE SLOW BREATHS LIKE THE STORM WINDS CALMING DOWN. IMAGINE A RAINBOW SHINING AFTER THE STORM."

GUIDED VISUALIZATION



CLOSE YOUR EYES IF YOU FEEL COMFORTABLE OR JUST SOFTEN YOUR GAZE. TAKE A SLOW, DEEP BREATH IN... AND LET IT OUT GENTLY.

NOW IMAGINE YOU ARE INSIDE A SAFE, COZY HOUSE. OUTSIDE, A STORM IS PASSING BY. YOU HEAR RAIN GENTLY TAPPING ON THE ROOF. YOU HEAR THE WIND BLOWING OUTSIDE. BUT INSIDE, YOU ARE SAFE AND CALM.

TAKE A SLOW BREATH IN...AND SLOWLY BREATHE OUT.

THE STORM BEGINS TO SLOW DOWN. THE WIND IS NOT AS STRONG NOW. THE RAIN BEGINS TO GET LIGHTER AND LIGHTER.

YOU FEEL YOUR BODY BECOMING MORE RELAXED.

TAKE ANOTHER SLOW BREATH IN...AND SLOWLY BREATHE OUT.

THE SKY STARTS TO GET BRIGHTER. A WARM, GENTLE SUN BEGINS TO SHINE. THE SUNSHINE FEELS CALM AND PEACEFUL.

WHEN YOU ARE READY, GENTLY OPEN YOUR EYES. REMEMBER: JUST LIKE STORMS PASS, WORRIED FEELINGS PASS TOO.

YOGA MOVES

 Wind Breath Pose



STAND TALL WITH FEET TOGETHER. SLOWLY RAISE YOUR ARMS UP AS YOU BREATHE IN. GENTLY SWAY SIDE TO SIDE LIKE THE WIND AS YOU BREATHE OUT.

 Ocean Wave Stretch



STAND WITH FEET APART. RAISE YOUR ARMS OVERHEAD. SLOWLY BEND TO ONE SIDE LIKE A ROLLING OCEAN WAVE, THEN THE OTHER SIDE.

 Palm Tree Pose



STAND ON ONE FOOT. PUT THE OTHER FOOT ON YOUR ANKLE OR CALF. REACH ARMS UP LIKE PALM TREE BRANCHES.

 Raindrop Forward Fold



STAND TALL. SLOWLY FOLD FORWARD AND LET YOUR ARMS HANG LIKE FALLING RAINDROPS. GENTLY SWAY ARMS SIDE TO SIDE.

 Hurricane Spin & Freeze Pose



STAND WITH YOUR FEET A LITTLE APART AND ARMS STRETCHED OUT TO THE SIDES. SLOWLY SPIN IN A SMALL CIRCLE LIKE A SWIRLING HURRICANE. AFTER A FEW SLOW TURNS, FREEZE YOUR BODY LIKE A CALM, QUIET CENTER OF THE STORM.

 Sunshine Reach



STAND TALL AND STRETCH ARMS WIDE. LIFT FACE TOWARD THE SKY.

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.



LOOK FOR THE HELPERS

STORMS LIKE HURRICANES 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

STORMS LIKE HURRICANES 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 STORM WAS:

SEEING OTHERS HELPING PEOPLE MADE ME FEEL:

CAN KIDS BE HELPERS TOO? WHAT SMALL WAYS CAN WE HELP OTHERS?



Thank You, Helpers!



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 – 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: 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? | | | |
| 5. DO YOU WORRY THAT THE HURRICANE WILL HAPPEN AGAIN? | | | |
| 6. WHEN SOMETHING REMINDS YOU OF THE HURRICANE, DO YOU GET TENSE OR UPSET? | | | |
| 7. IS IT AS EASY TO PAY ATTENTION (CONCENTRATE) AS BEFORE THE HURRICANE? | | | |
| 8. DO YOU GET MORE STOMACH ACHES, HEADACHES, OR OTHER SICK FEELINGS SINCE THE HURRICANE THAN YOU DID BEFORE? | | | |

DISASTER EDUCATION: HURRICANE



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 FEELINGS-LIKE OTHERS DON'T UNDERSTAND? | | | |
| 10. DO YOU STARTLE MORE EASILY OR FEEL MORE JUMPY OR NERVOUS THAN BEFORE THE HURRICANE? | | | |
| 11. DO YOU SLEEP WELL AFTER THE HURRICANE? | | | |
| 12. DO YOU FEEL BAD OR GUILTY BECAUSE YOU DIDN'T DO SOMETHING YOU WISH YOU HAD DONE? | | | |
| 13. DO YOU WANT TO STAY AWAY FROM THINGS THAT REMIND YOU ABOUT THE HURRICANE? | | | |
| 14. DO YOU DO THINGS THAT YOU WOULD NOT HAVE DONE BEFORE? (ACTING OUT, FIGHTS, DISOBEYING) | | | |
| 15. SINCE THE HURRICANE, ARE YOU DOING THINGS AGAIN THAT YOU ONCE STOPPED DOING? (BITING NAILS, HABITS) | | | |
| 16. DO THOUGHTS OR FEELINGS ABOUT THE HURRICANE GET IN THE WAY OF REMEMBERING THINGS? | | | |

counseling

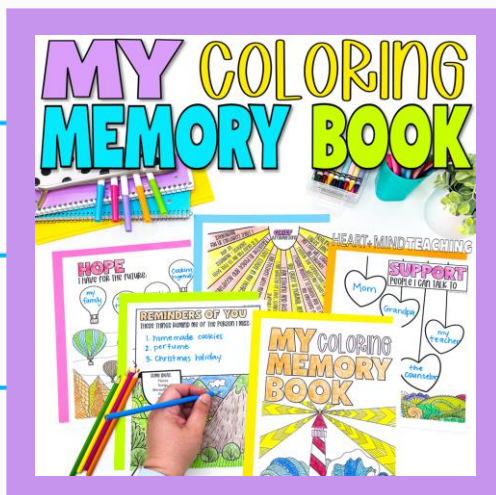
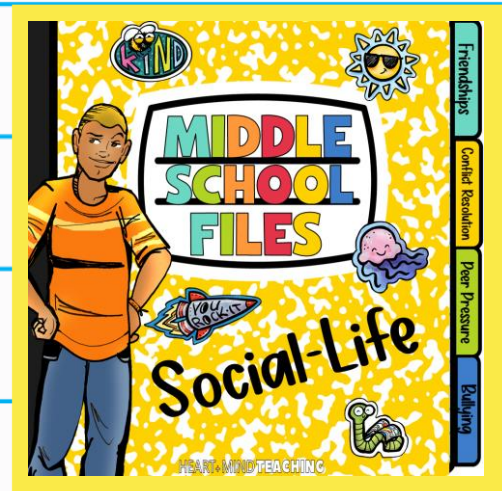
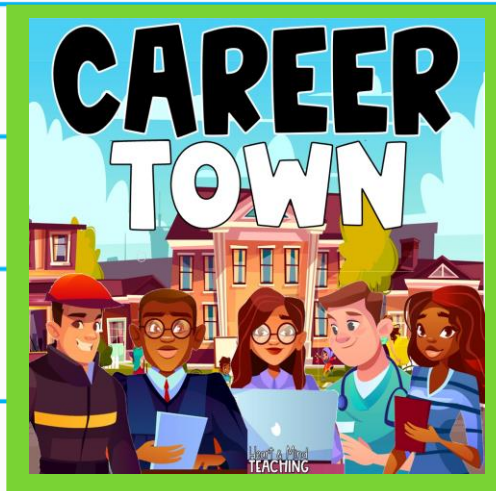
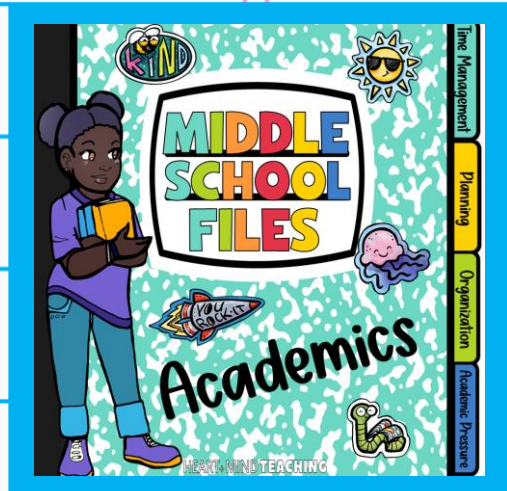
sel

small groups

book companions

behavior

♡♡ Best Selling Resources



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