



Hurricane

A Coloring Book



Dear Teacher:

The recent hurricane left memories with students that may surface during this school year. You may observe in you students behavior that reflects anxiety or a change from their previous behavior.

It's common to feel shock, disbelief, anger or depression after a disaster. Most children will work through these feelings in time, but some children need adult help in dealing with their hurricane experiences.

Following are some behaviors that children may display. Also listed are some ways you may respond to them.

Reactions:

- overly conscious and fearful of bad weather
- constantly looking out the window
- hesitating to go outside in stormy weather
- repeating questions about hurricane shelters
- changing normal activity level
- becoming alarmed by loud noises, high winds or heavy rains
- showing difficulty concentrating
- displaying increased irritability
- fear of being alone or of being without parent or adult
- displaying separation anxiety when they first return to school
- resisting walking home or taking the school bus and demanding that parents collect them at school
- showing more childish behavior
- maintaining close physical proximity to you during free periods

Suggestions:

- present scientific facts about hurricane formations
- include a hurricane weather unit in your ongoing curriculum
- ask a weatherman, science teacher or weather reporter to speak to your class
- involve the student and yourself in activities with other students
- recognize and reinforce the student when you see them acting more independently
- find opportunities for students to exercise independence, such as completing special tasks and errands
- allow children to express anxiety, although you may be tired of hearing about it
- listen when children express their tornado fears and experiences
- encourage students to draw pictures of their tornado experiences

- share your own feelings and fear with your students

While fear is normal reaction to any danger, you can help prevent permanent emotional damage to your students because you are a key figure in their lives. They need reassurance both in your words and actions.

You should be understanding as well as firm, but, above all, be honest, because hurricanes are a reality.

Dear Parents:

The hurricane is gone...but not forgotten!

The hurricane that recently hit South Carolina left memories with our children, loved ones, friends and neighbors. These memories may surface during any unusual weather that may occur in the future.

Please remember that after a hurricane or other disaster, it's perfectly normal to feel anxious or uncomfortable. It's common to feel shock, disbelief, anger and depression, especially when there is a thunderstorm. These unpleasant feelings go away in time.

If you sense that your children seem anxious about dark clouds, wind or rain or anything else with they may associate with a hurricane, talk with them about how they feel and help them learn to tell the difference between signs of a hurricane and a storm.

We have designed this coloring book to assist you. By allowing children to draw their thoughts and ideas and share them with you, we hope this coloring book will help those children who have a hard time expressing their feelings.

The loss of possessions and places causes hardships for the whole family. Rebuilding the old neighborhood or moving to a new place adds to the confusion. Losing important, irreplaceable personal belongings, like a favorite teddy bear, can be especially painful to children.

Listening, understanding and giving a little extra care can help ease troublesome feelings.

If you feel you need support for you and your children, we would like to help. There is a community mental health center located near you. Give them a call.

This book belongs to

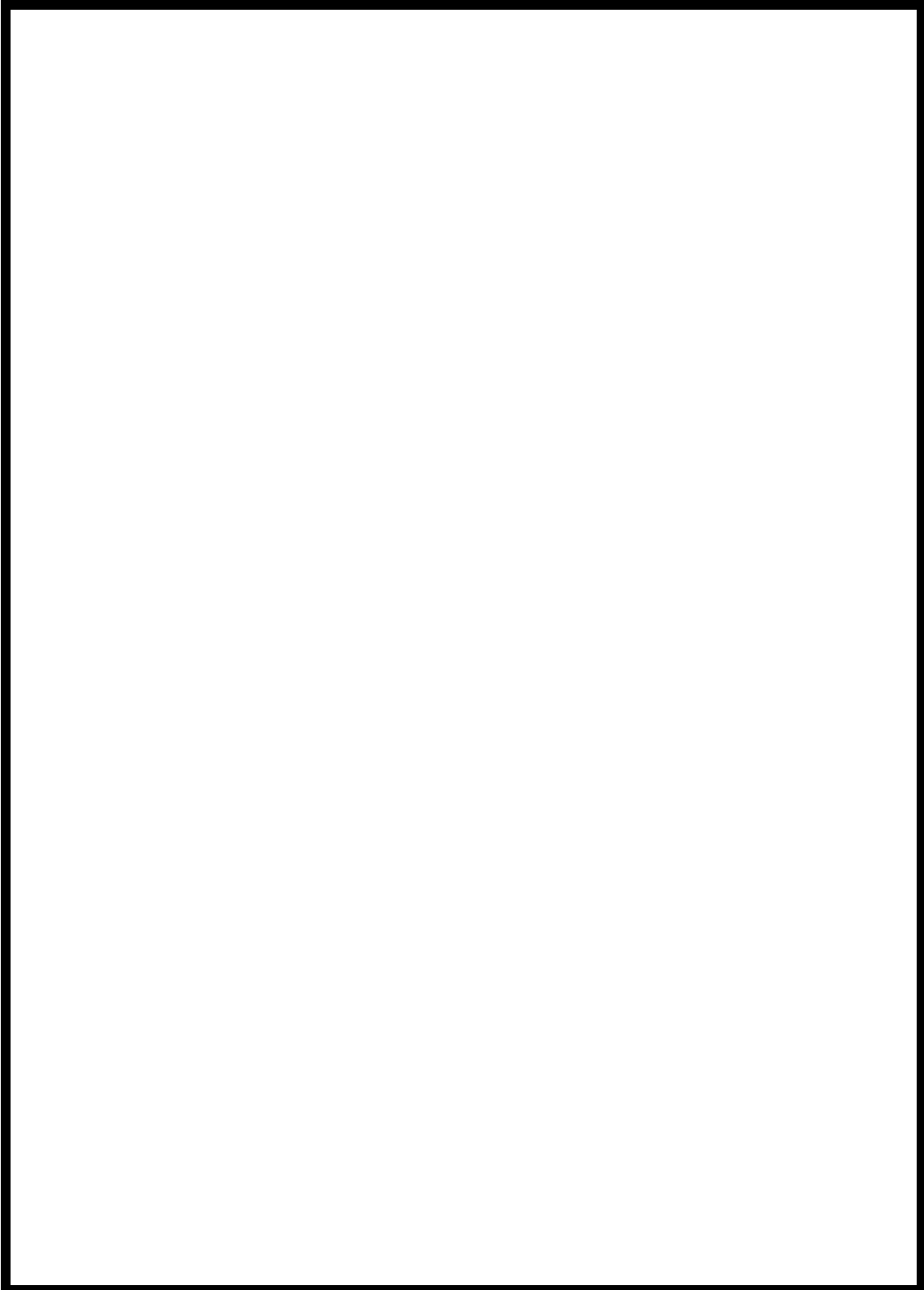
Name _____

Age _____

School _____

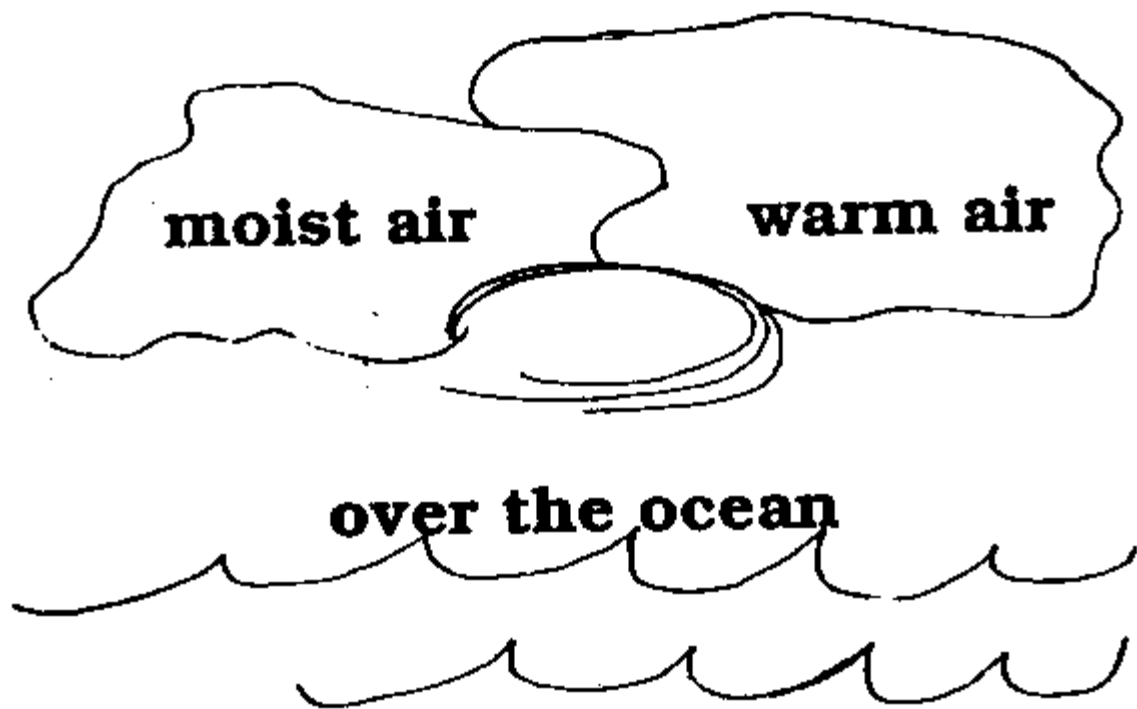
Teacher _____

Draw how you felt during the hurricane.





People cannot start or stop a hurricane.

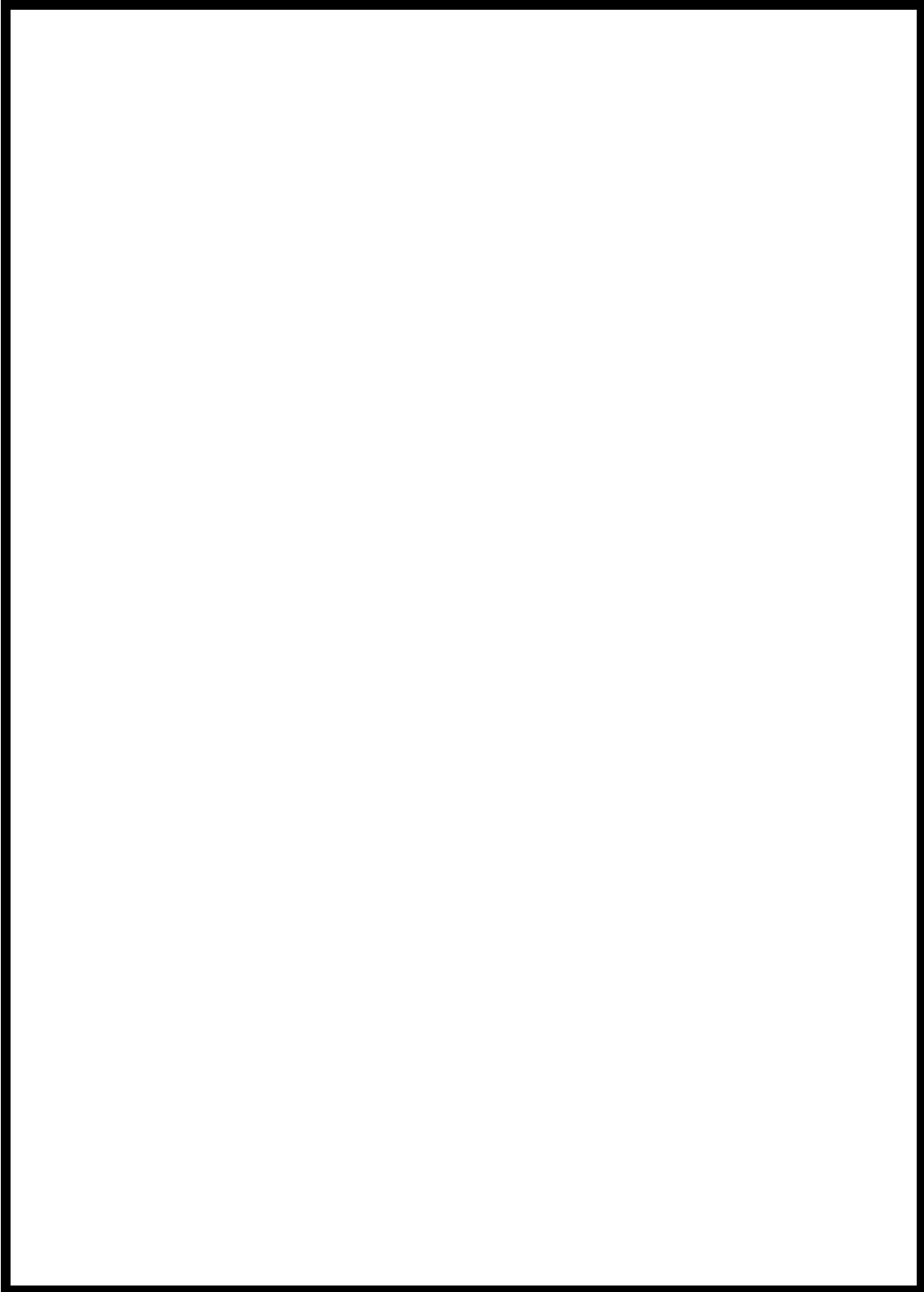


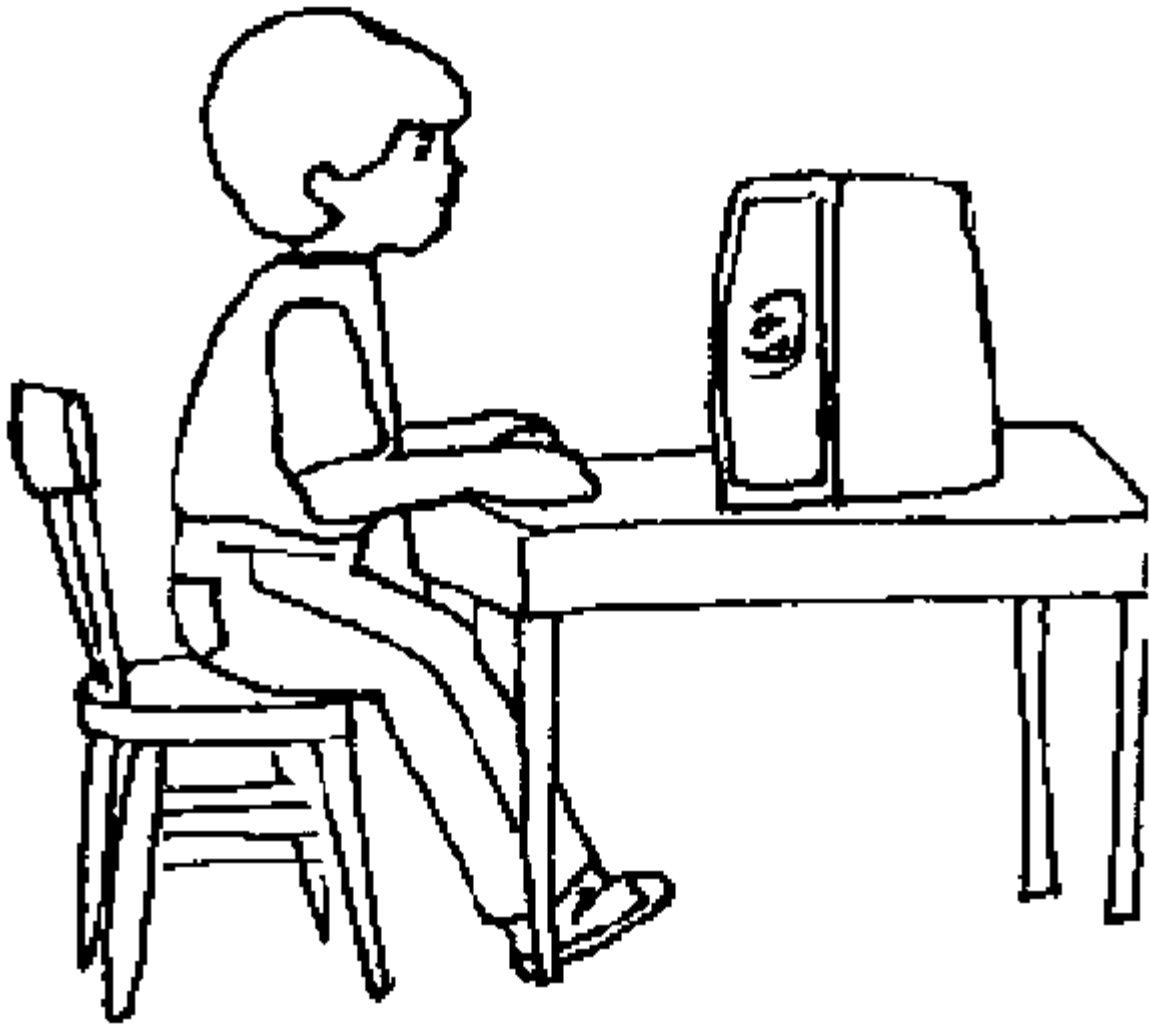
What causes a hurricane?



Strong winds and heavy rain come with a hurricane.

Draw a picture of a hurricane.



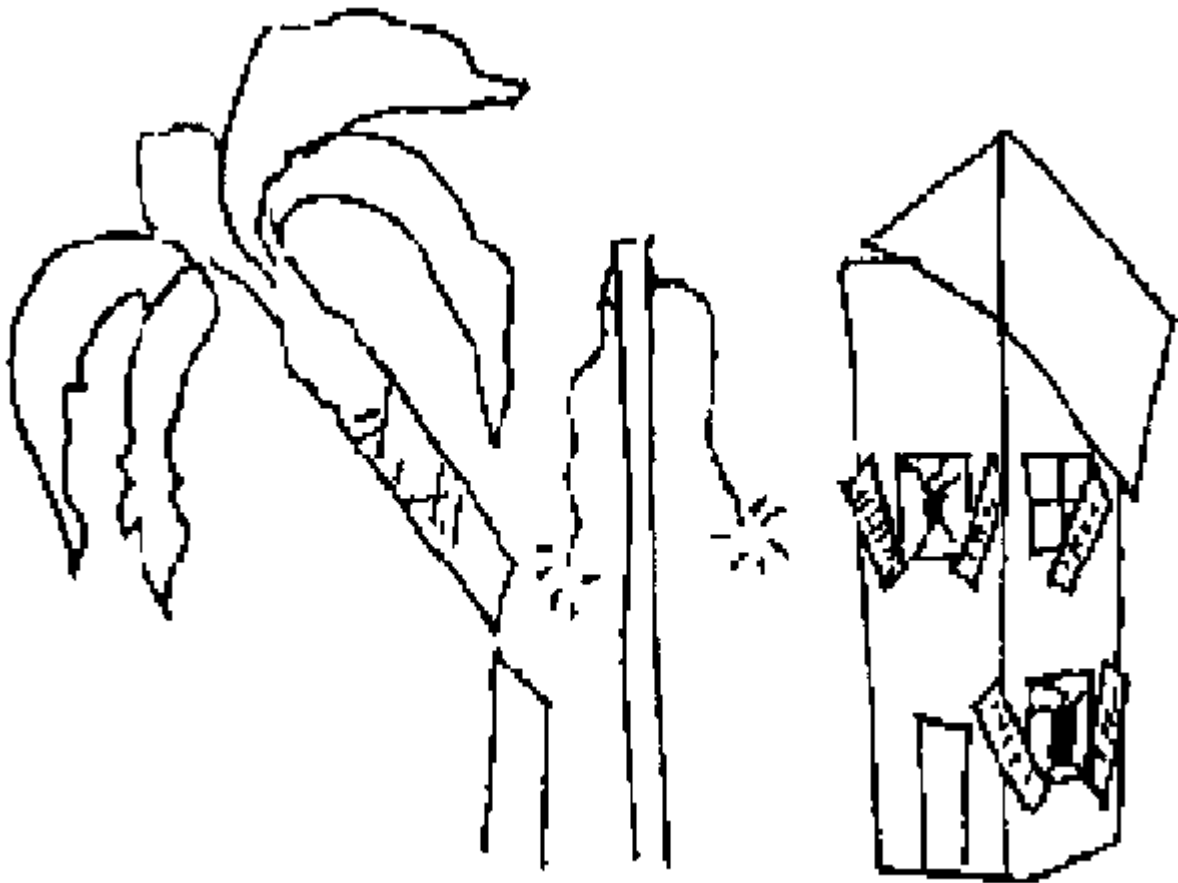


Listen to the radio or television for warning signals and instructions.

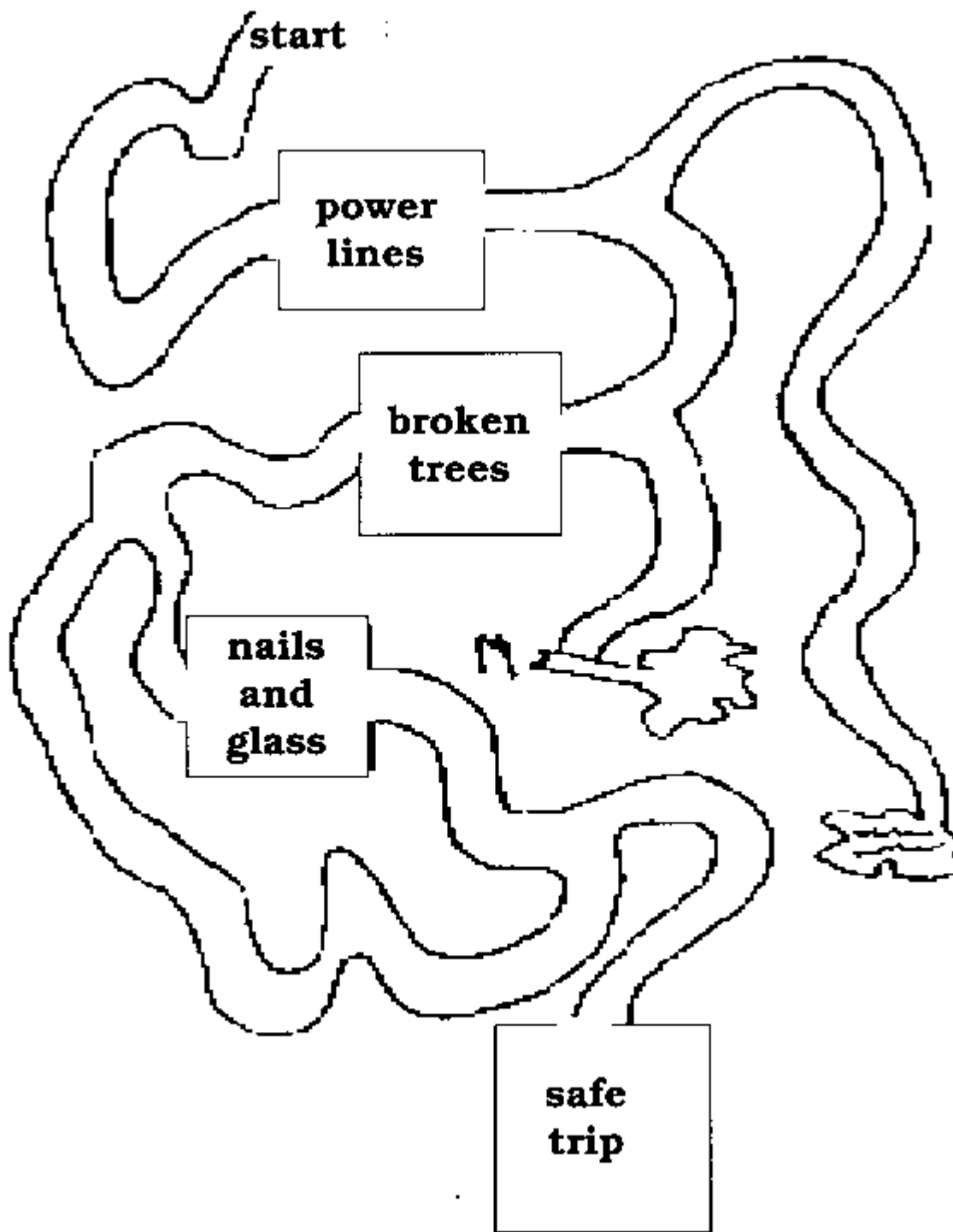
School Gym



**Sometimes you have to leave your home
and go to a shelter.**



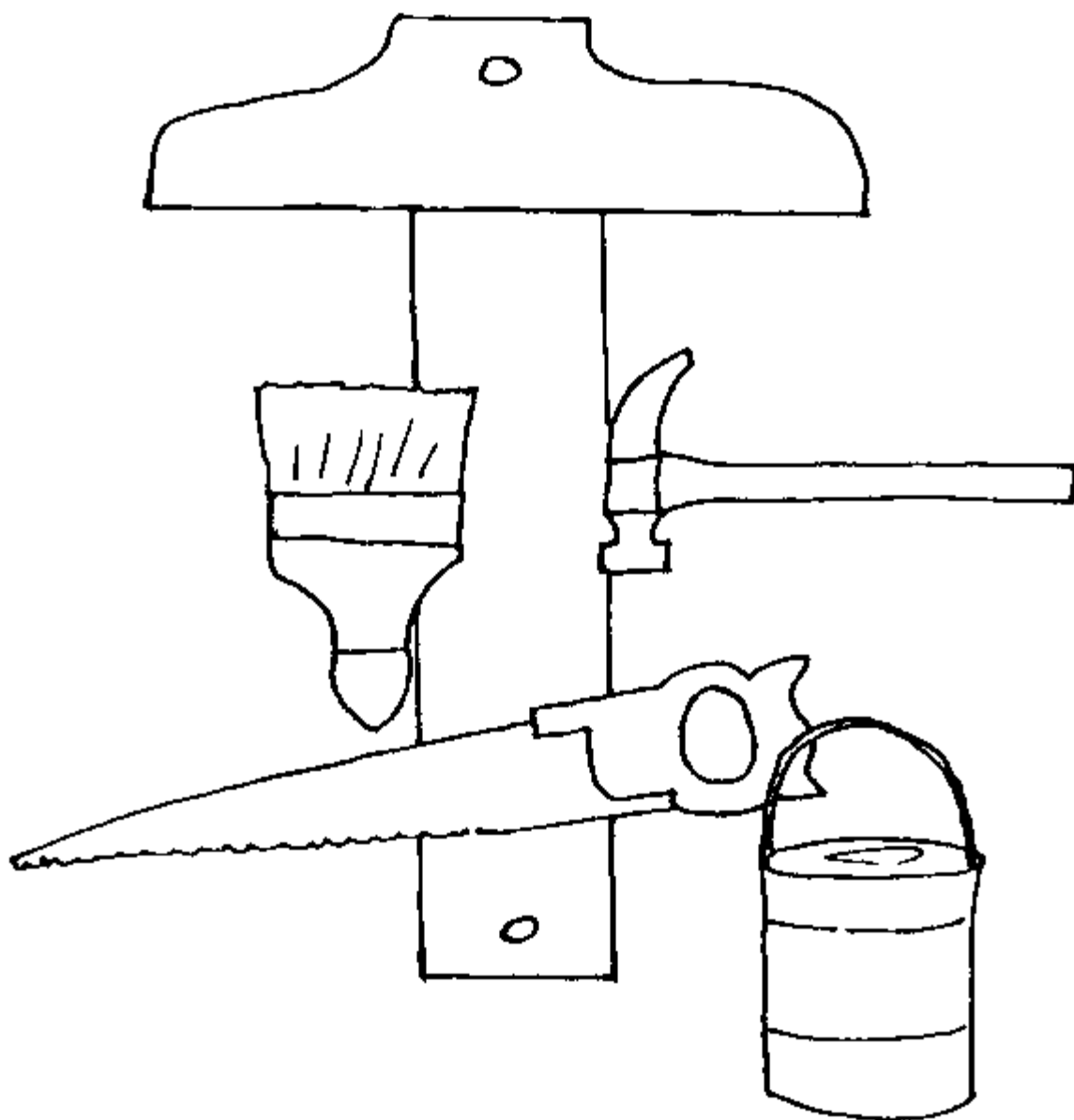
See what the hurricane did!



**After a hurricane, you must be careful
where you walk!**



We must work together to clean up.



**Some people must build a new house, and
some must move.**



**At school we can talk about what we did
during the hurricane.**



**We can make new friends and share with
people who lost things.**



Most of the time wind makes us feel good.



**Rain makes the flowers, plants and trees
grow.**



**Talk to your parents or other grownups
about your feelings.**