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[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

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# Google Slides

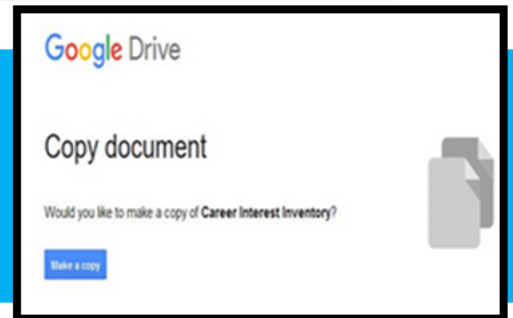
YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy:

**Disaster Ed: Wildfire**

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: WILDFIRE

## Session Objective:

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

## 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 Wildfire Forms Activity: Cut out the images on page 8 and have students glue or tape them to page 7.
- How to Measure a Wildfire Activity: Match the description to the Wildfire Rating.
- Wildfire Clues: Cut out the images on page 13 and glue/tape them to page 14.
- Wildfire Preparation Activity: Write if the statement is true or false.
- Wildfire Supplies Activity: Circle the correct statements, cross out the false statements.
- After the fire reflection pages: Have students write or draw their answers.
- Wildfire 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-Fire Coping Affirmations: Read to students and have them say it back to you. Display in classroom for on-going use.
- Breathing Exercises- Read to students, have them practice the techniques. Display in classroom for on-going use.
- Grounding Technique: Read to students, have them practice the techniques. Display in classroom for on-going use.
- Guided Visualization: Read to students. Display in classroom for on-going use.
- Look for the helpers: Have students answer the questions and then write a letter of thanks to a local community helper.

## 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.

# DISASTER EDUCATION:

# WILDFIRE

➡ GAIN KNOWLEDGE



## TABLE OF CONTENTS

### ➡ HOW A WILDFIRE FORMS

P. 5 INFORMATIVE HANDOUT/POSTER  
P. 6 ACTIVITY

### ➡ HOW TO MEASURE A WILDFIRE

P. 7 INFORMATIVE HANDOUT/POSTER  
P. 8 ACTIVITY

### ➡ WILDFIRE CLUES

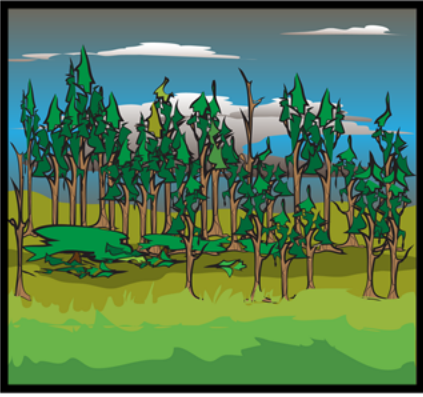
P. 9 INFORMATIVE HANDOUT/POSTER  
P. 10-11 ACTIVITY

# DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE

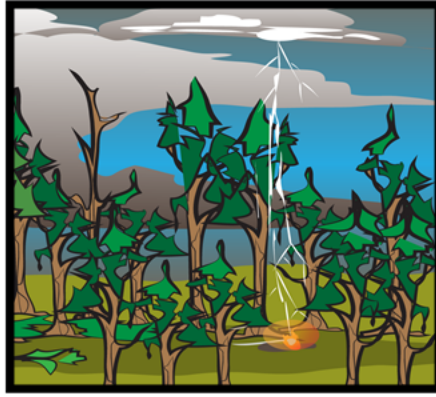


## HOW A WILDFIRE STARTS



### FOREST IN DROUGHT

WHEN THE WEATHER IS VERY HOT AND DRY, GRASS, LEAVES, AND TREES LOSE WATER AND BECOME VERY EASY TO BURN.



### A SPARK HAPPENS

A WILDFIRE OFTEN STARTS WITH A SPARK, SUCH AS: LIGHTNING, A CAMPFIRE NOT PUT OUT, FIREWORKS, POWER LINES, SPARKS FROM MACHINES



### PLANTS CATCH FIRE

THE SPARK LANDS ON DRY GRASS, LEAVES, OR BRANCHES, AND THE PLANTS BEGIN TO BURN AND CREATE FLAMES.



### WIND SPREADS THE FIRE

THE WIND PUSHES THE FLAMES AND HOT EMBERS TO NEW PLACES, CAUSING MORE PLANTS AND TREES TO CATCH FIRE.



### THE FIRE GROWS AND ANIMALS FLEE

THE FIRE SPREADS, BECOMING A WILDFIRE THAT CAN GROW QUICKLY. ANIMALS FLEE THE AREA.



### FIRE REACHES TOWN

IF THE WILDFIRE KEEPS SPREADING, IT CAN MOVE TOWARD TOWNS AND NEIGHBORHOODS.



# DISASTER EDUCATION: WILDFIRE

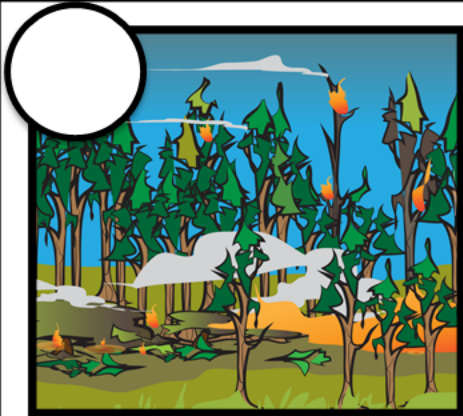
➡ GAIN KNOWLEDGE



## HOW A WILDFIRE STARTS

NUMBER THE IMAGES IN THE ORDER THAT A WILDFIRE STARTS. BELOW EACH IMAGE DESCRIBE WHAT IS HAPPENING.

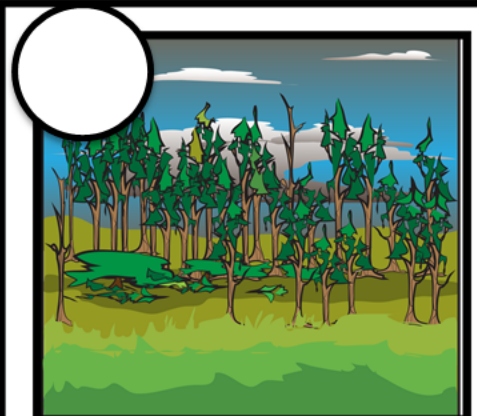
©Heart and Mind Teaching



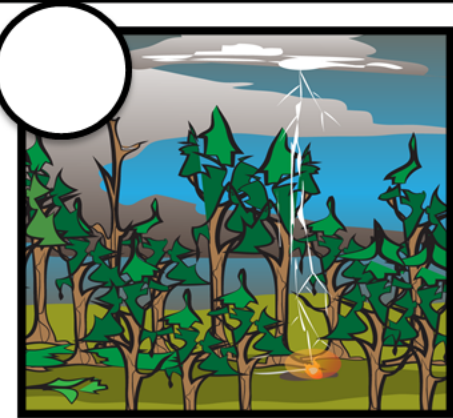
WIND SPREADS THE  
FIRE



FIRE REACHES TOWN



FOREST IN DROUGHT



A SPARK HAPPENS



PLANTS CATCH FIRE



THE FIRE GROWS AND  
ANIMALS FLEE

# DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



## HOW TO MEASURE A WILDFIRE

WILDFIRES ARE MEASURED IN SEVERAL DIFFERENT WAYS SO FIREFIGHTERS AND SCIENTISTS CAN UNDERSTAND HOW BIG AND DANGEROUS THE FIRE IS.



### SIZE (ACRES BURNED)

WILDFIRES ARE OFTEN MEASURED BY HOW MUCH LAND HAS BURNED. THE SIZE IS COUNTED IN ACRES. 1 ACRE IS ABOUT THE SIZE OF A FOOTBALL FIELD.



### FIRE INTENSITY

FIREFIGHTERS LOOK AT HOW HOT AND POWERFUL THE FIRE IS. THEY OBSERVE THINGS LIKE: HOW TALL THE FLAMES ARE, HOW FAST THINGS ARE BURNING, HOW MUCH HEAT THE FIRE IS PRODUCING.



### RATE OF SPREAD

THIS MEASURES HOW FAST THE FIRE IS MOVING ACROSS THE LAND. WIND, DRY PLANTS, AND STEEP HILLS CAN MAKE FIRES SPREAD FASTER.



### CONTAINMENT

WILDFIRES ARE ALSO MEASURED BY HOW MUCH OF THE FIRE FIREFIGHTERS HAVE UNDER CONTROL. THIS IS SHOWN AS A PERCENTAGE. EXAMPLE: 25% CONTAINED = FIREFIGHTERS HAVE CONTROLLED SOME OF THE FIRE



### DAMAGE

OFFICIALS ALSO MEASURE WHAT THE WILDFIRE HAS AFFECTED, SUCH AS: HOMES OR BUILDINGS DAMAGED, FORESTS BURNED, ROADS, OR POWER LINES DESTROYED



# DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



## HOW TO MEASURE A WILDFIRE: ACTIVITY

DRAW A LINE MATCHING THE WILDFIRE MEASUREMENT TECHNIQUE TO THE CORRECT DESCRIPTION OF WILDFIRE DAMAGE.

### SIZE (ACRES BURNED)



OFFICIALS ALSO MEASURE WHAT THE WILDFIRE HAS AFFECTED, SUCH AS: HOMES OR BUILDINGS DAMAGED, FORESTS BURNED, ROADS, OR POWER LINES DESTROYED

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# DISASTER EDUCATION: WILDFIRE

➡ GAIN KNOWLEDGE



## WILDFIRE WEATHER CLUES



THE SKY MAY LOOK GRAY, HAZY, OR FILLED WITH SMOKE, MAKING IT HARDER TO SEE FAR AWAY.



YOU MAY SMELL SMOKE IN THE AIR, EVEN IF YOU CANNOT SEE THE FIRE YET.



BECAUSE OF THE SMOKE, THE SUN MAY LOOK ORANGE OR RED, ESPECIALLY DURING THE DAY.



TINY PIECES OF ASH MAY FALL FROM THE SKY LIKE LIGHT SNOW OR DUST.

WILD ANIMALS MAY RUN OR MOVE AWAY FROM FORESTS TRYING TO ESCAPE THE FIRE.



YOU MIGHT SEE OR HEAR FIRE TRUCKS, HELICOPTERS, OR PLANES WORKING TO FIGHT THE FIRE.



PEOPLE MAY RECEIVE PHONE ALERTS, NEWS WARNINGS, OR EVACUATION NOTICES.

LARGE AIRPLANES OR HELICOPTERS MAY BE DROPPING WATER OR RED FIRE RETARDANT ON THE FIRE.

AT NIGHT YOU MIGHT SEE AN ORANGE GLOW IN THE DISTANCE OR FLAMES ON HILLSIDES.



CLUES OF A  
POSSIBLE WILDFIRE



NOT CLUES OF A  
POSSIBLE WILDFIRE

## WILDFIRE CLUES ACTIVITY

READ THE SCENARIOS AND WRITE THE CLUES IN THE BOX.

IT WAS A WARM AFTERNOON, BUT SOMETHING DIDN'T FEEL RIGHT. A FAINT SMELL OF SMOKE DRIFTED THROUGH THE AIR, EVEN THOUGH THERE WAS NO FIRE NEARBY. THE SKY LOOKED HAZY, LIKE A THIN GRAY BLANKET WAS COVERING THE SUN.

SAM STEPPED OUTSIDE AND SQUINTED TOWARD THE HILLS. A THIN LINE OF SMOKE WAS RISING IN THE DISTANCE, SLOWLY GETTING THICKER. THE AIR FELT DRY, AND THE WIND BEGAN TO PICK UP.

ETHAN NOTICED ASHES FLOATING GENTLY THROUGH THE AIR LIKE SNOW. THEY LANDED ON THE GROUND AND MELTED INTO DARK SPECKS. HE REALIZED SOMETHING NEARBY MIGHT BE BURNING.

CLUES OF A  
POSSIBLE WILDFIRE





CLUES OF A  
POSSIBLE WILDFIRE



NOT CLUES OF A  
POSSIBLE WILDFIRE

## WILDFIRE CLUES ACTIVITY

READ THE SCENARIOS AND WRITE THE CLUES IN THE BOX.

THE SUN LOOKED DIM AND ORANGE, EVEN THOUGH THERE WERE NO CLOUDS OVERHEAD. A SMOKY HAZE FILLED THE SKY AND MADE IT HARDER TO SEE FAR AWAY. THE AIR SMELLED SHARP AND MADE IT HARDER TO BREATHE COMFORTABLY.

LENA HEARD SIRENS IN THE DISTANCE AND SAW EMERGENCY VEHICLES PUSHING PAST. PEOPLE NEARBY WERE STEPPING OUTSIDE AND LOOKING TOWARD THE SAME DIRECTION. A FAINT GLOW FLICKERED FAR AWAY, JUST BEYOND THE TREES.

MARCUS' PHONE SUDDENLY BUZZED LOUDLY. AN EMERGENCY ALERT FLASHED ACROSS THE SCREEN, WARNING ABOUT A NEARBY WILDFIRE AND POSSIBLE EVACUATION.

CLUES OF A  
POSSIBLE WILDFIRE





# DISASTER EDUCATION:

# WILDFIRE

➡ BE PREPARED



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P. 16 INFORMATIVE HANDOUT/POSTER

P. 17-18 ACTIVITY

# DISASTER EDUCATION: WILDFIRE

➡ BE PREPARED



## WILDFIRE PREPARATION

### BEFORE A WILDFIRE



MAKE A SAFETY PLAN



PACK AN EMERGENCY  
KIT



CLEAR LEAVES, STICKS,  
AND BRUSH FROM HOME.



LISTEN TO ALERTS

### DURING A WILDFIRE



LISTEN TO ADULTS AND  
OFFICIALS



BE READY TO LEAVE  
QUICKLY



STAY AWAY FROM  
SMOKE AND FIRE



STAY CALM

### AFTER A WILDFIRE



WAIT UNTIL IT IS SAFE TO  
RETURN.



WATCH FOR HOT SPOTS



WEAR A MASK AND  
WATCH FOR DEBRIS



HELP OTHERS IF YOU  
CAN



# DISASTER EDUCATION: WILDFIRE

➡ BE PREPARED



## WILDFIRE PREPARATION: ACTIVITY

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

BEFORE A WILDFIRE, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO.

TRUE OR FALSE?

THERE IS NO NEED TO CLEAR LEAVES, STICKS, AND BRUSH FROM YOUR HOME TO PREVENT A WILDFIRE.

TRUE OR FALSE?

AN EMERGENCY KIT SHOULD INCLUDE BATTERIES AND WATER.

TRUE OR FALSE?

DURING A WILDFIRE, YOU SHOULD IGNORE EMERGENCY ALERTS.

TRUE OR FALSE?

DURING A WILDFIRE, YOU SHOULD LISTEN TO ADULTS AND OFFICIALS.

TRUE OR FALSE?

DURING A WILDFIRE, YOU SHOULD BE READY TO LEAVE QUICKLY.

TRUE OR FALSE?

DURING A WILDFIRE, YOU SHOULD REMAIN CALM.

TRUE OR FALSE?





# DISASTER EDUCATION: WILDFIRE

➡ BE PREPARED



## WILDFIRE PREPARATION: ACTIVITY

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

DURING A WILDFIRE, YOU SHOULD GO TOWARDS THE SMOKE AND FIRE.

TRUE OR FALSE?

AFTER A WILDFIRE, YOU CAN GO BACK TO THE FIRE SITE RIGHT AWAY WITHOUT WAITING.

TRUE OR FALSE?

AFTER A WILDFIRE, YOU SHOULD WATCH FOR HOT SPOTS.

TRUE OR FALSE?

AFTER A WILDFIRE, YOU CAN BREATHE FREELY WITHOUT A MASK ON.

TRUE OR FALSE?

AFTER A WILDFIRE, YOU SHOULD HELP OTHERS IF YOU CAN.

TRUE OR FALSE?

DURING A WILDFIRE, YOU SHOULD DRIVE AROUND WITH NO PLAN.

TRUE OR FALSE?

DURING A WILDFIRE, YOU SHOULD PANIC.

TRUE OR FALSE?



# WILDFIRE EVACUATION KIT



## WATER & FOOD

- ☐ BOTTLED WATER (AT LEAST A FEW DAYS' SUPPLY)
- ☐ NON-PERISHABLE SNACKS (GRANOLA BARS, CRACKERS, PEANUT BUTTER, CANNED FOOD)
- ☐ PET FOOD, LEASH, WATER BOWL



## LIGHT & POWER

- ☐ FLASHLIGHTS
- ☐ EXTRA BATTERIES
- ☐ PORTABLE PHONE CHARGER



## HEALTH & FIRST AID

- ☐ FACE MASKS
- ☐ 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)



## COMFORT ITEMS

- ☐ BLANKETS
- ☐ EXTRA CLOTHES
- ☐ COMFY SHOES
- ☐ SWEATSHIRT OR JACKET
- ☐ SMALL TOYS, BOOKS, OR GAMES FOR KIDS



## IMPORTANT ITEMS

- ☐ IMPORTANT DOCUMENTS
- ☐ 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.

## PACKING THE EVACUATION BAG

**SETUP:** A WILDFIRE IS SPREADING NEARBY, AND THE FAMILY MAY NEED TO EVACUATE QUICKLY.

**ROLES:** STUDENT PACKING SUPPLIES, PARENT GIVING INSTRUCTIONS, SIBLING HELPING, NEIGHBOR ASKING QUESTIONS

**ACTIONS:** DECIDE WHAT ITEMS TO PACK IN THE EMERGENCY BAG. DISCUSS WHAT IS MOST IMPORTANT TO BRING. HELP EACH OTHER PACK QUICKLY AND CALMLY.



## STAYING CALM DURING AN EVACUATION

**SETUP:** A WILDFIRE WARNING HAS BEEN ISSUED, AND THE FAMILY MUST LEAVE THEIR HOME.

**ROLES:** WORRIED STUDENT, CALM FRIEND OR SIBLING, PARENT GIVING DIRECTIONS, EMERGENCY WORKER

**ACTIONS:** PRACTICE CALMING BREATHING. FOLLOW EVACUATION INSTRUCTIONS. HELP THE WORRIED PERSON FEEL SAFE.



## HELPING A NEIGHBOR

**SETUP:** AFTER EVACUATING, A NEIGHBOR FORGOT IMPORTANT SUPPLIES.

**ROLES:** STUDENT WITH EXTRA SUPPLIES, NEIGHBOR WHO NEEDS HELP, FRIEND ENCOURAGING KINDNESS, COMMUNITY VOLUNTEER

**ACTIONS:** DECIDE HOW TO SHARE SUPPLIES. PRACTICE ASKING FOR HELP RESPECTFULLY. SHOW HOW COMMUNITIES SUPPORT EACH OTHER.





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.

## LISTENING TO EMERGENCY INSTRUCTIONS

**SETUP:** EMERGENCY PERSONNEL ARE GIVING SAFETY DIRECTIONS AT A SHELTER.

**ROLES:** FIREFIGHTER OR EMERGENCY WORKER, STUDENT ASKING QUESTIONS, STUDENT WHO IS DISTRACTED, TEACHER OR PARENT HELPING STUDENTS LISTEN

**ACTIONS:** LISTEN CAREFULLY TO SAFETY INSTRUCTIONS. ASK IMPORTANT QUESTIONS. PRACTICE STAYING CALM AND FOCUSED.



## RETURNING HOME AFTER THE FIRE

**SETUP:** THE WILDFIRE HAS PASSED AND FAMILIES ARE ALLOWED TO RETURN HOME SAFELY.

**ROLES:** STUDENT RETURNING HOME, PARENT CHECKING THE HOUSE, NEIGHBOR DISCUSSING DAMAGE, SAFETY WORKER GIVING INSTRUCTIONS

**ACTIONS:** LOOK FOR SAFETY HAZARDS. FOLLOW INSTRUCTIONS FROM EMERGENCY WORKERS. TALK ABOUT HOW PEOPLE FEEL RETURNING HOME.



## REBUILDING AND HELPING

**SETUP:** THE WILDFIRE IS OVER, AND THE COMMUNITY IS WORKING TOGETHER TO RECOVER.

**ROLES:** STUDENT VOLUNTEER, COMMUNITY HELPER, FRIEND PLANTING NEW TREES, NEIGHBOR THANKING HELPERS

**ACTIONS:** HELP CLEAN UP DEBRIS. PLANT TREES OR HELP REBUILD. SHOW GRATITUDE FOR HELPERS.



# DISASTER EDUCATION:

# WILDFIRE

## ➡ AFTERMATH/COPING



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# DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



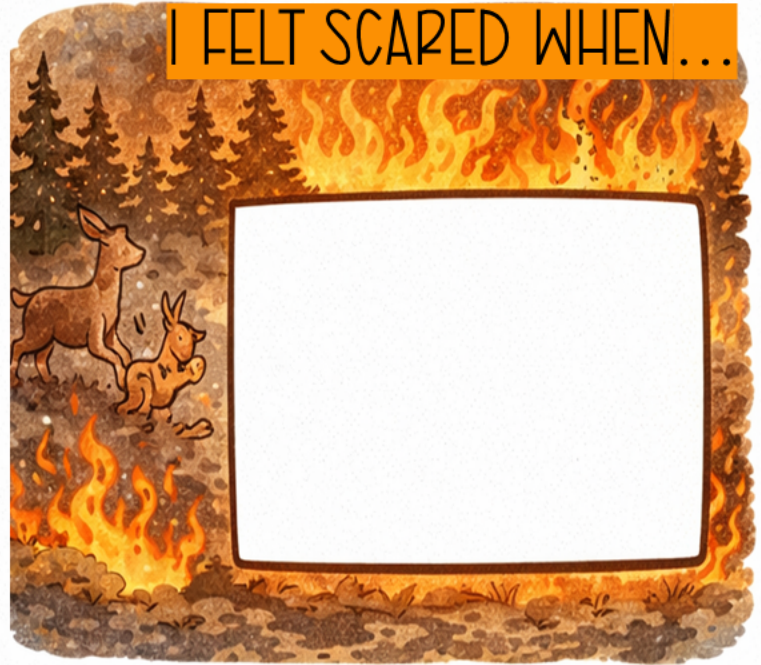
## AFTER THE FIRE: PROCESSING FEAR & SAFETY

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 PEOPLE OR THINGS THAT HELP YOU FEEL SAFE?



# DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING

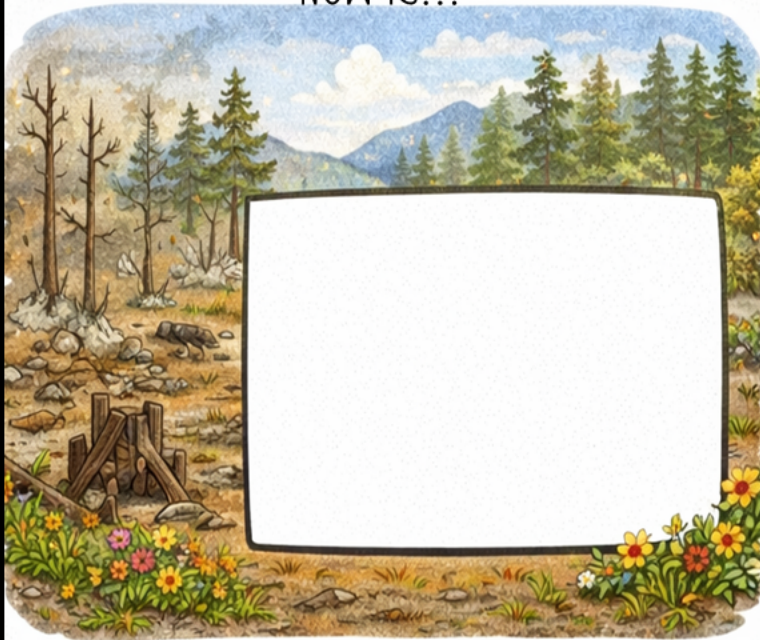


## AFTER THE FIRE: COPING WITH CHANGE

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...



EXPLAIN WHAT YOUR SAFE ROUTINE LOOKS LIKE:  
(MORNING, BEDTIME, SCHOOL)

A large, empty white rectangular box with a thin orange border, intended for writing a safe routine.



# DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



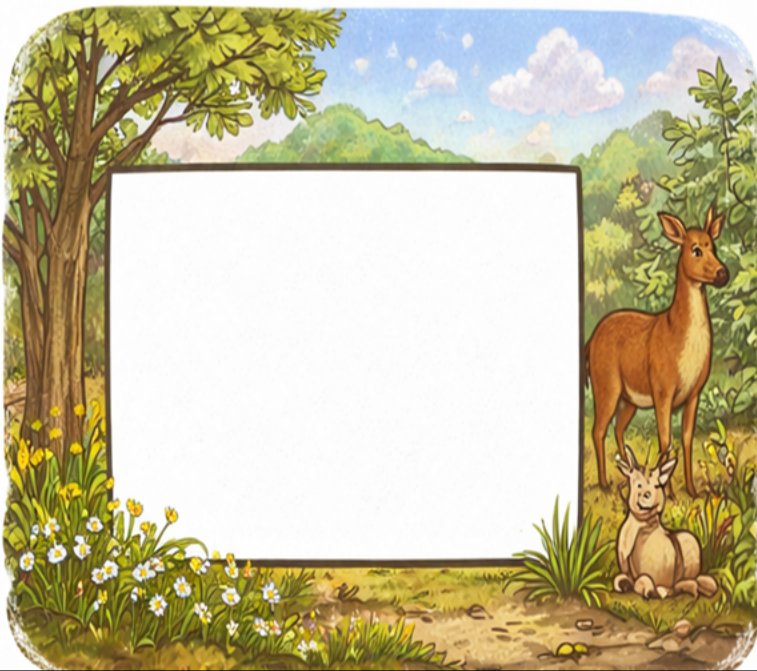
## AFTER THE FIRE: EXPRESSING LOSS

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: WILDFIRE

➡ AFTERMATH / COPING



## AFTER THE FIRE: 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: WILDFIRE

➡ AFTERMATH / COPING



## AFTER THE FIRE: 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:

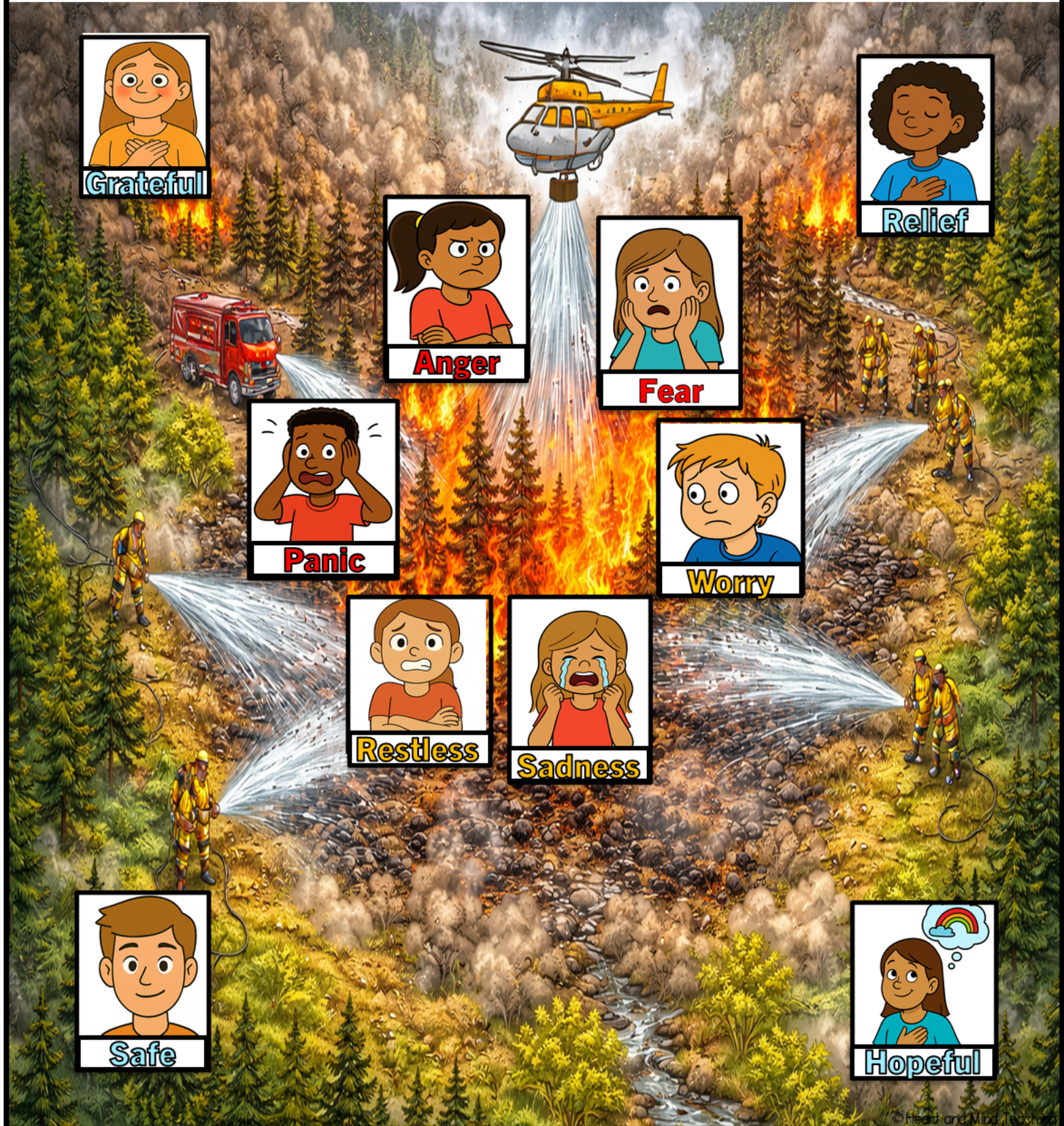
I WAS BRAVE WHEN I....





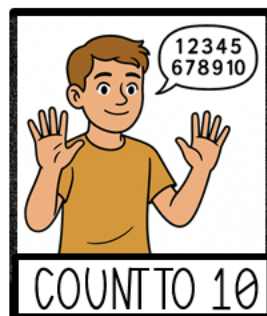
# WILDFIRE FEELINGS

DURING A WILDFIRE, OUR FEELINGS CAN SPREAD AS QUICKLY AS A FIRE. 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: WILDFIRE

➡ AFTERMATH / COPING



## COPING WITH THE AFTERMATH OF A WILDFIRE: 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.

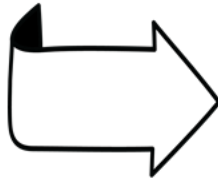
I AM FEELING...

I CAN DO THIS TO HELP...

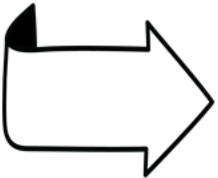
I CAN ALSO TRY THIS...



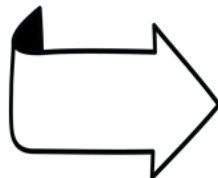
**Anger**



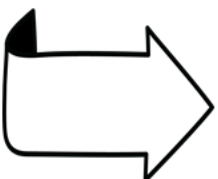
**Fear**



**Panic**



**Anxious**



# DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



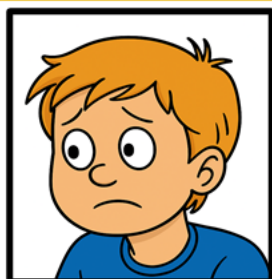
## COPING WITH THE AFTERMATH OF A WILDFIRE: ACTIVITY

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.

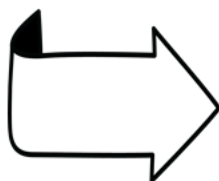
I AM FEELING...

I CAN DO THIS TO HELP...

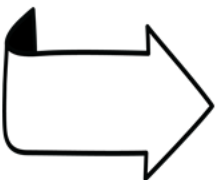
I CAN ALSO TRY THIS...



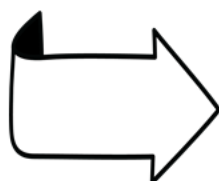
**Worry**



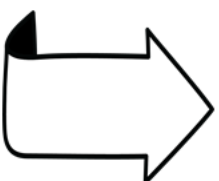
**Restless**



**Sadness**



**Confused**



# DISASTER EDUCATION: WILDFIRE

➡ AFTERMATH / COPING



## COPING WITH THE AFTERMATH OF A WILDFIRE: ACTIVITY

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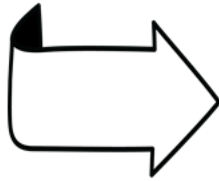
I AM FEELING...

I CAN DO THIS TO GET THERE...

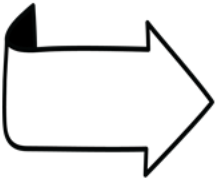
I CAN ALSO TRY THIS...



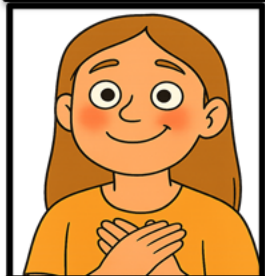
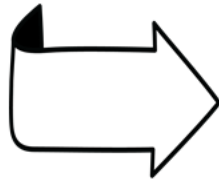
Resilient



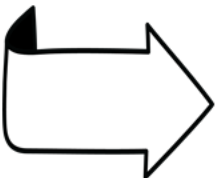
Hopeful



Safe



Grateful





# POST-FIRE COPING AFFIRMATIONS

"I AM SAFE RIGHT NOW."

"EVEN AFTER A FIRE, THE FOREST AND OUR COMMUNITY CAN GROW STRONG AGAIN.."

"THERE ARE HELPERS WORKING HARD TO KEEP PEOPLE SAFE.."

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



"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



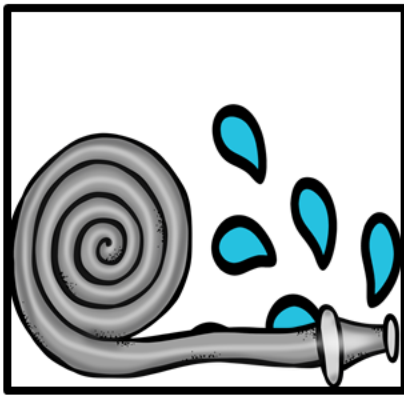
## Put out the Spark Breathing

SOMETIMES BIG FIRES START FROM TINY SPARKS. WE CAN CALM OUR BODIES THE SAME WAY. HOLD YOUR HANDS IN FRONT OF YOU LIKE A SMALL FLAME. BREATHE IN SLOWLY THROUGH YOUR NOSE FOR 4 SECONDS. BLOW OUT GENTLY THROUGH YOUR MOUTH LIKE YOU ARE PUTTING OUT THE TINY FLAME. WATCH THE FLAME GET SMALLER AND CALMER EACH BREATH.



## Rain on the Fire Breathing

RAIN HELPS STOP WILDFIRES AND COOL THE LAND. BREATHE IN AND IMAGINE DARK CLOUDS BRINGING RAIN. BREATHE OUT SLOWLY AND IMAGINE GENTLE RAIN FALLING ON THE FIRE. EACH BREATH MAKES THE FIRE COOLER AND CALMER.



## Firefighter Hose Breathing

FIREFIGHTERS USE STRONG HOSES TO COOL DOWN FIRES. PRETEND YOUR ARMS ARE A BIG FIRE HOSE. BREATHE IN SLOWLY THROUGH YOUR NOSE. BREATHE OUT SLOWLY THROUGH YOUR MOUTH WHILE PRETENDING TO SPRAY WATER. IMAGINE THE WATER COOLING EVERYTHING DOWN.



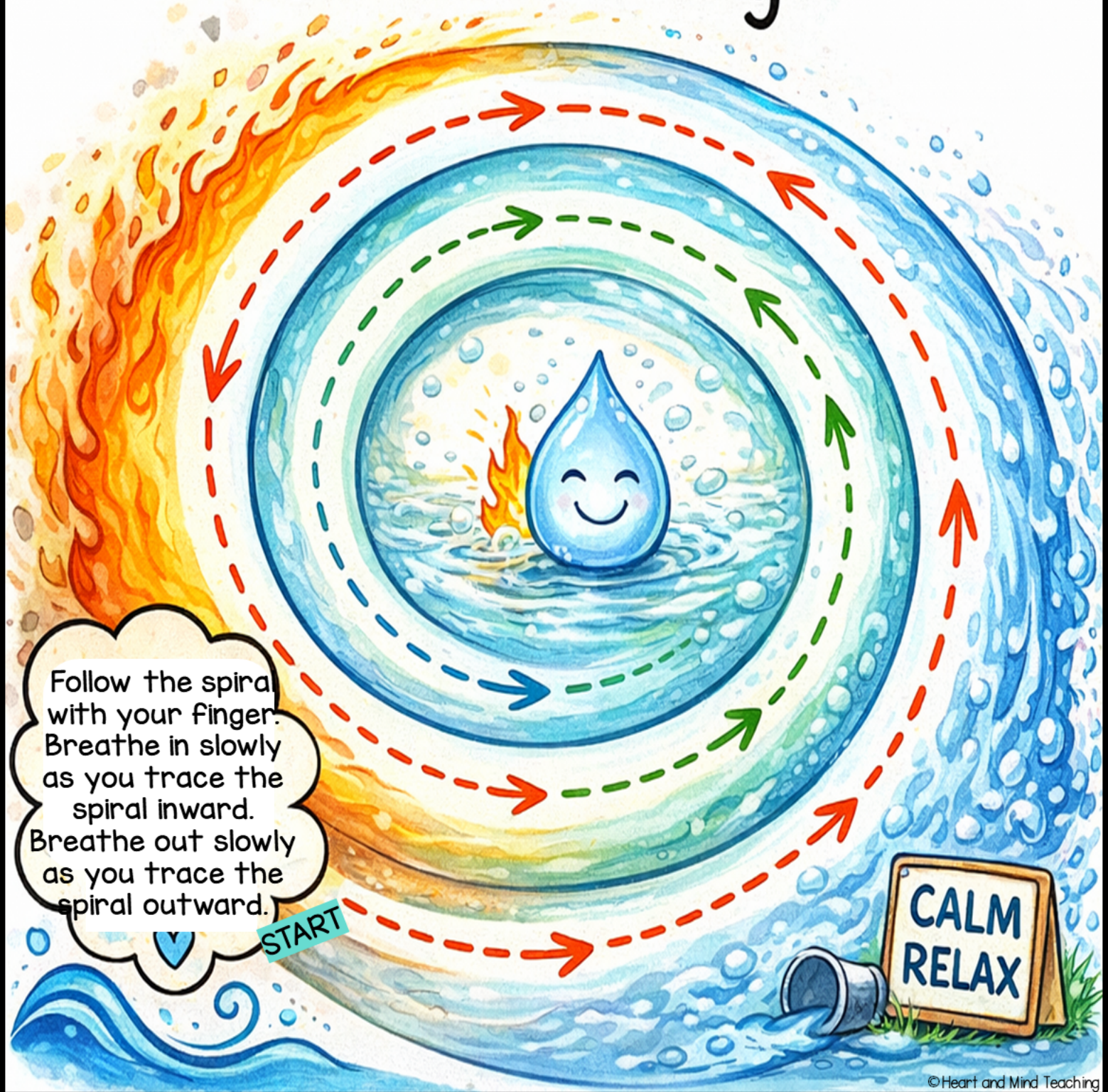
## Forest Calm Breathing

AFTER A FIRE, THE FOREST SLOWLY BECOMES PEACEFUL AGAIN. BREATHE IN SLOWLY AND IMAGINE FRESH AIR IN A QUIET FOREST. HOLD YOUR BREATH FOR 2 SECONDS. BREATHE OUT SLOWLY, LETTING YOUR BODY RELAX LIKE THE FOREST AFTER RAIN. REPEAT 6 TIMES.



# EXTINGUISH THE FLAME

## 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.

START

CALM  
RELAX



# BOX BREATHING

Breathe in a calm pattern to relax your body and mind.

Breathe in for 4



Hold for 4



Hold for 4



Breathe out for 4

Breathe slow  
& gentle to  
stay calm!







# GRATEFUL

## AFTER THE FIRE

I AM THANKFUL FOR...



# GUIDED VISUALIZATION

SIT COMFORTABLY AND TAKE A SLOW BREATH IN THROUGH YOUR NOSE.  
NOW BREATHE OUT SLOWLY THROUGH YOUR MOUTH.  
CLOSE YOUR EYES IF YOU FEEL COMFORTABLE.

IMAGINE YOU ARE STANDING IN A FOREST AFTER A WILDFIRE. THE FIRE HAS PASSED, AND EVERYTHING IS QUIET. THE AIR FEELS COOL AND CALM. YOU CAN SEE THE GROUND WHERE THE FIRE ONCE BURNED, BUT NOW THE FOREST IS BEGINNING TO HEAL.



TAKE ANOTHER SLOW BREATH IN. AND SLOWLY BREATHE OUT. AS YOU LOOK AROUND, YOU NOTICE TINY GREEN PLANTS GROWING FROM THE SOIL. SMALL FLOWERS BEGIN TO APPEAR. THE FOREST IS SLOWLY COMING BACK TO LIFE. JUST LIKE THE FOREST, YOUR FEELINGS CAN HEAL AND GROW STRONGER TOO. BREATHE IN SLOWLY AGAIN. AND BREATHE OUT.

YOU HEAR THE SOUND OF A SMALL STREAM FLOWING NEARBY. BIRDS ARE BEGINNING TO RETURN. ANIMALS ARE SLOWLY COMING BACK TO THE FOREST. THE SUN SHINES WARMLY, HELPING THE TREES AND PLANTS GROW AGAIN. TAKE ANOTHER SLOW BREATH IN. AND SLOWLY BREATHE OUT.

NOW IMAGINE YOURSELF PLANTING A SMALL TREE IN THE FOREST. AS YOU PLACE IT IN THE SOIL, YOU KNOW THAT WITH TIME, SUNLIGHT, AND RAIN, IT WILL GROW TALL AND STRONG. JUST LIKE THAT TREE, YOU ARE GROWING STRONGER TOO. TAKE ONE LAST DEEP BREATH IN...AND SLOWLY BREATHE OUT. WHEN YOU ARE READY, GENTLY OPEN YOUR EYES.



# YOGA MOVES

 **Tall Tree Pose**  
(Strong Trees)



STAND TALL LIKE A TREE. PLACE ONE FOOT ON YOUR ANKLE OR CALF. BRING HANDS TOGETHER ABOVE YOUR HEAD LIKE BRANCHES. TAKE 3 SLOW BREATHS AND IMAGINE YOUR ROOTS HOLDING YOU STEADY.

 **Wind Sway Pose**  
(Wind in the Forest)



STAND WITH FEET APART. RAISE ARMS OVERHEAD. SLOWLY SWAY SIDE TO SIDE LIKE TREES IN THE WIND. BREATHE IN AS YOU REACH UP. BREATHE OUT AS YOU SWAY.

 **Fire Energy Pose**



BEND KNEES LIKE YOU ARE SITTING IN A CHAIR. REACH ARMS FORWARD. IMAGINE A SMALL WARM FIRE GLOWING IN YOUR BELLY GIVING YOU ENERGY. HOLD FOR 3 DEEP BREATHS.

 **Waterfall Pose**



STAND TALL. SLOWLY BEND FORWARD AND LET YOUR ARMS HANG DOWN. IMAGINE WATER FLOWING DOWN LIKE A COOL WATERFALL PUTTING OUT FIRE. TAKE 3 CALM BREATHS.

 **Animal Return Pose**



GET ON HANDS AND KNEES. BREATHE IN AND LIFT YOUR CHEST (COW). BREATHE OUT AND ROUND YOUR BACK (CAT). IMAGINE ANIMALS RETURNING TO THE FOREST AFTER THE FIRE. REPEAT 4 SLOW BREATHS.

 **Sunshine Recovery Pose**



STAND TALL WITH FEET GROUNDED. SLOWLY RAISE ARMS TOWARD THE SKY. IMAGINE THE SUN HELPING THE FOREST GROW AGAIN. TAKE 3 SLOW BREATHS.



# BODY SCAN MEDITATION

SIT COMFORTABLY. CLOSE YOUR EYES IF YOU WANT. TAKE A SLOW BREATH IN... AND A SLOW BREATH OUT.

**HEAD - SMOKE CLEARING:** BRING YOUR ATTENTION TO THE TOP OF YOUR HEAD. IMAGINE THE SMOKE IN THE SKY SLOWLY CLEARING AWAY. YOUR THOUGHTS BEGIN TO SETTLE AND BECOME CALM. TAKE A SLOW BREATH IN...AND BREATHE OUT SLOWLY.

**SHOULDERS & ARMS - WIND CARRYING AWAY HEAT**

NOW NOTICE YOUR SHOULDERS. IMAGINE A GENTLE WIND BLOWING THROUGH THE FOREST, CARRYING AWAY THE HEAT FROM THE FIRE. LET YOUR SHOULDERS RELAX AND DROP DOWN. BREATHE IN SLOWLY...AND BREATHE OUT.

**CHEST - COOLING RAIN**

IMAGINE SOFT RAIN FALLING ON THE FOREST FLOOR, COOLING THE GROUND AND HELPING PLANTS GROW AGAIN. FEEL YOUR BREATHING SLOW AND STEADY. TAKE A DEEP BREATH IN...AND BREATHE OUT SLOWLY.

**STOMACH - NEW GROWTH**

NOW NOTICE YOUR STOMACH AND BELLY. IMAGINE SMALL GREEN PLANTS BEGINNING TO GROW FROM THE SOIL. WITH EVERY BREATH, THE FOREST BECOMES HEALTHIER AND STRONGER. BREATHE IN...AND BREATHE OUT

**FEET - ROOTS IN THE EARTH**

FINALLY, NOTICE YOUR FEET. IMAGINE ROOTS GROWING FROM YOUR FEET DEEP INTO THE GROUND, HELPING THE FOREST STAY STRONG AND STABLE. YOU FEEL CALM, STEADY, AND SAFE. TAKE ONE LAST SLOW BREATH IN...AND BREATHE OUT SLOWLY. WHEN YOU ARE READY, GENTLY OPEN YOUR EYES.





# LOOK FOR THE HELPERS

WILDFIRES 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

WILDFIRES 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 FIRE 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 FIRE CAN BE FRIGHTENING FOR TEENS 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: WILDFIRE



## 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 FIRE?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT THE FIRE?			
3. DO THOUGHTS ABOUT THE FIRE COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE FIRE OR HAVE TROUBLE SLEEPING?			
5. DO YOU WORRY THAT THE FIRE WILL HAPPEN AGAIN?			
6. WHEN SOMETHING REMINDS YOU OF THE FIRE, DO YOU GET TENSE OR UPSET?			
7. IS IT AS EASY TO PAY ATTENTION (CONCENTRATE) AS BEFORE THE FIRE?			
8. DO YOU GET MORE STOMACH ACHES, HEADACHES, OR OTHER SICK FEELINGS SINCE THE FIRE THAN YOU DID BEFORE?			



# DISASTER EDUCATION: WILDFIRE



## 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 FIRE?			
11. DO YOU SLEEP WELL AFTER THE FIRE?			
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 FIRE?			
14. DO YOU DO THINGS THAT YOU WOULD NOT HAVE DONE BEFORE? (ACTING OUT, FIGHTS, DISOBEYING)			
15. SINCE THE FIRE, ARE YOU DOING THINGS AGAIN THAT YOU ONCE STOPPED DOING? (BITING NAILS, HABITS)			
16. DO THOUGHTS OR FEELINGS ABOUT THE FIRE GET IN THE WAY OF REMEMBERING THINGS?			

counseling

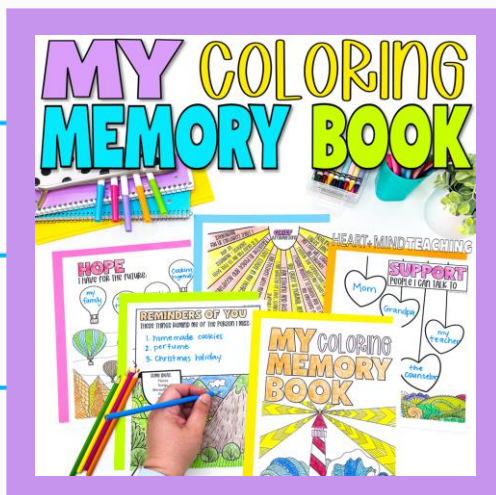
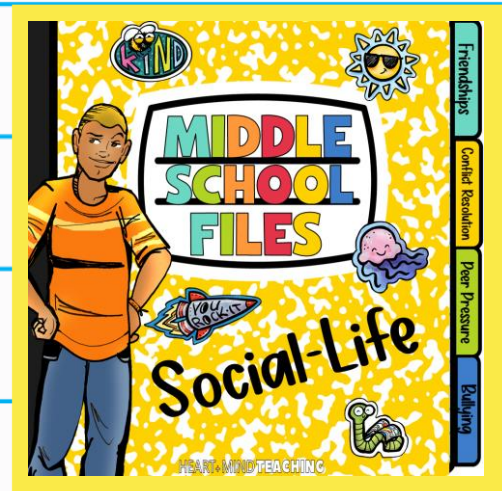
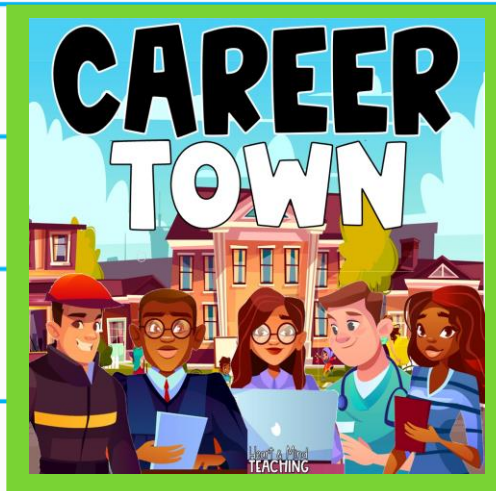
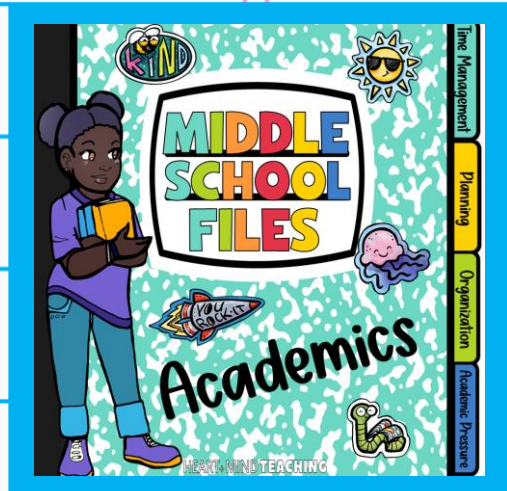
sel

small groups

book companions

behavior

# ♡♡ Best Selling Resources



## COUNSELOR COLLAB MEMBERSHIP

The Must-have resource membership:

[www.counselorcollab.com](http://www.counselorcollab.com)

♡ **WANT A PEEK INTO MY CLASSROOM?**

Check out my website:

[www.heartandmindteaching.com](http://www.heartandmindteaching.com)





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