

Too Much Weather

A Disaster Activity Book for Kids

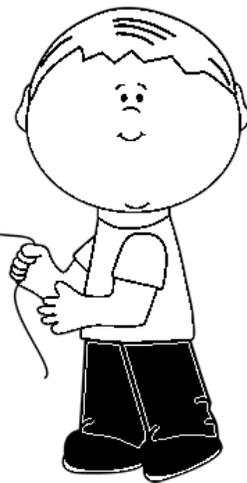
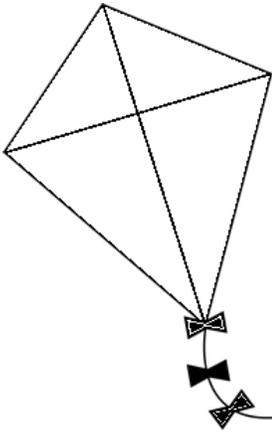


Prepared by Shenandoah Valley Project Impact

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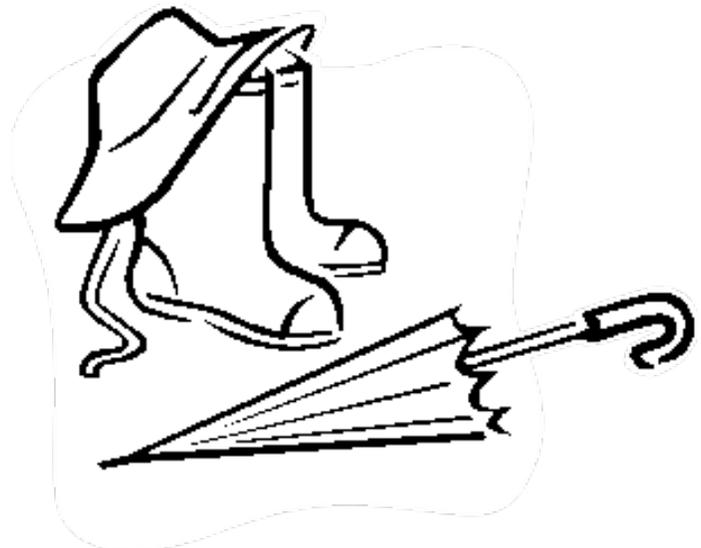
Too Much Weather

Without weather, life would be boring. Rain helps plants grow. Wind dries clothes on the line and helps us fly a kite.



It is when we have **“too much weather”** that we have a disaster. Too much rain can create a flood. Hurricanes and tornadoes have too much wind. Too much snow causes a winter storm.

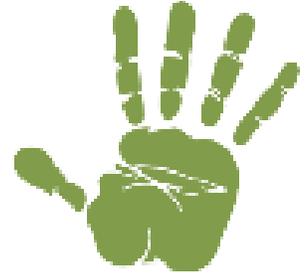
This workbook includes some activities that can help you feel better when you are having “too much weather.”



Helping Hands

A disaster caused by too much weather can be a difficult thing to experience. If you and your family go through a disaster, here are some activities that can help you feel better.

When disasters happen we get help from many people. Trace your hand, then on each finger and your thumb write the name (or draw a picture) of a person who gave you a “helping hand.” Tell your helping hand story to someone.



Other Ways to Do the “Helping Hand” Activity

Trace your hand. On the fingers and thumb write or draw:

1. Five things you do that help you feel better.
2. Five strengths you know you have.
3. Five things you have you learned.

Sharing Lessons Learned

Sometimes when there is too much weather, people can learn valuable lessons they can share.



Draw or write a message to other children about the things you have learned that may help them when they have too much weather.

Rainbow of Emotions

Some people believe a rainbow stands for hope. When a disaster is caused by too much weather, people react in different ways and have many different types of feelings, while looking for signs of hope.

Draw a rainbow with six colors. Choose a different color for each of the following emotions and write about what made you feel that way during this tough time.



I felt angry when...

I felt happy when...

I felt scared when...

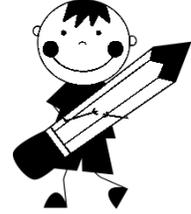
I felt excited when...

I felt sad when...

I felt hopeful when...

My Disaster Diary

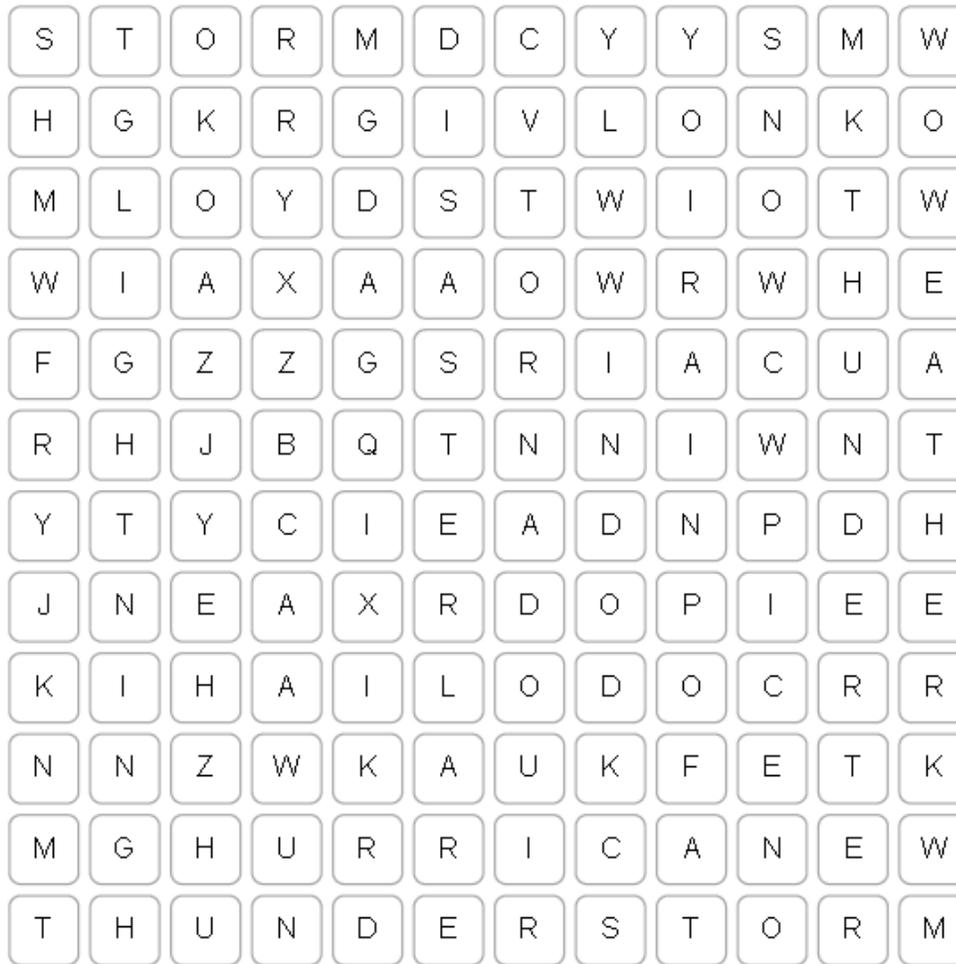
Think over what happened to you and your family. You can draw and write how things were before and after the disaster happened.



**This is how things were
before we had too much weather**

**This is how I knew things were getting
better after we had too much weather**

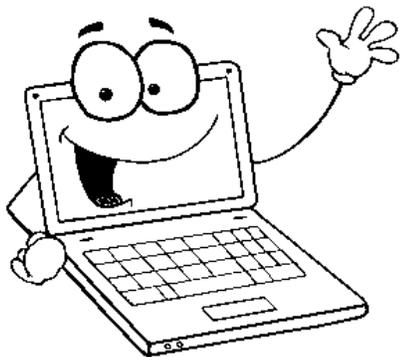
Too Much Weather Word Find Puzzle



Words to Find:

DISASTER
HAIL
HURRICANE
ICE
LIGHTNING
RAIN
SNOW
STORM
THUNDER
THUNDERSTORM
TORNADO
WEATHER
WIND

Learn More about Disasters on the Internet



American Red Cross: <http://www.redcross.org/>

Citizen Corps: <https://www.ready.gov/citizen-corps>

Federal Emergency Management Agency:
<https://www.ready.gov/kids>

National Weather Service:
<https://oceanservice.noaa.gov/kids/>

Sources for the Information in this Workbook

Federal Emergency Management Website for Kids:

<https://www.ready.gov/kids>

Are You Ready: An In-depth Guide to Citizen

Preparedness. FEMA Publication IS-22, August 2004:

<https://www.fema.gov/media-library/assets/documents/7877>



Talking About Disaster: Guide For Standard Messages.

Produced by the National Disaster Education Coalition, Washington, D.C., 2007:

http://www.crh.noaa.gov/Image/bis/AmericanRedCross_TalkingAboutDisaster.pdf

The activities in the “After a Disaster Section” of this workbook were created by Stewart, A. & Budash, D., Department of Graduate Psychology, James Madison University

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