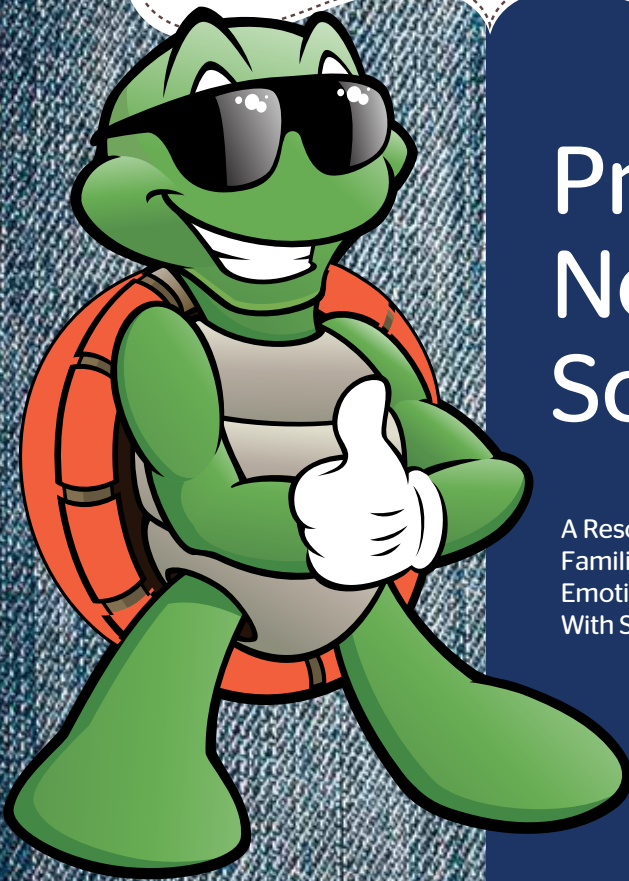


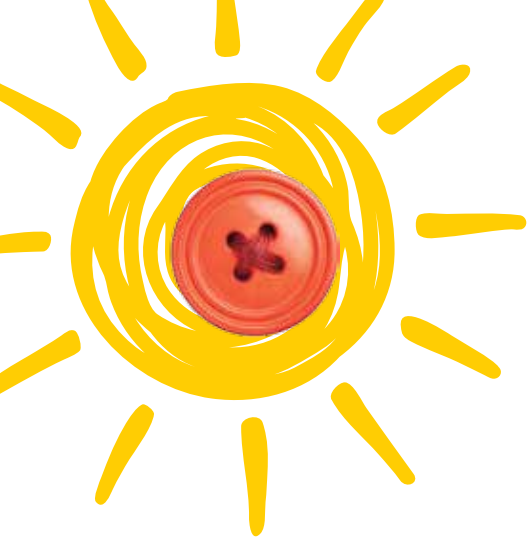
This book belongs to:

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# Prepared Not Scared

A Resource For Helping  
Families Understand  
Emotions Associated  
With Severe Weather



This resource can help families talk to children about unexpected emotions associated with severe weather. Preparing children may be as easy as **C.O.P.E.**

**C** Communicate with children and family

---

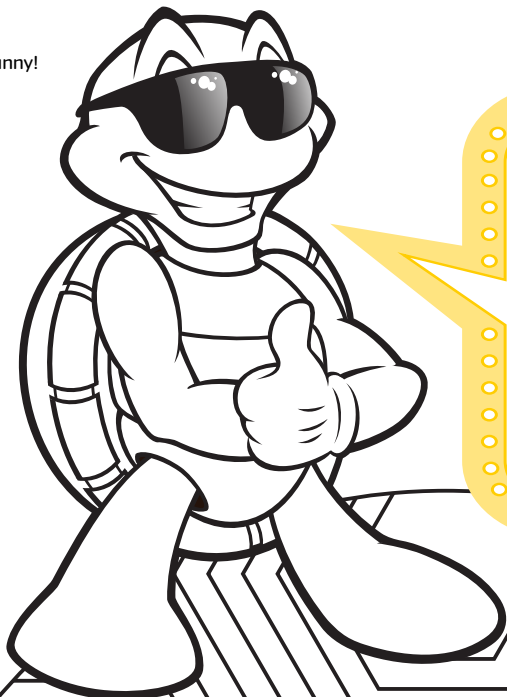
**O** Open environment to encourage family discussions

---

**P** Plan ahead for safety

---

**E** Explore feelings of uncertainty a weather emergency may bring



**Hi,  
my name  
is Sunny!**

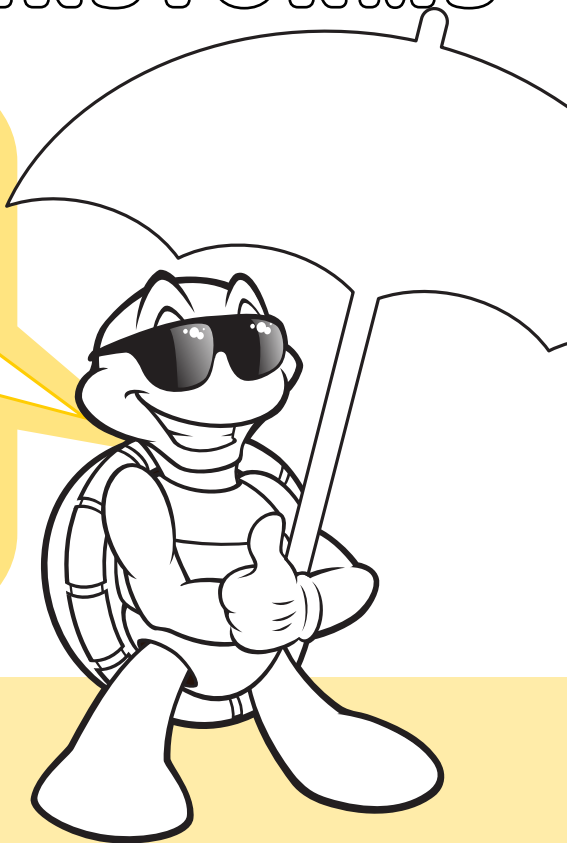
I'm a turtle with a  
hard shell.  
It's my home  
*and* safe place.

Sometimes  
there is really bad  
weather outside, and I  
need to be tough like my  
outer shell. My shell protects  
me on the outside but I'm still soft  
on the inside. In times of stress,  
it reminds me I can protect  
myself and stay safe.  
Because I know ...

**I've Got This!**

# THUNDERSTORMS

In a thunderstorm, things can get really **LOUD**.  
Feeling **prepared** can make you proud.  
So make a **plan** to keep everyone **safe** and **secure**.  
The storm will end soon for this I am sure.



## HELPFUL HINT

Understanding more about thunderstorms will help you be less frightened when severe weather strikes.

### THINGS TO KNOW:

- Storms with thunder produce lightning and are dangerous.
- If you hear thunder, it's time to go inside!
- Check the news for the latest updates.

### WHAT'S A WATCH VS. A WARNING?

- **WATCH** means it might happen.
- **WARNING** means it is happening right now.

### SAFETY TIPS

- Stay indoors and away from windows.
- Always keep batteries and flashlights ready to go. Make them easy to find!
- Hold your pets and help them feel safe. You can keep each other from feeling scared.

# FEELINGS FINDER

When severe weather strikes, a lot of feelings stir inside us. Search and find some of your feelings.



C D E N U H I I R Y N U L O M  
D N E X Y Q T E I P D W O E S  
A U J I X N L O N E L Y S H U  
S U R P R I S E D S B D T H D  
N L R Q E R U L K M J R J E E  
C B P V W R O X P A B D X L J  
O O E K E N A W N O S C K P L  
T D N L U F K N A H T A R L P  
R T L F V N P X G R V Q H E I  
O L B O U Y L M D R H G K S J  
F T M V T S E Z E P Y K W S B  
C T N L H C E C R S A F B F C  
U H I Z K X A D A X T B S H A  
V U X U R Q F R C Q C A G X J  
G R B Q V U O V S F D V I L D

ANGRY  
CONFUSED  
GUILTY  
HELPLESS  
LONELY  
LOST  
RELIEVED  
SAD  
SCARED  
SURPRISED  
THANKFUL  
WORRIED

# TORNADOES



Tornadoes can make everyone feel very **twisted** and scared. But now is the time to feel more **prepared**. Not everyone is at their **BEST** when we feel under **STRESS**. So if your fears bring you to tears, just remember to **talk about it** so the worry disappears.

## LET'S MAKE A PLAN!

### HELPFUL HINT

The threat of a tornado is frightening. Make sure you and your family have a plan so everyone knows what to do in case of severe weather.



- **Listen** for Emergency Alerts!



- **Tornado Watch** means a tornado might form – stay alert!



- **Tornado Warning** means a tornado is expected in your area. **Take cover!**



- Pick a place in your house to keep you **safe** – bathroom, closet, etc. **Stay away from windows!**

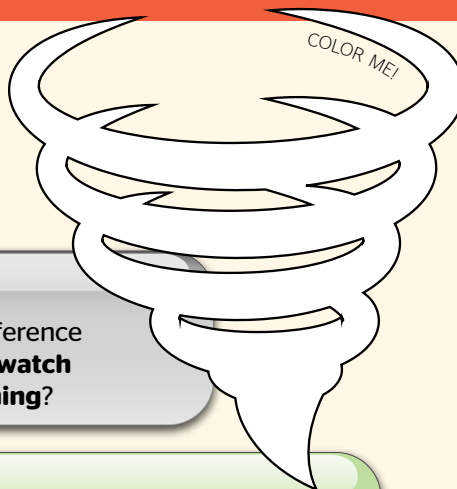


- If you hear the sound of a **train**, run to your safe place and take cover!



- Remember to **cover your head** and hold on tight. **Stay close together** to feel safe.

## Can you reply to Sunny's text messages about tornadoes?

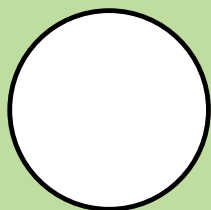


Sunny

Do you know the difference between a **tornado watch** and a **tornado warning**?

Draw a picture of yourself in the circle!

Tell Sunny how much you know about **Tornado Watches and Warnings** in the text box.



Sunny

What can you do to help others in your family **stay calm** during a tornado event?

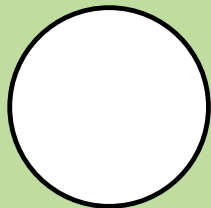
**You!**

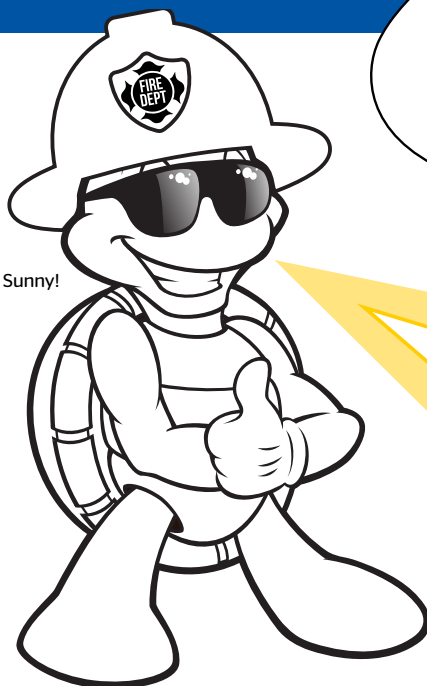
Tell Sunny what you can to do to help **prepare for a storm**.

Soothe your pet?

Make sure the flashlight works?

What else?





Color Sunny!

# FIRE

When you hear the smoke detector **beep** long and loud, **go outside** away from the smoke cloud.

Fire grows fast and smoke can be thick, so **practice your plan to get out quick!**

If you catch on fire, keep calm and in control. Sunny is here to teach you about

**STOP, DROP & ROLL!**

## FIRE SAFETY:

- **Space heaters and stoves/ovens cause horrible burns!** Keep kids 3 feet away.
- **Lighters and matches are NOT toys!** They should be locked away.

## LET'S MAKE A PLAN:

- **Smoke detectors** are needed near bedrooms and kitchens.
- **Pick a child's birthday** to check the smoke detector and they can be in charge of this task!
- **Have regular "Fire Drills"** for your home. How can you get out? What if your exit is blocked by fire?
- **Smoke rises!** Drop and crawl to avoid breathing in the harmful smoke.
- **Give everyone a task** - who will help small children and/or pets?
- **Pick a safe place outside to meet!** Make sure everyone knows to go here in case of a fire.

## HELPFUL HINT

It is important to have a fire plan. Children sometimes need help getting out of the house, and they may not know how to escape or what to do unless an adult shows them.

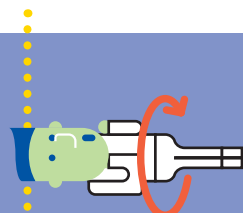


In Case of Fire

STOP



DROP



and ROLL



# & SMOKE.

Here are ways to be safe in case of a fire.

Choose action phrases from the word bank.

Stay calm and \_ \_ \_ \_ \_ .

If there is smoke, \_ \_ \_ \_ \_ .

If fire gets on you \_ \_ \_ \_ , \_ \_ \_ \_ and \_ \_ \_ \_ .

WORD BANK:

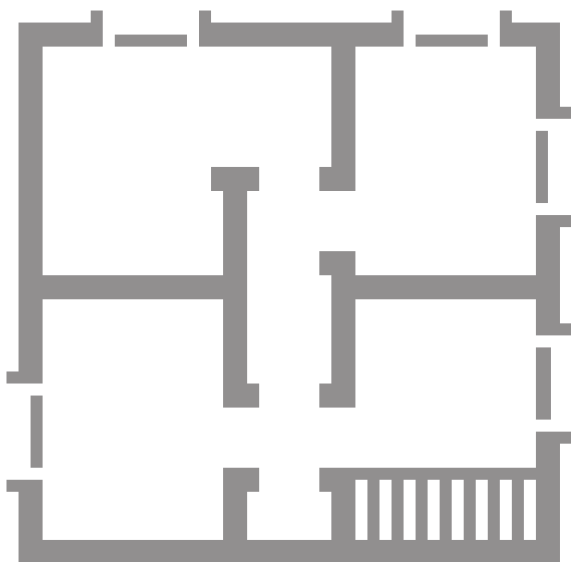
fast	drop
roll	out
crawl	act
fast	stop

Stay calm and act fast. If there is smoke crawl out fast. If fire gets on you stop, drop and roll.

**How many ways can you get out of your house?**

Draw the rooms of your house and show how many ways you could get out fast!

Draw a meeting place outside and mark it with an X. Is it next to something familiar?

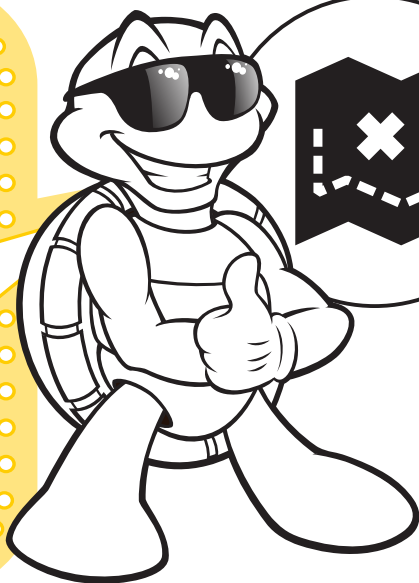




# HURRICANES

Hurricanes can be **big** or **small**. They appear in the ocean during the **summer** and **fall**.

They can be scary and give us some fears. Talk with a grown up if you get any tears. Adults might be **nervous** and have a lot of things to do. So let's **make a plan** and assign a task just for you!



## WHAT IS A HURRICANE?

A hurricane is a huge storm that grows over warm ocean waters. The center of a hurricane is called the eye and is the calmest part. When hurricanes come onto land, heavy rain, strong winds and large waves can damage buildings, trees and cars.

### HELPFUL HINT

The more you know, the better off you are to go. Stay informed!

## LET'S MAKE A PLAN

### BEFORE A HURRICANE



- **Listen** for Emergency Alerts!



- **Hurricane Watch** means a hurricane may be near in 2 days – stay alert!



- **Hurricane Warning** means a hurricane is expected in your area soon. **Be prepared!**

### DURING A HURRICANE

- Stay indoors and calm until the storm is over. Have books and flashlights handy since there will probably be no electricity during the worst part of the weather.



### AFTER A HURRICANE

- Stay away from standing water and don't drink water from the faucet until you know it is safe. Keep your spirits up when you see what the weather has done. Things will return to normal, it may just take a while.



Color in each dotted section to discover the best way to calm your fears about a hurricane.



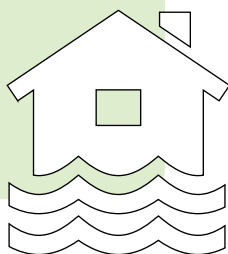
# FLOODS



In times of a **flood**, puddles of **water** might grow. If it starts to get too **high**, your family might decide it's time to **go**. Have a **backpack** of things you might need. Maybe even a **book** so you will have something to read. People around you might be scared and upset. If you feel this way, too, try not to fret. Be **kind** to your neighbor, it's the right thing to do. With each other's **help**, we can all make it through.

What would you put in *your* backpack if you have to leave because of a flood?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



## HELPFUL HINT

Flooding can be frightening to children. Please be sure they know when a flooding situation is possible and how to stay safe.

## WHAT IS A FLOOD?

Flooding is an overflowing of water onto land that is normally dry. Floods are the most common and widespread of all weather-related natural disasters.

## WHY ARE FLOODS DANGEROUS?

Water can rise in a very short time and may cause cars to float off roads. Sometimes people can be knocked down when trying to walk in high water.

## WHAT SHOULD YOU DO?

Move to higher ground or the highest floor of your home. If a flowing stream of water is over your feet, turn around and go the other way. Don't drink water from the faucet until you know it is safe. Stay calm and alert until the flood water goes away.

Help the houses in the water find safe, dry land again. Fill in the blank that matches the number and discover tips that will help you during a flood.

3	6	18	8	1

6	12	23	17	6	21	17	20

24	18	6	21	2	22	26	18	15	4

STICK TOGETHER WITH FAMILY

22	3	1

16	25	17	3	6	18	12	9	3

ASK QUESTIONS

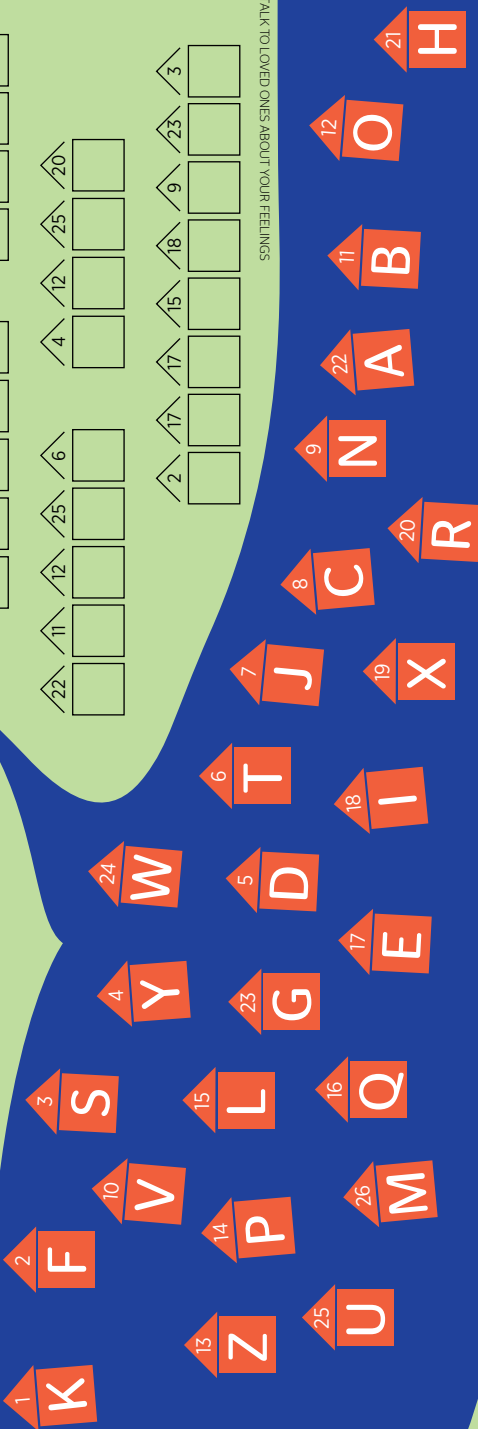
6	22	15	1	6	12

15	12	10	17	5	12	9	17	3

22	11	12	25	6	4	12	25	20

2	17	17	15	18	9	23	3

TALK TO LOVED ONES ABOUT YOUR FEELINGS



## HELPFUL HINT

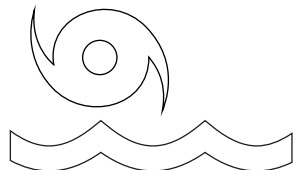
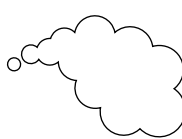
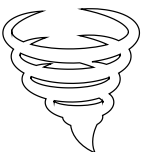
Severe weather is stressful for everyone. Your child needs to see that you are prepared, not scared!

### How Can I Help My Child?

- » Be a role model!
- » Ask your child about his or her feelings and reassure them that it is OK to have those feelings.
- » Help your child express their feelings by using words, drawing, writing, or playing.
- » Spend extra time with your child.
- » Keep children away from adult conversation and TV that may create fear and uncertainty.
- » Stick with family routines, regardless of preparation changes for severe weather (bedtime stories, sleep times, rules, and expectations).
- » If separating from your child, discuss where you are going and when you will return.
- » Allow children to help in preparing for severe weather by picking a few things that are important to them. Remember - what is important to you may not be important to your child.
- » Allow children to help calm and prepare pets for travel.

### What Can I Do For Myself?

- » Take care of yourself - eat, sleep and get proper medical care.
- » Listen to each other and provide support to other caregivers.
- » Give yourself a break and come up with new ways to relax.
- » Talk about your own personal feelings and experiences with others you trust.



I feel hopeful for the future  
because \_\_\_\_\_.

I feel thankful  
because \_\_\_\_\_.

If I had one wish...  
\_\_\_\_\_.

# THE SUN WILL COME OUT!



Talking to \_\_\_\_\_  
made me feel \_\_\_\_\_.

I know to  
next time something like this happens,  
\_\_\_\_\_.

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