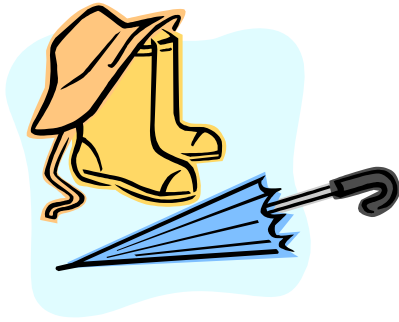


# Too Much Weather

## A Disaster Preparedness Guide For Kids



Prepared By Shenandoah Valley Project Impact



Without weather, life would be boring. Rain helps plants grow. Wind dries clothes on the line and helps us fly a kite. We can go sledding and build a snowman on a snowy day. It is when we have “too much weather” that we have a disaster. Too much rain can create a flood. Tornadoes have too much wind. Too much snow causes a winter storm. This guide will help you know what to do when we have “too much weather.” If you know what to do you will be ready for a disaster.

## Table of Contents

Topic	Page
Before a disaster	1
Family disaster plan	1
Family disaster supply kit	1
Kids activity survival kit	2
During a disaster	3
Severe thunderstorms	3
Tornadoes	4
Floods and hurricanes	6
Winter storms	7
After a disaster	9
Helping hands	9
Rainbow of emotions	10
Sharing lessons learned	11
My disaster diary	12
Prepare for your pets	13
Additional resources	13

## Sources For The Information In This Guide:

*Are You Ready: An In-depth Guide To Citizen Preparedness.* FEMA Publication IS-22, August 2004

*Federal Emergency Management Website for Kids:* [www.fema.gov/kids/index.htm](http://www.fema.gov/kids/index.htm)

*Talking About Disaster: Guide For Standard Messages.* Produced by the National Disaster Education Coalition, Washington, D.C., 2004

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

## Are You Ready?

[illegible]

There are two things you can do to prepare for a disaster. The first thing is having your family create a Family Disaster Plan. The second thing is putting together a Disaster Supply Kit.

# Family Disaster Plan

Every family needs to plan for what might happen. You should sit down with your family and talk about:

- What types of disaster might happen.
- What you should do to prepare (like creating your family disaster kit).
- What to do if you are asked to evacuate (which means to leave your home).
- Where to meet away from your home in case of a fire (like a neighbor's house or the corner of the street).
- Where to meet outside of your neighborhood if you must evacuate (you should pick a friend or relative's house).
- Where to call to "check in" if you become separated from your family during a disaster. You should memorize the phone number of a favorite aunt or family member who lives in another state. You would call there to report where you are so your family could find you.

## Disaster Supply Kit

Every family should have a Disaster Supply Kit in their home. In a disaster you might be without electricity, water, or may not be able to leave your house for a few days. Keep the items for your kit in a backpack, duffle bag, or plastic tub so it will be easy to find and take with you if you need to evacuate. Include the following in your kit: water

(one gallon per person in your family for 3 days), food that doesn't need to be cooked or refrigerated like peanut butter, granola bars, and canned soup, comfortable clothing, sturdy shoes, and a first aid kit.



## Before A Disaster



## Kids Activity Survival Kit

You have to leave your house during a disaster and may sleep somewhere else for a while. It's smart to put together your own "Kid's Activity Survival Kit" so you will have things to do and share with other kids. These can all be stored in a backpack or duffel bag. Just make sure you can carry it easily. Some suggested items for your Activity Survival Kit:



- ☐ A few of your favorite books
- ☐ Crayons, pencils, or marking pens and plenty of paper
- ☐ Scissors and glue
- ☐ Two favorite toys such as a doll or action figure
- ☐ One or two board games
- ☐ A deck of cards
- ☐ A puzzle (one with lots of pieces is good – it takes a long time to do!)
- ☐ Small people figures and play vehicles that you can use to play out what is happening during the disaster – such as an ambulance, fire truck, helicopter, dump truck, police car, small boats
- ☐ Favorite stuffed animal or puppet
- ☐ Favorite blanket or pillow
- ☐ Pictures of the family and pets
- ☐ A "keep safe" box with a few treasures that make you feel special

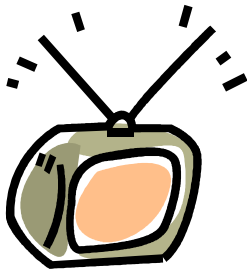


# Severe Thunderstorms

## What Is A Severe Thunderstorm?

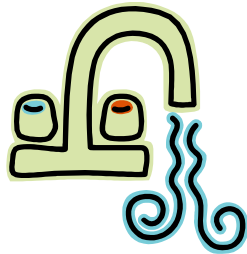


A severe thunderstorm is a thunderstorm that can have lightning, strong winds, and hail. A severe thunderstorm can sometimes cause tornadoes, flash floods, and wildfires.



## What Do I Do During A Severe Thunderstorm?

**If you are inside**, during a thunderstorm, stay away from windows or glass doors. Stay away from water - don't take a bath or wash dishes. Stay off the telephone. Turn off the television, computer, and air conditioner.



**If you are outside**, during a thunderstorm, stay away from tall things and metal things. Make as little contact with the ground as possible - go to a low, open space, crouch on the balls of your feet, place your hands on your knees and lower your head. Lightning can strike outside of heavy rain and may occur as far as 10 miles away from any rainfall. You are in danger from lightning if you can hear thunder.



During A Disaster

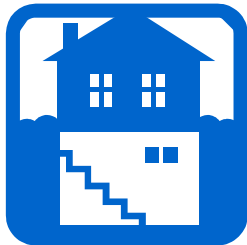




# Tornadoes

## What Is A Tornado?

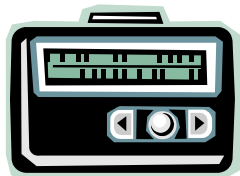
A tornado is a violently rotating column of air that extends from a thunderstorm to the ground. Winds inside a tornado can reach up to 300 miles per hour. Severe thunderstorms, tropical storms, and hurricanes can cause tornadoes. Some danger signs that a thunderstorm may spawn a tornado include, dark-greenish clouds, large hail, clouds of debris, and a roaring noise that sounds like a freight train.



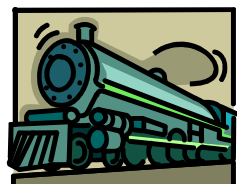
## What Do I Do During A Tornado?



If there is a **tornado warning** take shelter. A warning means that a tornado has been sighted or weather radar shows one may happen.



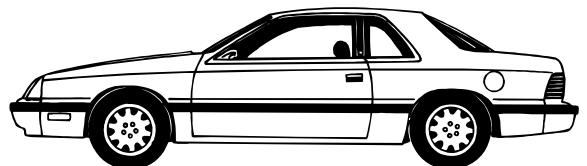
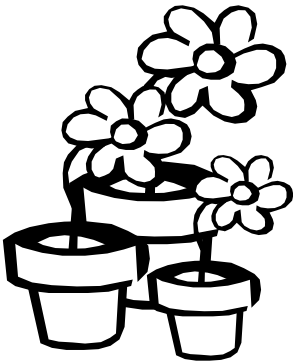
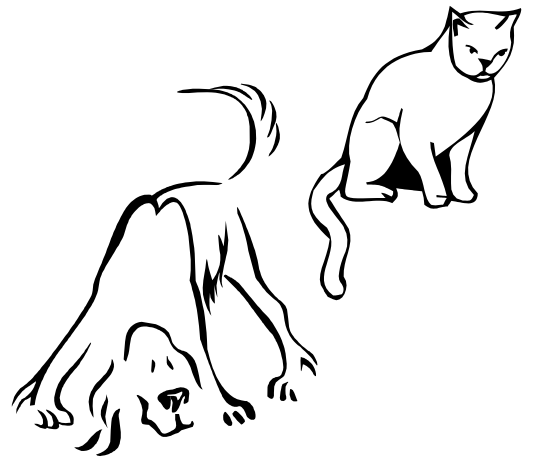
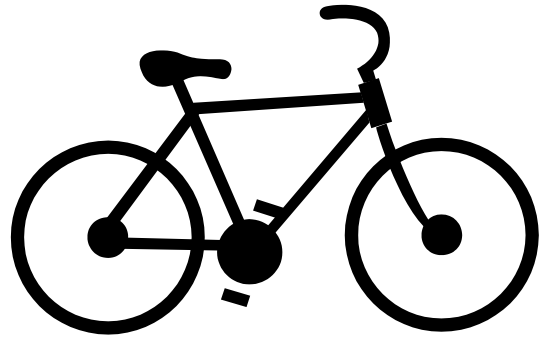
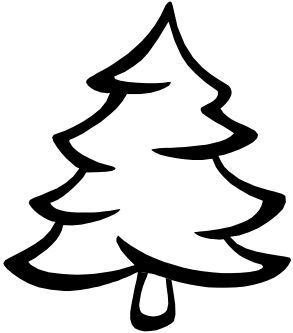
**If you are inside** a building, go to the lowest level. Once at the lowest level, go to the middle of the building away from windows, into a bathroom or closet if possible. Get under something sturdy and hold on with one hand. With the other hand and arm, protect your head and neck from falling or flying objects. Listen to the radio to know when the tornado has passed and it is safe.



**If you are outside** with no shelter nearby, lie flat in a low spot so that the wind and debris can blow over you. Protect your head and neck with your hands and arms.

Windy days, thunderstorms, tornadoes, and hurricanes can bring strong winds. One thing you can do to protect your house is to bring things inside that could blow around and cause problems. You can even make a list and keep it on the refrigerator to remind you what needs to come inside when there is a storm.

Color the items below that you should bring inside if there are strong winds.

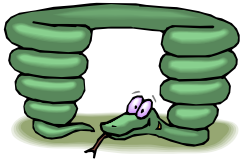




# Floods and Hurricanes

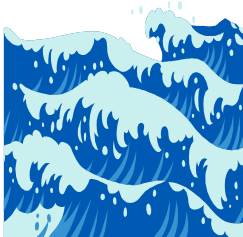
## What Is A Flood?

A flood happens when it rains for many days, when it rains a large amount in a short period of time, when deep snow melts quickly, or when a tropical storm or hurricane causes a lot of rainfall.



## What Is A Hurricane?

A hurricane is a type of tropical storm with winds of at least 74 miles an hour or higher. A tropical storm is a weather system of strong, circulating thunderstorms. Here in the Shenandoah Valley, usually hurricanes have lost their strength and are tropical storms by the time they reach us. We have to worry more about rainfall and flooding than wind with tropical storms.

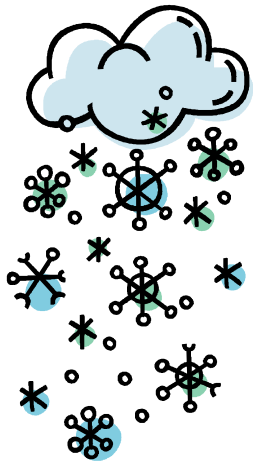


## What Do I Do When There Is Flooding?

If you come upon flood waters, **stop, turn around, go another way**, and climb to higher ground. Stay away from flooded areas - water may still rise. Never try to walk, swim, or drive in flood water. From the surface, you cannot see holes, trash and debris, or how fast the water is moving. Water only 6 inches deep can knock a person off his or her feet. Watch out for snakes and other animals - floodwaters flush them from their homes. Stay away from creek and stream banks in flooded areas. Soaked banks often become unstable and collapse due to heavy rainfall.







# Winter Storms

## What Is A Winter Storm?

A winter storm can have heavy snow, sleet, freezing rain, winds, and cold temperatures. Winter storms can cover small areas like a town or city or large areas like several states. These storms can last for several days. Blizzards are winter storms that have high winds of up to 35 miles per hour with heavy snowfall.



## What Do I Do During A Winter Storm?



The best thing you can do during a winter storm is to stay **inside**. Listen to the radio or watch television to find out information about the weather.



**If you have to go outside**, wear layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Make sure to wear a hat, scarf, and mittens. Mittens will keep your fingers warmer than gloves. The most dangerous place to be during a winter storm can be a vehicle so stay off the roads. If you have to be in a vehicle, make sure the adult driver is driving slowly and with caution. If you help shovel snow after the storm is over, be careful - take breaks and don't lift snow that is too heavy for you.



We have a natural disaster when we have "too much weather." Draw a line to match the type of weather to the type of disaster.

Hint: you can use some types of weather more than once.



**Tornado**



**Severe Thunderstorm**

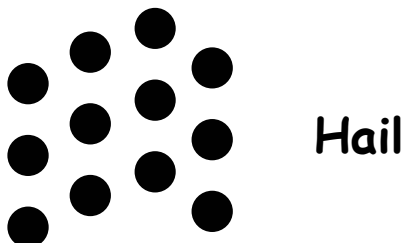
**Flood**



**Winter Storm**



**Hurricane**



A disaster 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.

# HELPING HANDS

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.



After A Disaster

Other ways to do the 'Helping Hand' activity.

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

1. What 5 things you do that help you feel better?
2. Write 5 strengths you know you have?
3. What are 5 things you have you learned?

# RAINBOW OF EMOTIONS

Some people believe a rainbow stands for hope. When a disaster strikes, 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...**

# SHARING LESSONS LEARNED

A terrible thing happened that was sudden and not expected. During hard times, people can learn valuable lessons.

**DRAW OR WRITE A MESSAGE TO OTHER CHILDREN ABOUT THE THINGS YOU HAVE LEARNED THAT MAY HELP THEM IN FACING A SIMILAR SITUATION.**

# 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 the  
disaster.

This is how I knew things were getting  
better after the disaster.



## Learn More About Disasters On The Internet:

American Red Cross: [www.redcross.org](http://www.redcross.org)

Citizen Corps: [www.citizencorps.gov](http://www.citizencorps.gov)

Federal Emergency Management Agency:  
[www.fema.gov/kids/index.htm](http://www.fema.gov/kids/index.htm)

National Weather Service:  
[www.weather.gov/om/reachout/kidspage.shtml](http://www.weather.gov/om/reachout/kidspage.shtml)

Prepare.Org (Disaster Preparedness For Vulnerable Populations: Seniors, Children, People With Disabilities, Animal and Pet Owners):  
[www.prepare.org/children/children.htm](http://www.prepare.org/children/children.htm)

U.S. Department of Homeland Security's Ready.Gov Website:  
[www.ready.gov/kids/index.html](http://www.ready.gov/kids/index.html)

Virginia Department of Emergency Management:  
[www.vaemergency.com/kids/index.cfm](http://www.vaemergency.com/kids/index.cfm)



## Don't Let It Rain Cats and Dogs During A Disaster Make A Plan For Your Pets

Don't forget your pets in your family's disaster plan. If you have to leave your home because it is not safe for you, it is also not safe for your animals. If you have to go to an emergency shelter, you can not take your pets with you. Have a plan of where to take your pets if a disaster strikes. A family member, friend, vet, or boarding kennel may be willing to take your pet but you have to ask them in advance. Your pet needs a disaster supply kit too. In the kit make sure you have pet food, bottled water, food dishes, cat litter (for cats), and medicines.



## Too Much Weather Word Find Puzzle

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

### Words To Find:

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



To learn more about disasters contact:

**Shenandoah Valley Project Impact**

**Central Shenandoah PDC**

**112 MacTanly Place**

**Staunton, Virginia 24401**

**Phone: 540-885-5174**

**E-mail: [cspdc@cspdc.org](mailto:cspdc@cspdc.org)**