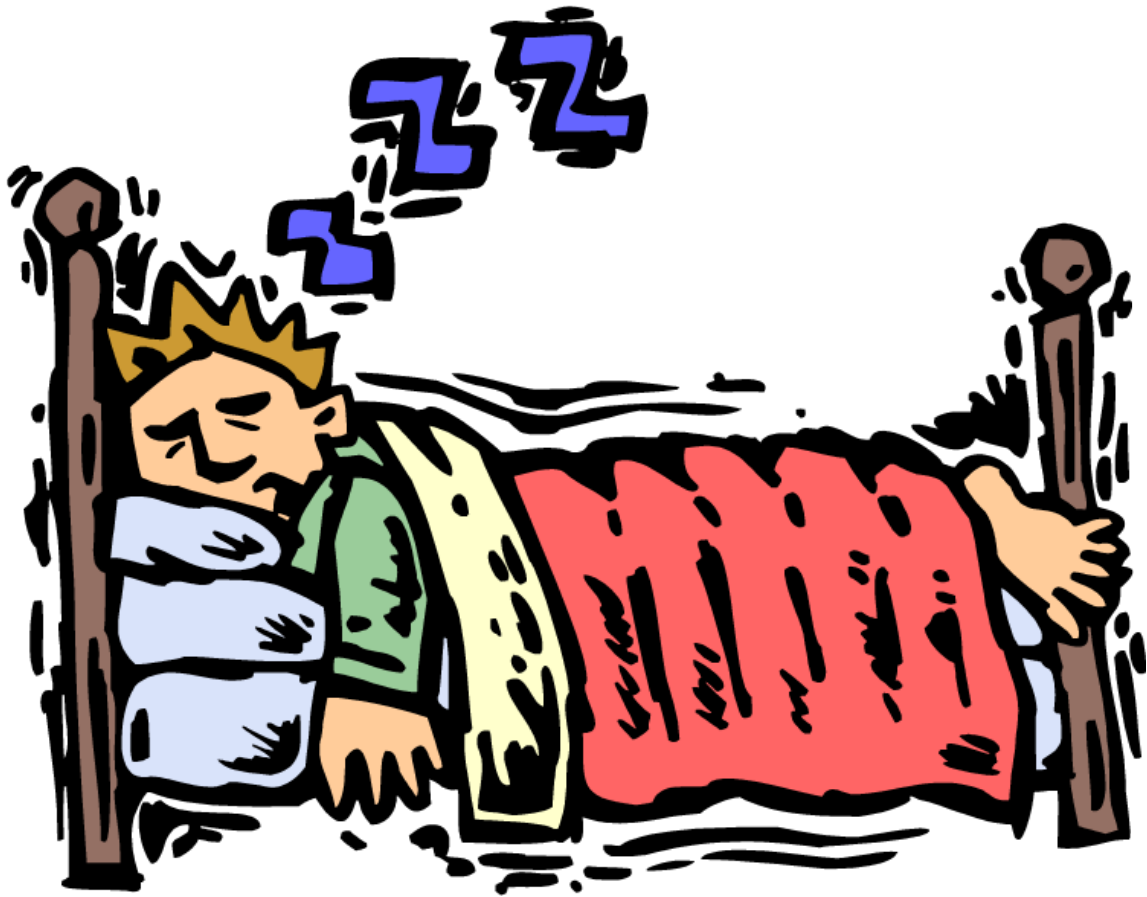


Shaken Awake



A story about Earthquakes

by
Mel Churton
Registered Psychologist

**I was sleeping in my bed,
There was a rumble in my
head.**

**I woke up fast ...
How long will this shaking
last?**



What is happening?

I need to know

Do we stay right here?

Or do we go?



**Mum came in and said “It's
fine ...**

**Just a little Earthquake
this time!”**

**Did I hear right? Did she
say Earthquake?**

**My whole body began to
shake ☹️**



**Mum was calm, we were
okay,
Just a cool story for
"News" today.
I was safe, just needed a
cuddle,
Soon our whole whanau was
in the huddle!**



**We checked that everyone
wasn't too shaky,
After the unexpected
earthquake-y.
These things happen and it
can be rough,
But we have our family to
help us when life gets
tough!**

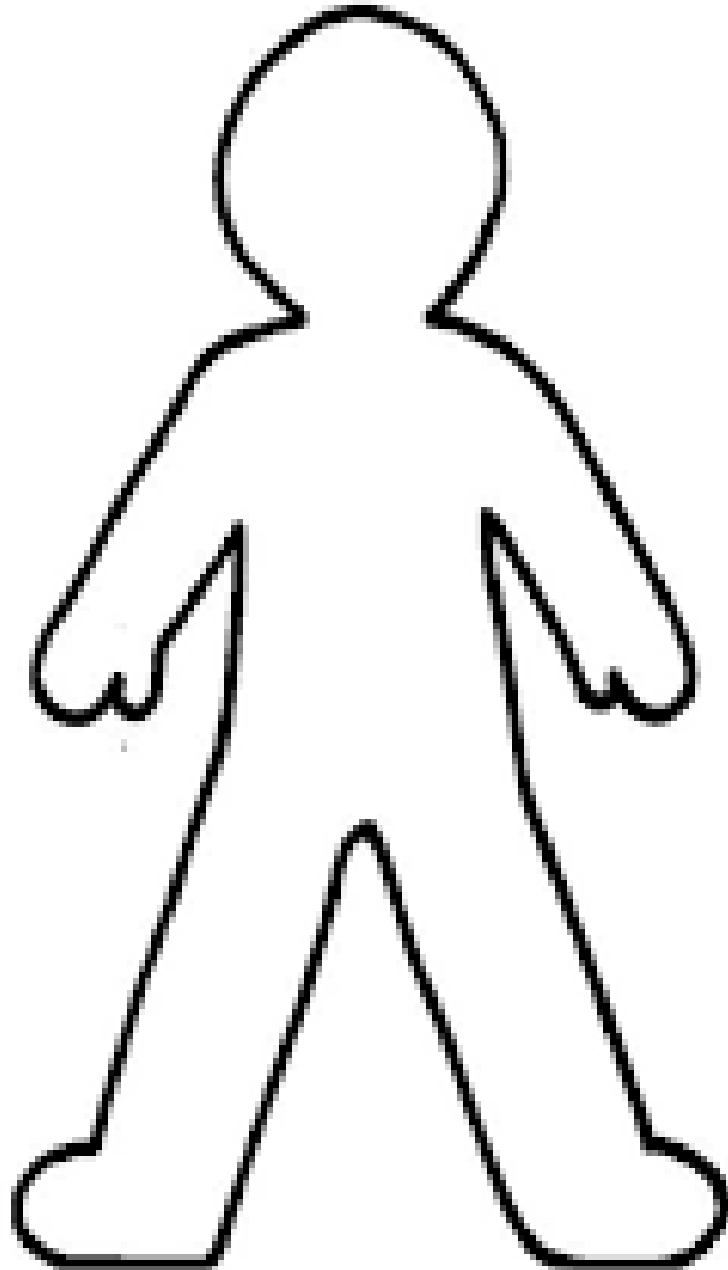


Questions:

- **How did you feel when the shaking started?**
 - **What did you do?**
- **Who helped you then?**
- **How do you feel now?**
 - **What do you need?**



**Draw where you feel it in
your body when you are
scared or worried:**

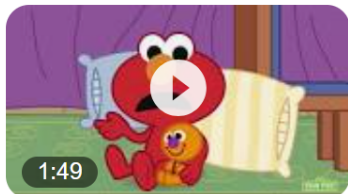


What do you like to do to feel better when you are scared or worried:



Here are some more what to do if you feel scared ideas:

[Feeling Afraid | Sesame Street in Communities](#)



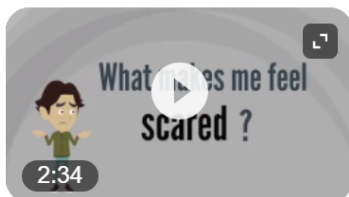
After watching: Ask **children** what happened in the video. Then talk about any fears your **child** may have. Use strategies such ...

Sesame Street in Communities · Sesame Street In Communities · 8/12/2020

<https://sesamestreetincommunities.org/activities/feeling-afraid/>

www.youtube.com › watch

[When i am feeling scared | Feeling and Emotion Management ...](#)



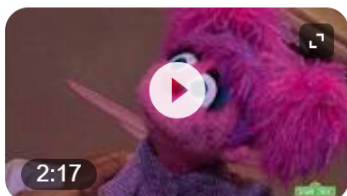
Coping Skills For Kids - Managing **Feelings** & Emotions For Elementary-Middle School | Self-Regulation · When i am **feelin...**

YouTube · English Learning Town / BabyA Nursery Channel · 11/12/2017

<https://www.youtube.com/watch?v=8V3wrg-HciU>

www.youtube.com › watch

[Exploring Big Feelings - YouTube](#)



Watching the **video**, then let **children** know that it's okay to have lots of different **feelings** at once. Sesame Street in Communitie...

YouTube · Sesame Street In Communities · 19/02/2020

<https://www.youtube.com/watch?v=Nzh40e6yGmc>

Information for parents and educators:

- **Unexpected events can be scary for children.**
- **They look towards adults for security and reassurance.**
- **If you are calm and in control, they will feel safe.**
- **Acknowledge what has happened, don't minimise nor dramatize, just keep it real!**
- **If they ask questions, give facts at their level of understanding. This is their way of making sense of things and re-settling.**

- **If you have to evacuate, as best you can, tell them what the plan will be.**
- **Reassure their concerns but don't give false promises of safety as this can erode trust. Just say you will cope together.**
- **If they ask if the event is over, say "We can't be sure, but we are here together and we are making good choices to help us stay safe".**
- **They might be a bit unsettled or clingy for a few days, that is normal. Notice and respond to any concerns, but also "promote bravery".**

- **Exposure to stressful events can have a negative impact, but it also can have positive spin offs. Humankind at its best!**
- **If the aftermath is handled right- with empathy, nurture and pragmatism, it can help to model coping skills and build resilience!**

**“IN THE
MIDST OF
MOVEMENT
AND CHAOS,
KEEP STILLNESS
INSIDE OF YOU.”**

**— DEEPAK CHOPRA
IFALLYOUBOD.COM**

Read more here:

Kidshealth NZ:

<https://www.kidshealth.org.nz/coping-natural-disaster>

Activities for teachers:

- **Knowledge is power. Use the Earthquake as an opportunity for teaching and learning.**
- **The more children know and understand about a topic- including how they can keep themselves safe in an emergency- the less scared they will be.**

<https://www.twinkl.co.nz/resource/t2-t-866-new-zealand-earthquake-resource-pack>

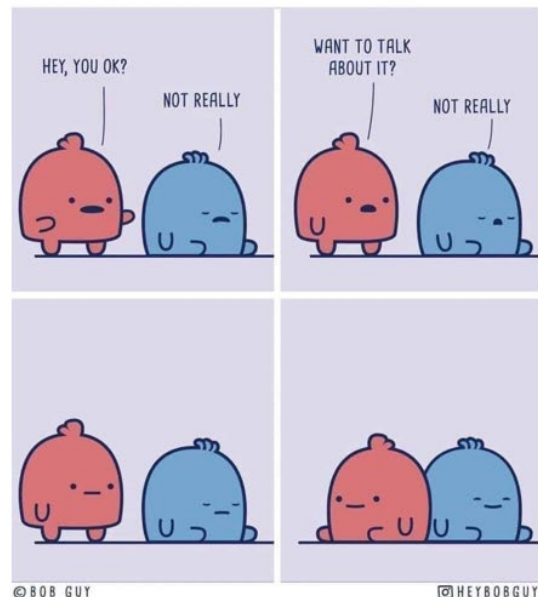
<https://www.teachstarter.com/au/teaching-resource-collection/earthquakes/>

<https://www.learnz.org.nz/shakeout154/resources>

<https://www.tepapa.govt.nz/learn/for-educators/teaching-resources/teaching-resource-building-earthquake-ready-future>

- **Any challenging situation is an opportunity to practise using the language of emotion- naming to tame feelings- and to model coping and problem-solving skills.**
- **Its ok to express emotions. Child can learn that they can tolerate big feelings without getting lost in them. This builds confidence- even if things are tough, they can and will get through this.**

- **Finally, remember your best role might be to just create a safe space so the child can process their own emotions and find some peace i.e. let their “glitter” settle!**



- **Take care of yourself. Feeling responsible for other people's well-being can weigh heavily. Take time to refresh, re-set. Burn-out helps no-one.**