

COPING AFTER A DISASTER



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

This series has been endorsed by:

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

www.healthychildren.org

COPING AFTER A DISASTER



NAME: _____

Note to Parents, Guardians, and Teachers

The Centers for Disease Control and Prevention has created this activity book to offer parents and educators an interactive way to talk to kids about how to cope after a disaster. We hope you will encourage its use in your schools, communities, and families to help children talk about their feelings after a disaster, and learn positive ways to express their emotions in uncertain times.

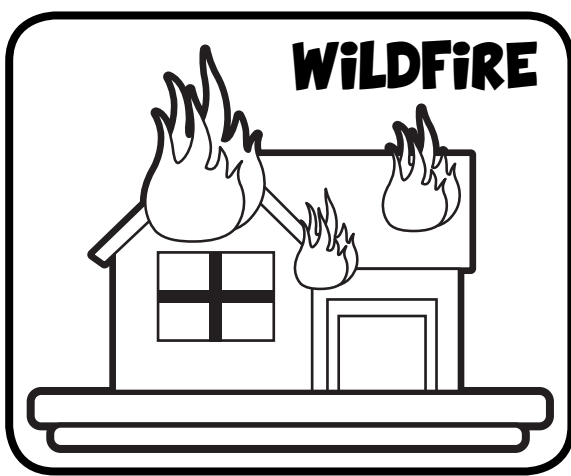
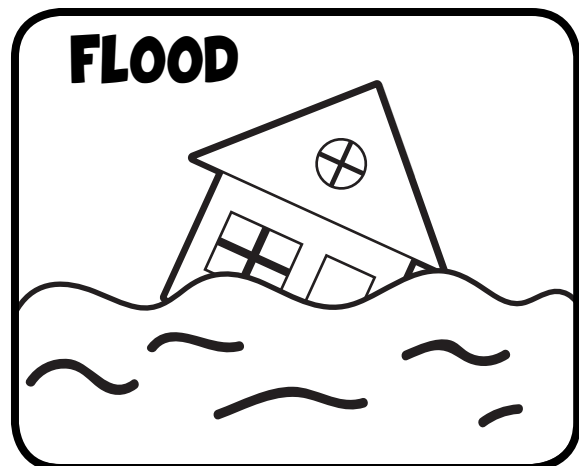
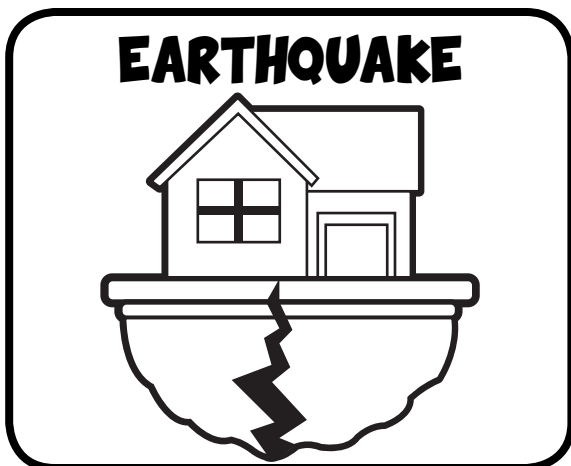
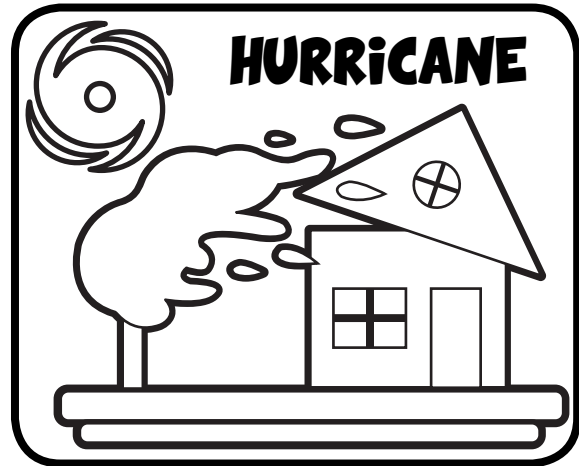
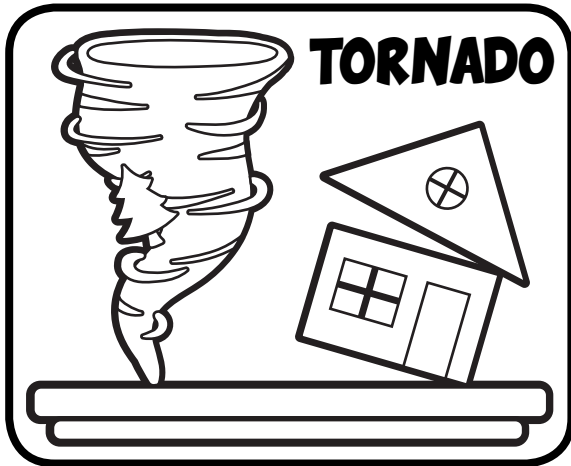
Wrigley and her family are learning about emergencies and disasters. A disaster or emergency can hurt people and damage buildings, houses, and neighborhoods. Big storms, floods, and wildfires are all types of disasters.



Disasters can be scary and confusing. Wrigley wants you to remember that a disaster is not your fault. You did not do anything to make it happen.

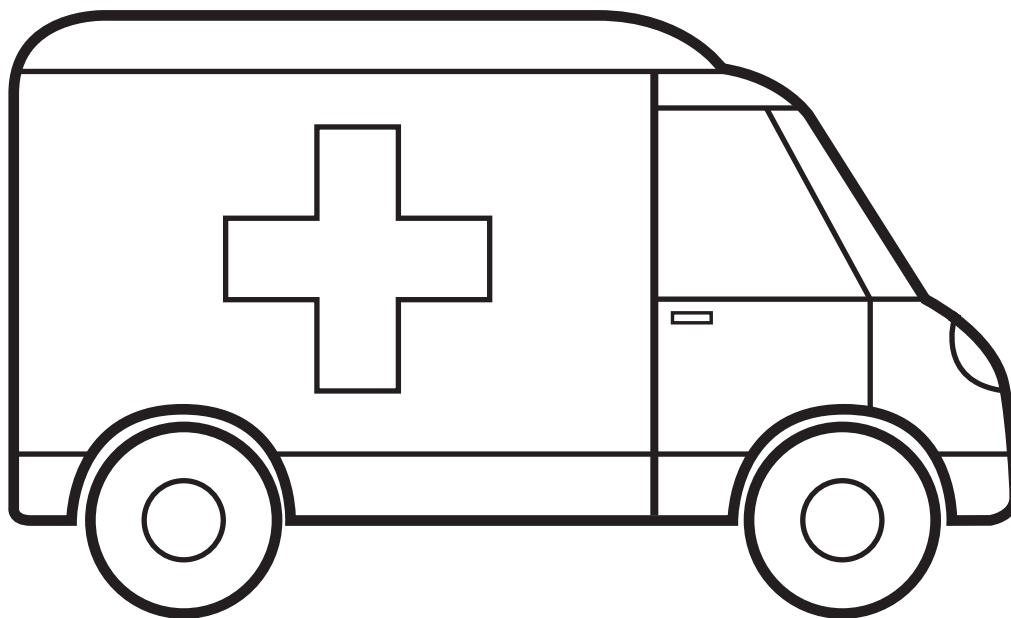
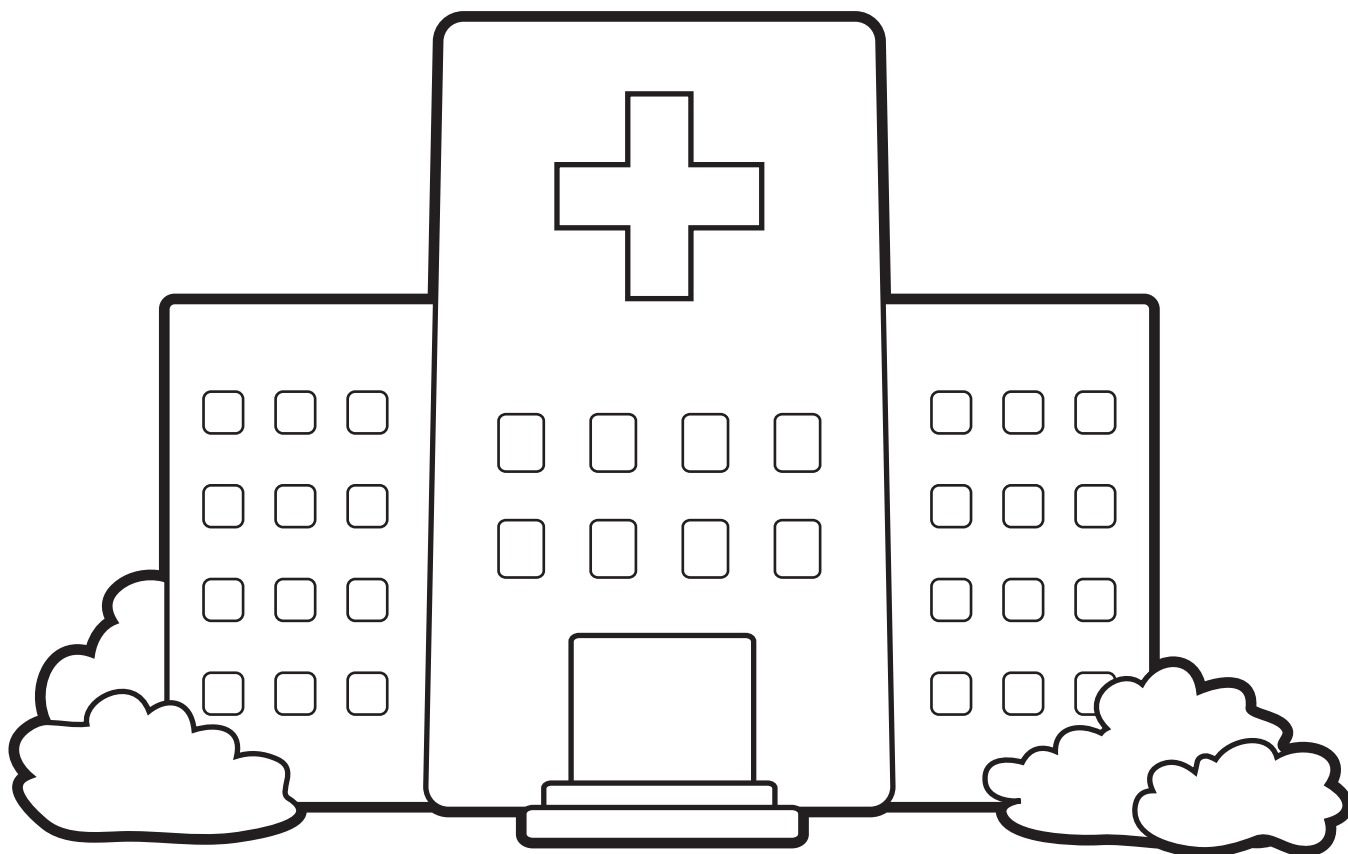


There are different types of disasters. A natural disaster could be a tornado, hurricane, flood, or wildfire. It can break or knock down trees, houses, and buildings. People can get hurt.



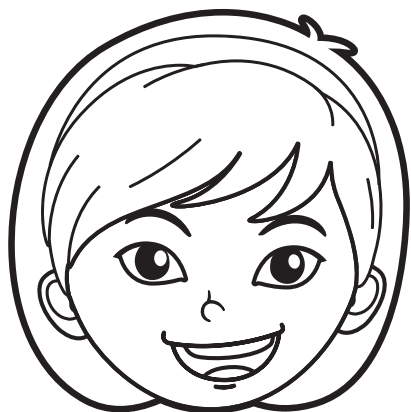
NATURAL DISASTERS

A disaster could also make a lot of people very sick.

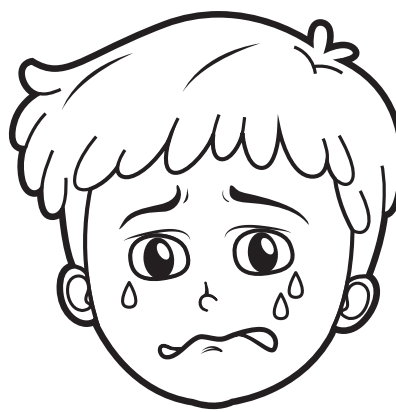


Disasters can be scary for kids, grown-ups, and pets, too. Tell a grown-up how you feel. It's okay to ask questions.

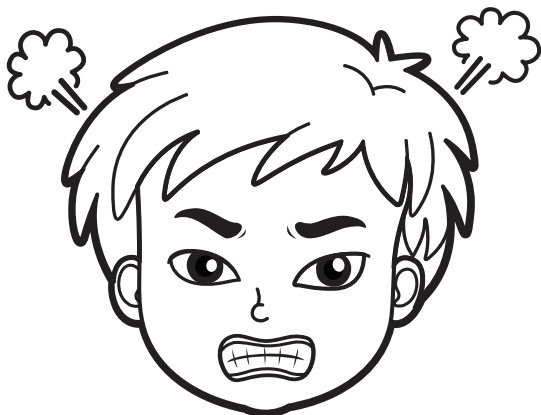
How do you feel today? Circle one of these feelings or draw your own in the space below.



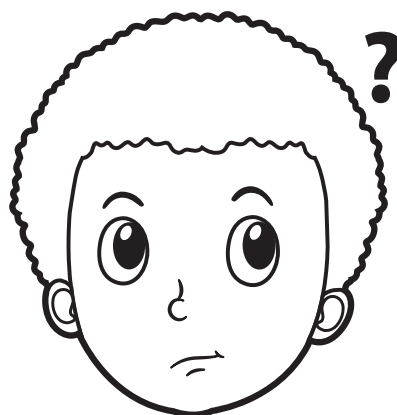
HAPPY



SAD



MAD

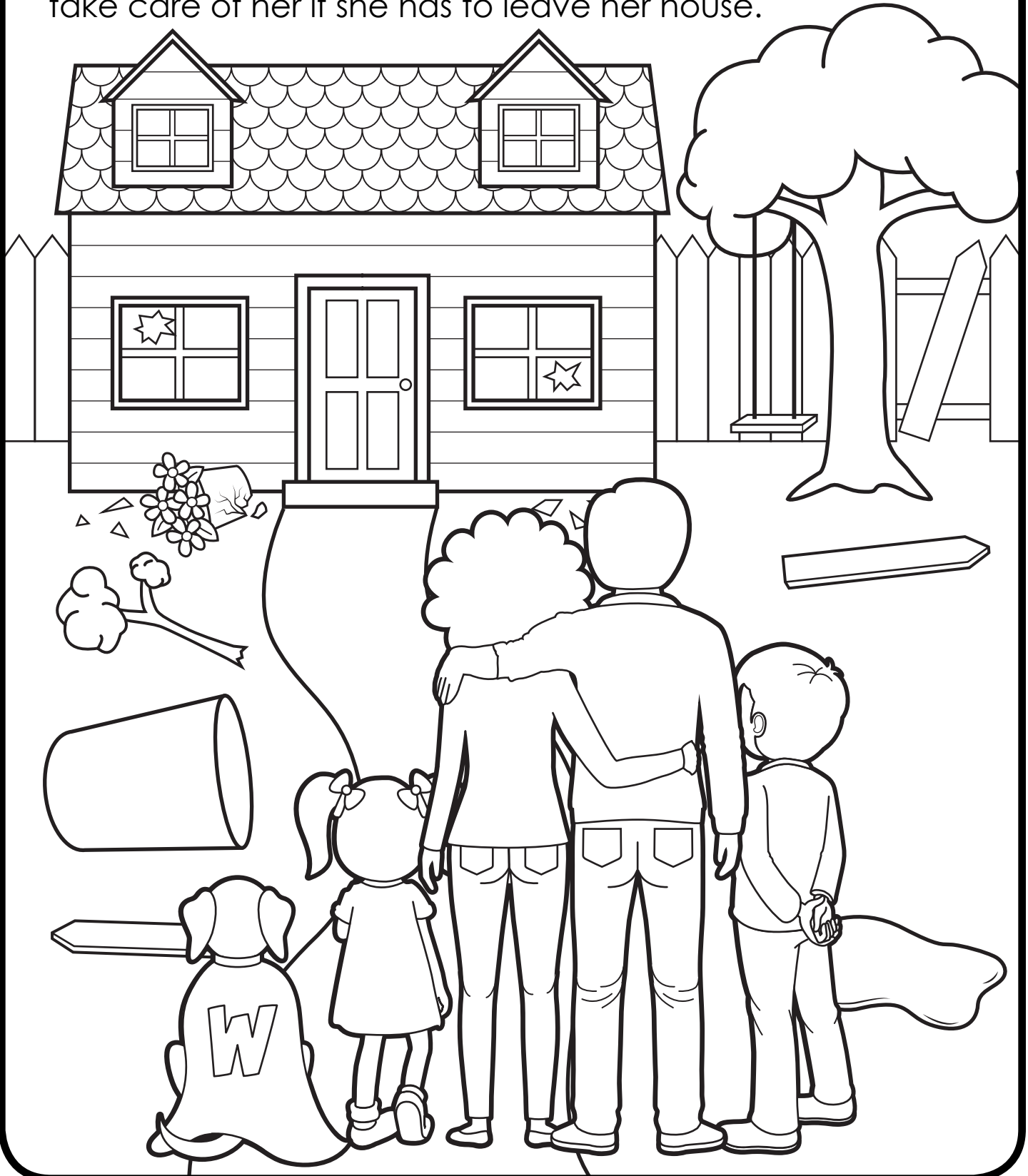


CONFUSED



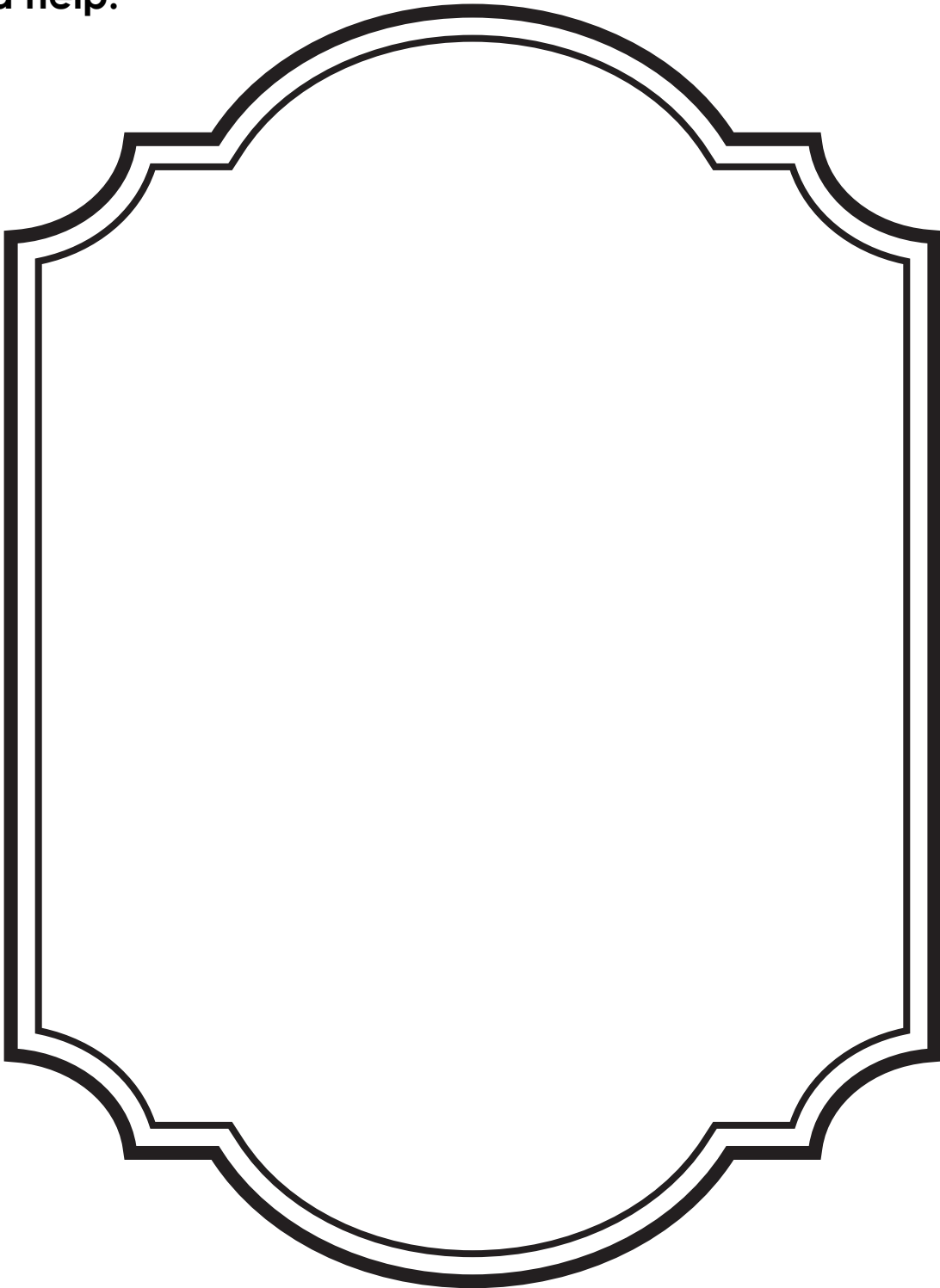
SCARED

Sometimes a disaster will damage your home or things that are special to you. You may have to stay somewhere else if your home is not safe. Wrigley's family loves her and will take care of her if she has to leave her house.



There are people all around you who can help! You will not be alone. Wrigley has her family to help, and even her neighbors.

Draw a picture of someone you can talk to when you need help.



Look for the helpers around you. Your parents, teachers, and grown-ups like fire fighters, police officers, or doctors are there to help keep you safe.

DOCTOR

**FIRE
FIGHTER**

**POLICE
OFFICER**

TEACHER

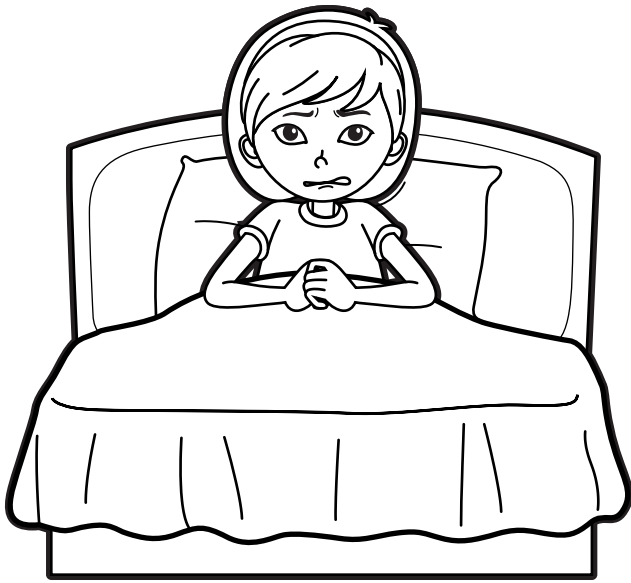
PARENTS



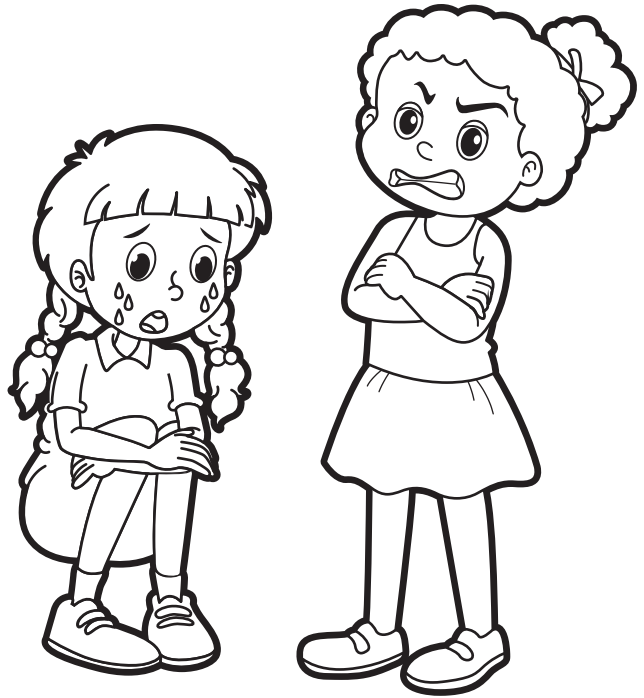
If you get scared, a good way to calm down is to take deep breaths. Breathe in deep and slow. Try to let the air out as slow as you can. Wrigley likes to pretend she is blowing up a balloon really slowly. Do it again! And one more time.



You may feel different after a disaster than you did before.
Tell a grown-up if you:



Have nightmares or are
afraid to sleep with the
lights off.



Are sad or angry.



Don't feel like playing with
your friends.



Have aches or pains that
you don't usually feel.

It's okay if you or your friends need different types of help from family and others. Wrigley likes quiet time and lots of hugs.



If you feel scared or sad for a long time, let your parents know so they can take you to someone to talk about how you feel.

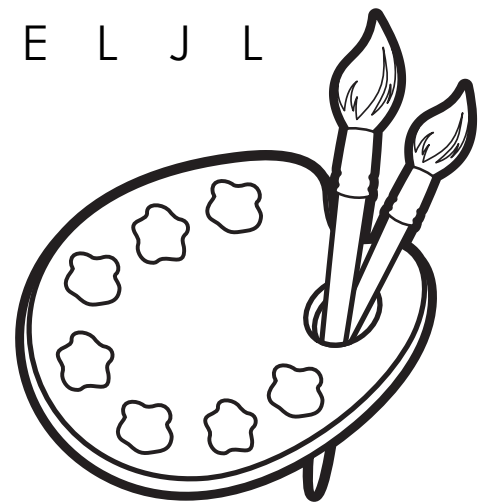
WORD SEARCH

It's good to do something you like to do. Some kids like to read, draw, paint, dance, color, or put on a play with friends. What do you like to do?

Help find all of the fun activity words below. The words can be across, down, or even diagonal.

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

COLOR	PLAY	SING
DANCE	PRETEND	SKIP
GAMES	READ	SPORTS
PAINT	RUN	TOYS



SECRET MESSAGE

Wrigley and her family like to do lots of fun things.

Decode the secret message to find out what Wrigley likes to do when she feels sad.

19 9 14 7

1 19 9 12 12 25

19 15 14 7 **!**

KEY

1-A	9-I	18-R
2-B	10-J	19-S
3-C	11-K	20-T
4-D	12-L	21-U
5-E	13-M	22-V
6-F	14-N	23-W
7-G	15-O	24-X
8-H	16-P	25-Y
	17-Q	26-Z



You can be a helper too! You can help your family by taking care of your pet, picking up your toys, or being extra kind to your family and friends. Help your friends and brothers or sisters by being a good listener! If your friends or siblings are sad or upset, ask a grown up for help.



Cut Here

GREAT JOB!

(Your Name)

learned so much about disasters!

If there is a disaster, remember:

- Look for helpers around you!
- A disaster is not your fault.
- Talk to a grown-up about your feelings.
- Do something you like to do! Read a book, sing a song, or play a game to feel better.
- Be a helper! Help your family and other people around you.

Here are a few things I can do if I feel scared:

1 _____

2 _____

3 _____



Written by **Centers for Disease Control and Prevention and American Academy of Pediatrics**

Artwork and layout by **Jennifer Hulse Oosthuizen**



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Centers for Disease Control and Prevention

For more fun activities visit
www.cdc.gov/phpr/readywrigley