

# Too Much Weather

**A Disaster Activity Book for Kids**



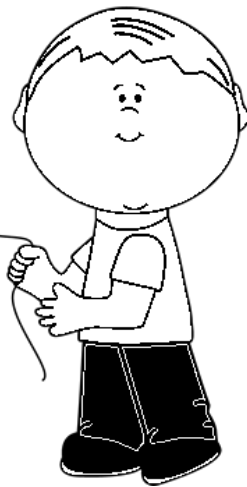
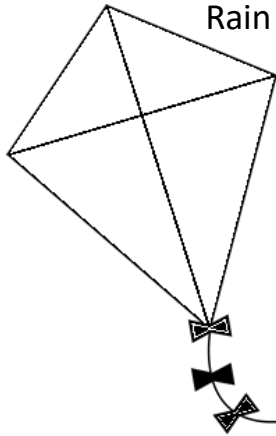
**Prepared by Shenandoah Valley Project Impact**

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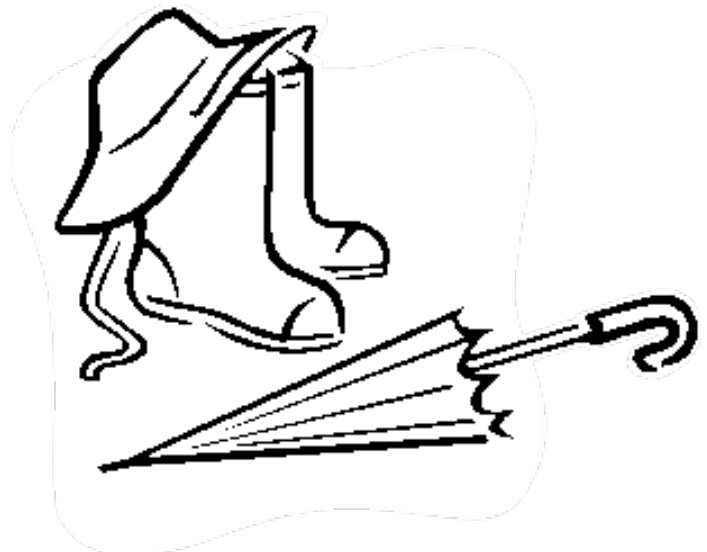
*This workbook is to be completed by the child with a parent, teacher, or other caring adult.*

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 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...**

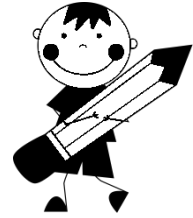
**I felt excited when...**

**I felt sad when...**

**I felt hopeful when...**

# ***My Disaster Diary***

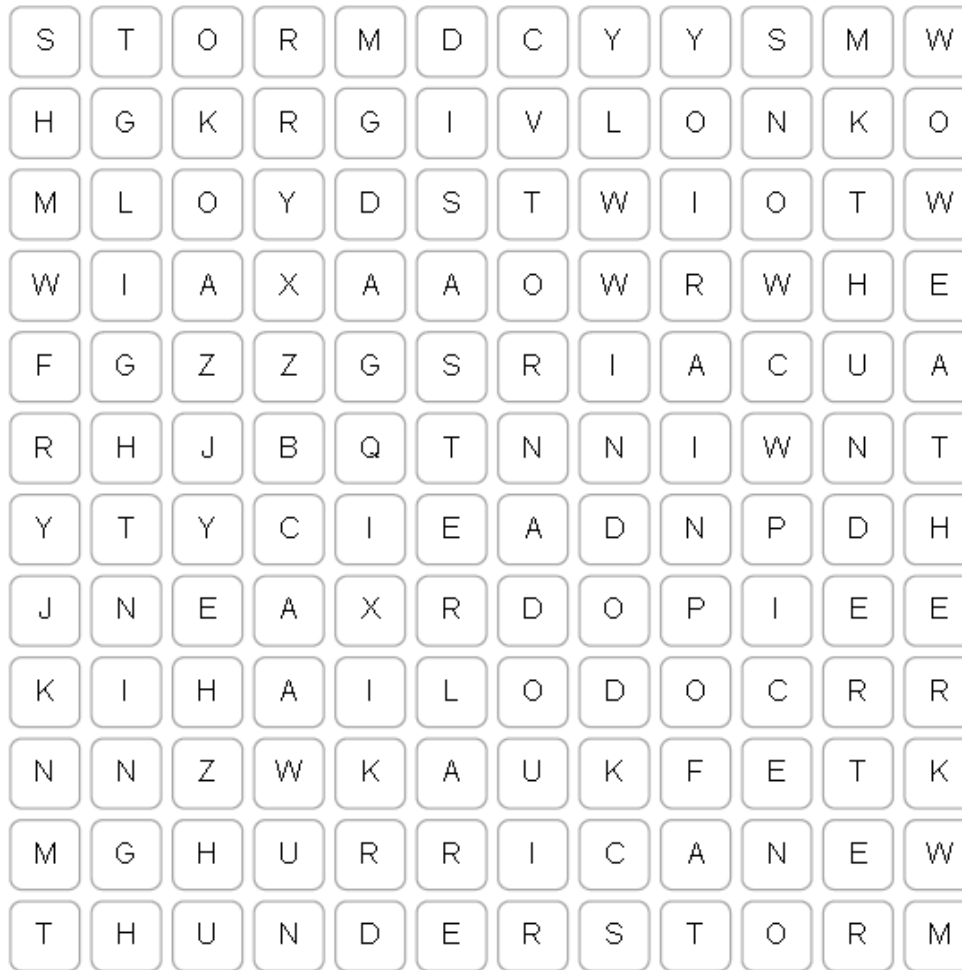
*Think over what happened to you and your family. You can draw and write how things were before and after the disaster happened.*



**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

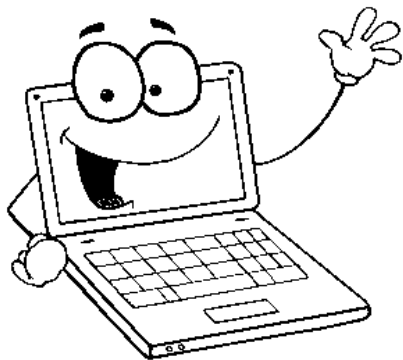


### Words to Find:

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

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### 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](http://www.crh.noaa.gov/Image/bis/AmericanRedCross_TalkingAboutDisaster.pdf)

The activities in the “Too Much Weather: After a Disaster” workbook were created by Anne Stewart ([stewaral@jmu.edu](mailto:stewaral@jmu.edu)) & Danielle Budash, Department of Graduate Psychology, James Madison University, Virginia.



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## Others Who Helped

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