Too Much Weather

A Disaster Activity Book for Kids

Prepared by Shenandoah Valley Project Impact

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Too Much Weather

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 |

[Blank space for writing and drawing]
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
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

Produced by the National Disaster Education Coalition, Washington, D.C., 2007:  
http://www.crh.noaa.gov/Image/bis/AmericanRedCross_TalkingAboutDisaster.pdf

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