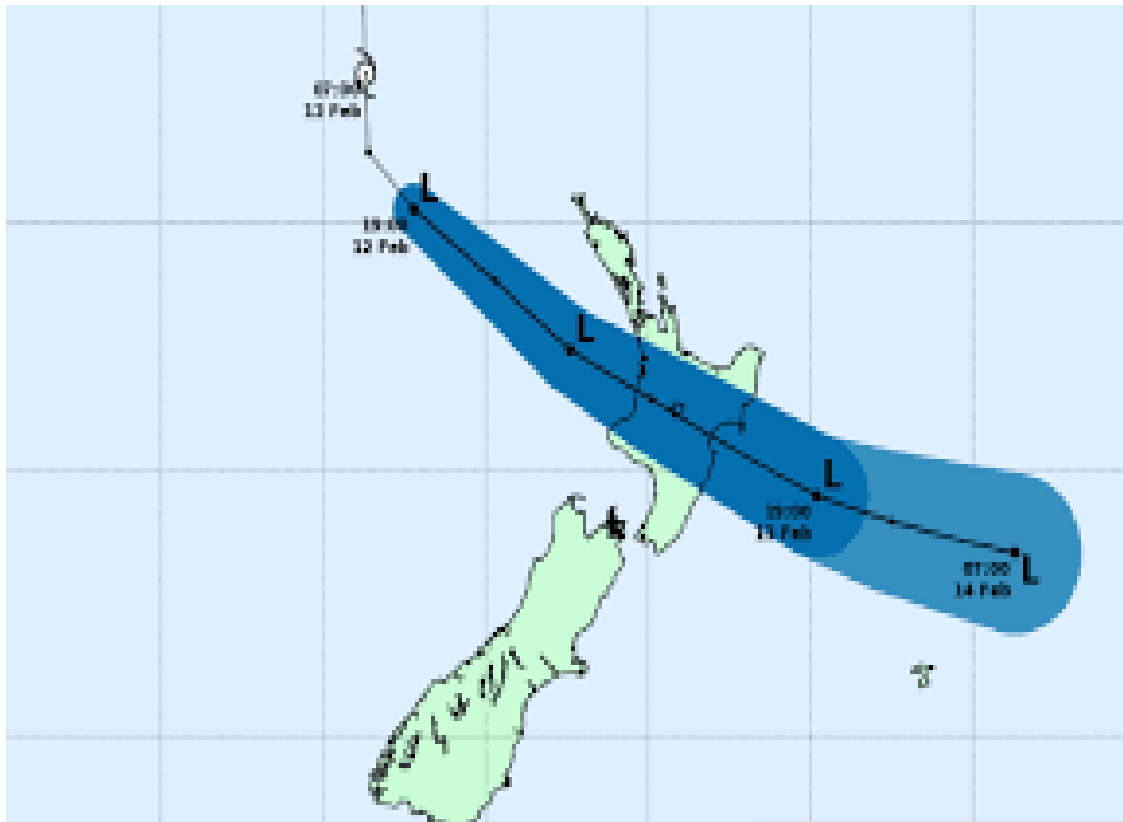


The week the wind blew too hard



A story for kids about Cyclones

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"A cyclone is coming,"
the weathermen said.
Not more bad weather?
They're off their head!

We've had the rain and
the floods all summer.
December and January...
a total bummer!

Fill your sandbags up.
Load up your truck.
with food and water,
your son and daughter.

Head for the hills.
Don't forget nana's pills.
You'll be safer there.
But... we weren't going anywhere.

The roads were all stuffed.
Getting out was too tough.
So we stocked up on kai,
and tied the tramp so it didn't fly.

The sky went grey,
like a gloomy winter's day.
The wind got stronger.
How much longer?

The storm finally hit.

It was a bit 🤩.

The fence wobbled and shook,
and so did the chook.

The wind blew and blew,
and the dark clouds passed through.

The rain poured down a lot.

Then on Wednesday it stopped.

Out came the sun at last,

Thank goodness! Summer was disappearing
fast.

Out came the mops and brushes again.

By now we were very used to rain.

We mopped, we swept, we wiped, we shifted.
All the broken stuff we lifted
into a big pile down the drive
Waiting for the rubbish truck to arrive.

It was a blow, it wasn't nice.

But when warnings come, we don't think
twice.

We get prepared. We do as they say
so we can survive another "summer" day.

The most important thing of all,
is that our house stood tall.

We stayed dry and safe from more awful
weather,

And our family was brave and calm
together.

Dealing with worry related to extreme weather events:

- It is normal to feel worried if you get a warning of bad weather
- Do what is suggested to keep yourself safe. Follow all safety guidelines
- Try to put together some treats to make the time in shelter nicer
- Get your own personal "survival kit" with things that are useful to you, or help you feel reassured when you are feeling a bit upset
- Practise calming strategies so you know what can help you when you are feeling a bit overwhelmed
- Remember times in the past when something "Big" happened that you coped with. You will get through this!

JUST REMEMBER:

Tough times can either scare us or teach us things:

We can practise kindness- especially if there is someone worse off than us

We can practise courage- trying to stay calm, when things around us are uncertain

We can practise problem-solving- working out new ways of doing things with what we have

We can practise patience- things don't always happen the way we expect, sometimes we just need to "be in the moment" and let life happen.

Additional resources and supports:

For adults:

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

<https://anxiety.org.nz/resources/coping-with-anxiety-during-disasters-and-emergencies>

For kids:

Brain basics, anxiety:

<https://www.youtube.com/watch?v=eD1wliuHxHI>

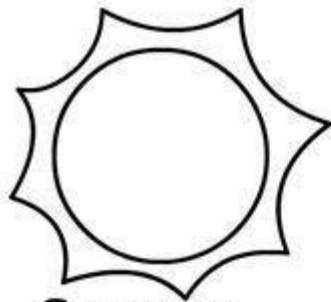
The science of being scared:

<https://www.youtube.com/watch?v=-E-QDkbdE8>

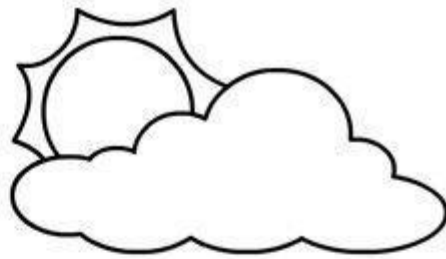
Activities:

- Why not design a “storm safe” poster or a cartoon strip that shows smart things you and your family can do to prepare if a storm is coming.
- What is a cyclone? How do they form? How long to they last? How often do they happen? Finding out about things helps you to understand them better, so you know what to expect!
- If you have power, try to design a Cyclone proof structure. Try to blow it down with your puff and then with a hairdryer. How well did your design stand up to the wind? How could you modify it to make it better?

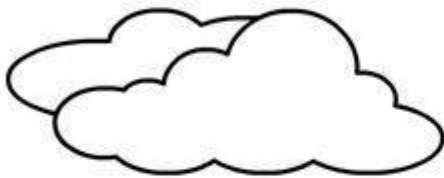
Weather colouring:



Sunny



Partly Cloudy



Cloudy



Stormy



Rainy



Snowy

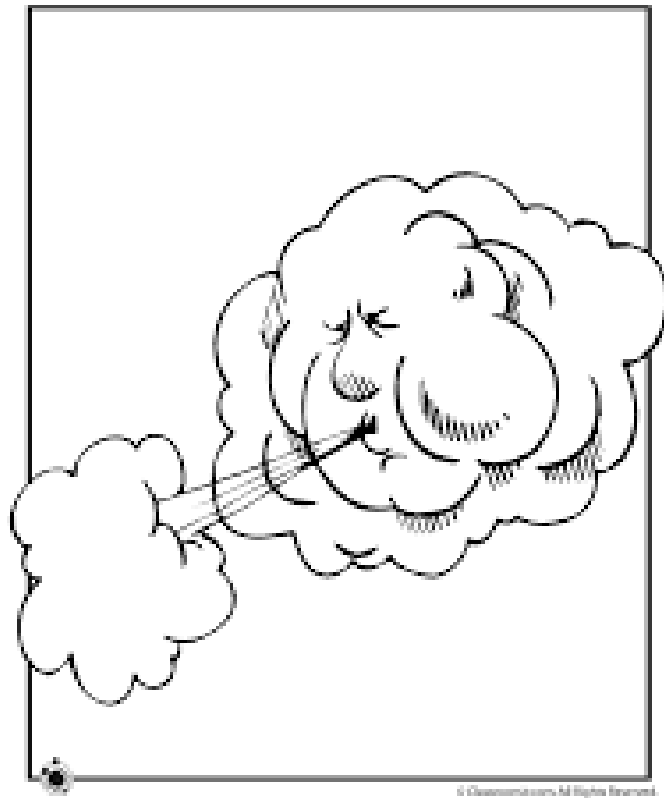


Windy



WIND

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If you are lucky enough to still have internet during the storm, teach yourself a new skill:



YouTube

How to Draw the Wind - VERY EASY - FOR ...

<https://youtu.be/MjP2TNUZwdI>

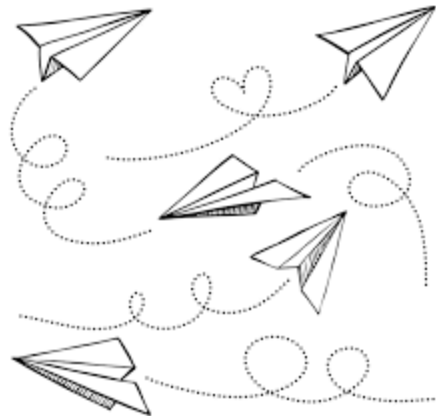


YouTube

HOW TO DRAW Weather - Rainy Cloud ...

<https://youtu.be/QK1Ek-XszwE>

Use this piece of paper to make your best paper aeroplane to fly when the wind goes back to normal and it is SAFE to go outside again!



If you don't know what to do, try this:

PAPPER PLANE TEMPLATE

