

DISASTER EDUCATION: & COPING RESOURCES WILDFIRE

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING



WILDFIRE

MIDDLE SCHOOL LEVEL

GAIN KNOWLEDGE:

HOW A WILDFIRE STARTS, HOW TO MEASURE, & CLUES



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 CAMPEIRE, 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

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.

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

→ 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...
Type here.

I FELT SCARED WHEN...
Type here.

THE SOUND THAT FRIGHTENED ME THE MOST WAS...
Type here.

LIST THE PEOPLE OR THINGS THAT HELP YOU FEEL SAFE.
Type here.

EIGHT

ACTIVITIES

POWERPOINT & DIGITAL VERSION

STRESS ASSESSMENT

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 THE AREA?			

BE PREPARED: WILDFIRE PREPARATION & WILDFIRE SUPPLIES



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

- EMERGENCY INSTRUCTIONS
- 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

PERFECT LESSON FOR AN AREA PRONE TO FIRES

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)

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?

PACKING THE EVACUATION BAG

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.

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.

BE CALM DURING AN EVACUATION

IF A WARNING HAS BEEN ISSUED, AND YOU HAVE BEEN TOLD TO LEAVE YOUR HOME, FOLLOW THE LEAD OF YOUR FRIEND OR SIBLING, AN EMERGENCY WORKER, OR A NEIGHBOR. FOLLOW THE LEAD OF THE CALMEST PERSON. HELP THE WORRIED.

NEIGHBOR

FORGOT IMPORTANT

NEIGHBOR WHO

WISDOMNESS, COMMUNITY

NEIGHBORS PRACTICE

HOW

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

- DEEP BREATHING - TRY SMELLING 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



WILDFIRE FEELINGS

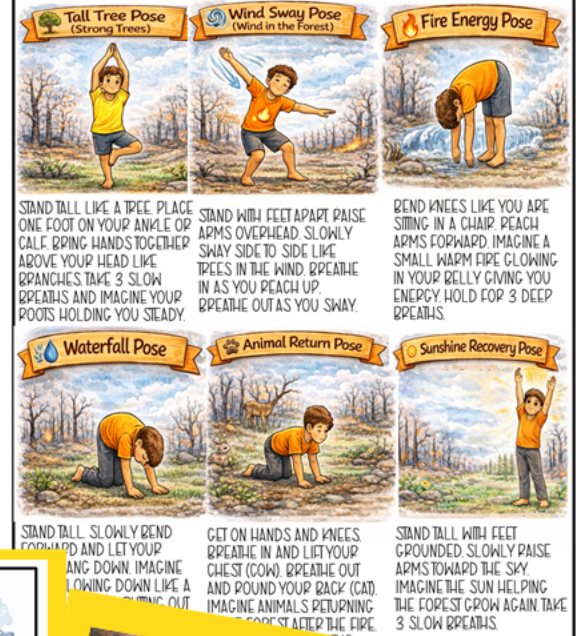
DURING A WILDFIRE, OUR FEELINGS CAN SPREAD AS QUICKLY AS A FIRE. THEY START REALLY BIG IN THE MIDDLE—SCARY, CONFUSING, OVERWHELMING. BUT IF WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY EASE AND TAPER OFF AND GET SMALLER AND EASIER TO HANDLE.



FEELINGS COPING SKILLS



YOGA MOVES



EXTINGUISH THE FLAME Calm Breathing



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!

