



The Ministry of Education,
Human Resource Planning,
Vocational Training and
National Excellence

KAY & KELAN

PREPARE FOR A HURRICANE



A Family
Hurricane
Preparedness
Activity Book

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ACKNOWLEDGEMENTS

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Thank you to the IsraAID teams in Dominica and Israel for the concept creation, technical inputs, illustrations and design, making this activity book easily accessible to every family in Dominica and beyond.

Finally, special thanks to parents and guardians, for taking the time to engage in the activities, preparing your family for emergencies, and joining your children in the fun of learning.

LETTER TO PARENTS/GUARDIANS

Dear Parent/Guardian,

Hurricanes and storms can be scary for everyone, especially children. Hurricanes bring with them concerns about our livelihood and safety. To deal with this uncertainty, we need to strengthen our resilience and coping mechanisms. This starts with preparation. Children feel better knowing that their parents or guardians are prepared to take care of them in the event of an emergency. They are reassured when they feel like they know what to do in an emergency.

Having all this in mind, we created this activity book to provide a fun and interactive way for children to learn about and prepare for a hurricane. This activity book is intended to provide parents, guardians and children with useful tips, fun activities, important reminders, and a relatable story to help the entire family prepare for the hurricane season. Join Kay and Kelan as they help their families prepare for a hurricane by listening to the news, gathering supplies, making a “go bag”, and protecting their homes.

This activity book is intended to be an interactive and engaging experience for all family members. Most children were affected from the last massive hurricane so therefore we would like for you to pay close attention to your child’s reactions while doing the activities.

We encourage you to actively work with and engage your child as they complete the activities. We hope you will find it useful and we encourage you to share within your networks so that more children can learn the importance of hurricane preparedness and to also join in the fun of experiencing the activities.

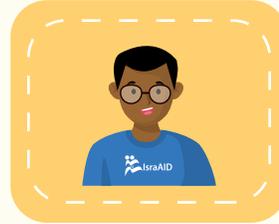
IMPORTANT INFORMATION

This book is designed to be done as a family. Different activities will require different levels of supervision and assistance from you.

Each page is colour coded to guide you.

-  little supervision
-  moderate supervision
-  heavy supervision is required.

At the bottom of each page you will see one of these two icons:



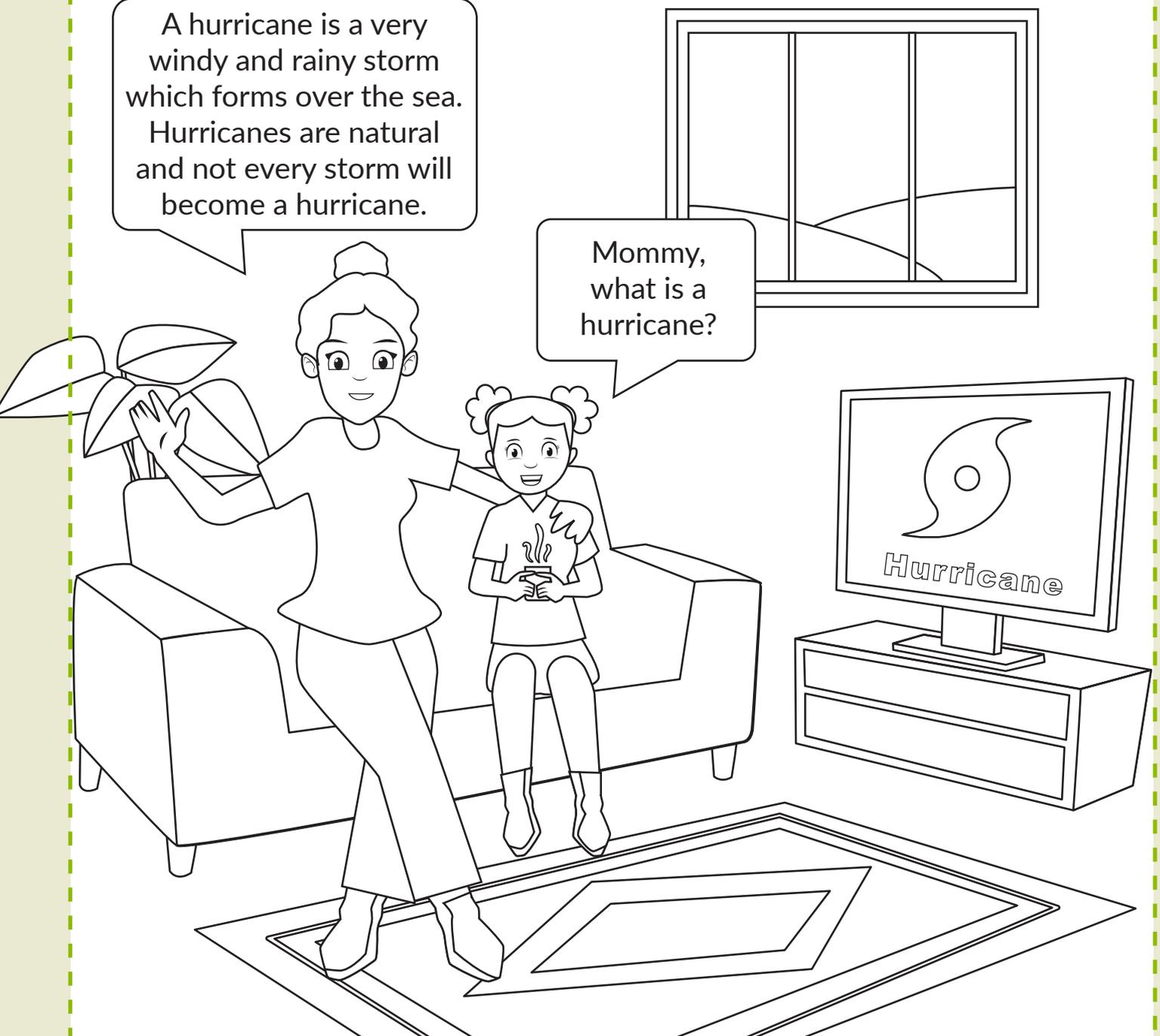
This indicates a **Note to parents** to guide you as you engage with your child. As you go through the book, pay attention to your child's emotional reaction. If your child seems uncomfortable, address their concerns and allow them to do an activity that they find relaxing.

WHAT IS A HURRICANE?

Kay and her mom are watching the news and they are talking about hurricanes.
Read with your family to learn more about hurricanes, then colour the picture.

A hurricane is a very windy and rainy storm which forms over the sea. Hurricanes are natural and not every storm will become a hurricane.

Mommy, what is a hurricane?



Parents take this time to tell your child about hurricanes. The goal is to inform your child without worrying them. Be patient and answer any questions they may have. Here is a child friendly way to explain about hurricanes and the hurricane season:



- A hurricane is a big circular storm.
- A hurricane brings strong winds and heavy rain
- The hurricane season starts on June 1 and ends in Nov. 30
- Hurricanes have different categories from 1-5. Category 5 is the strongest.

WHAT DO YOU KNOW ABOUT HURRICANES?

Kay goes to Kelan's house to play. She tells him what she has learnt about hurricanes. Help Kelan to learn more about hurricanes by choosing the correct word from the box to fill in the blanks

A _____ is a big, circular storm.

Hurricanes are _____ and _____ storms.

The hurricane season begins in _____ and ends in _____.

windy

June

hurricane

November

rainy

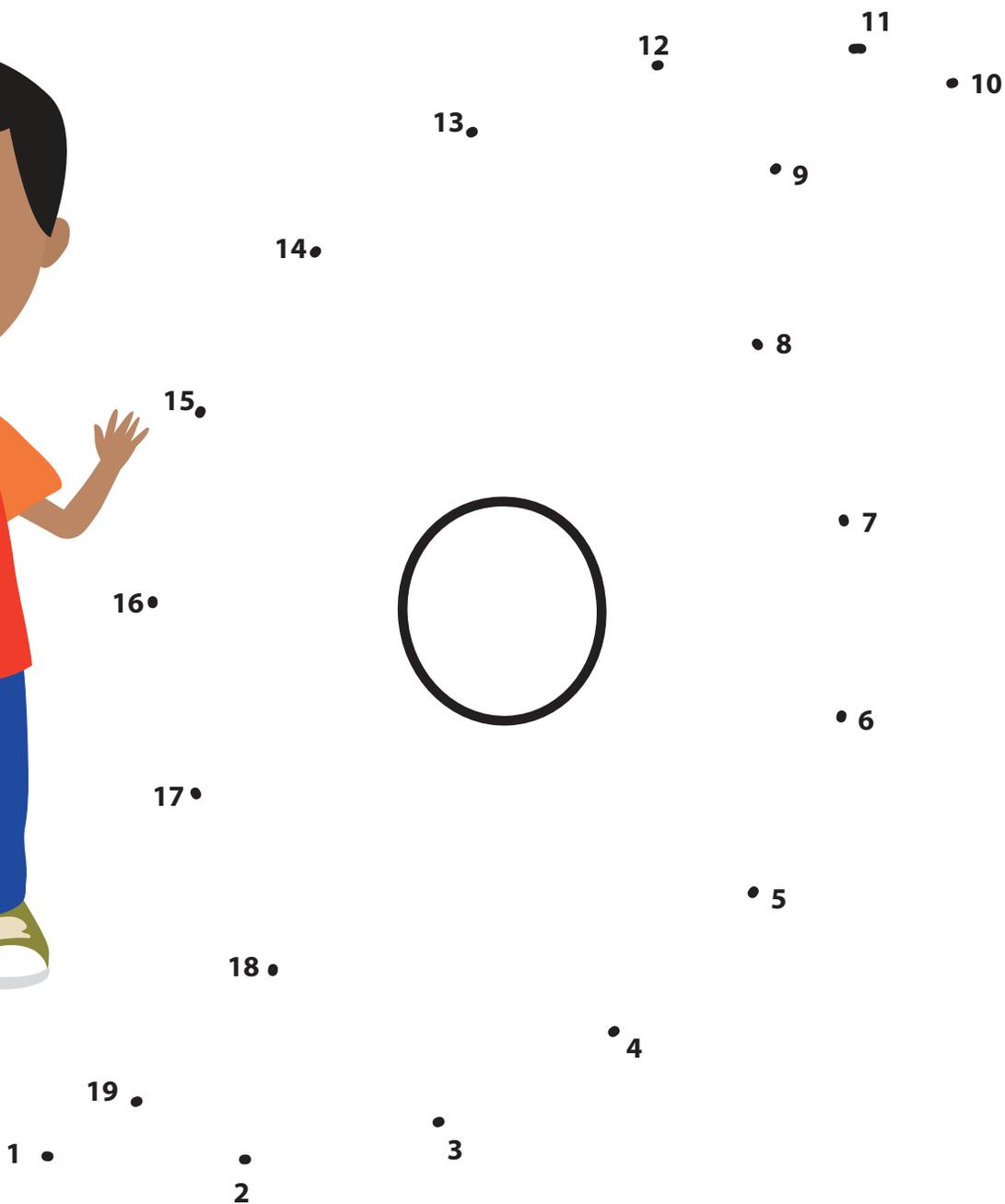


Help children to identify the words from the box. Remind the child of what they just learned on the previous page. Allow them to look back to check if they are unsure. Reemphasize what was discussed on the previous page.

WHAT DOES A HURRICANE LOOK LIKE?

Now that we know what a hurricane is, let's find out together what it looks like. Hurricanes are circular and have an eye in the centre.

Help Kelan follow the numbers and connect the dots to see the shape of a hurricane. Can you find the eye? Colour it.



Guide your child as they follow the numbers to complete the shape. Point out that the hurricane has a circular, spiral shape with the eye in the middle.

FAMILY EMERGENCY COMMUNICATION PLAN

Kay's family is preparing for a hurricane. Her parents tell her that they need to prepare a family emergency communication plan. This plan will include their names, address, important numbers and a meeting place in case they are separated from each other.

Work together as family to create your own plan.

My Family Emergency Communication Plan

 My Name: _____

 My Address: _____

 My Telephone Number: _____

Family Information

 Name of Parent/Guardian: _____

 Mobile number: _____

 Name of Parent/Guardian: _____

 Mobile number: _____

 Neighbour/Relative Name and Number:

 Meeting Place: _____

Remember to Call 448-2888 for Fire & Ambulance and 999 for Emergencies



Work as a family to fill in your emergency plan. Help your child to understand the importance of the plan. Make sure that they know where the meeting spot is and when they should go there. Ensure each family member has a copy.

SERVICE PROVIDERS

Kelan and his grandmother are walking to the park. Along the way she points out the important places in their community where they can get help.

It is important to know who can help us during emergencies. Help Kelan match the important helpers in his community to the places where they work.



Help your child to identify the different service providers and their workplaces. Point out that doctors and nurses work at both hospitals and health centres. Talk to your child about the different service providers in their community and how they can help.

HURRICANE WATCH

The radio says there is a hurricane watch. It means a hurricane might be coming in 1-2 days. Hurricanes can get windy. Things outside can get blown away. Colour the things that could get blown away in Kay's yard.



Explain to your child that a hurricane watch means that a hurricane may come and that preparations should be made just in case. Look around your own yard, and together identify things that could be blown away and need to be secured, e.g. gardening tools, BBQ grill, flag, garbage bin, etc. Other things to pay attention to around your home are overhanging, loose or dead branches, and loose shingles, shutters or boards.

EMERGENCY SUPPLIES

Kelan's family is getting prepared. Kelan is packing his go bag. A "go bag" is a bag in which you keep your emergency supplies that you can grab and go in an emergency.

Find and circle the things that need to go in Kelan's "go bag": mask, flashlight, batteries, toothbrush, colouring book, pencil, toy car. Circle any other items you would like to include in the go bag.

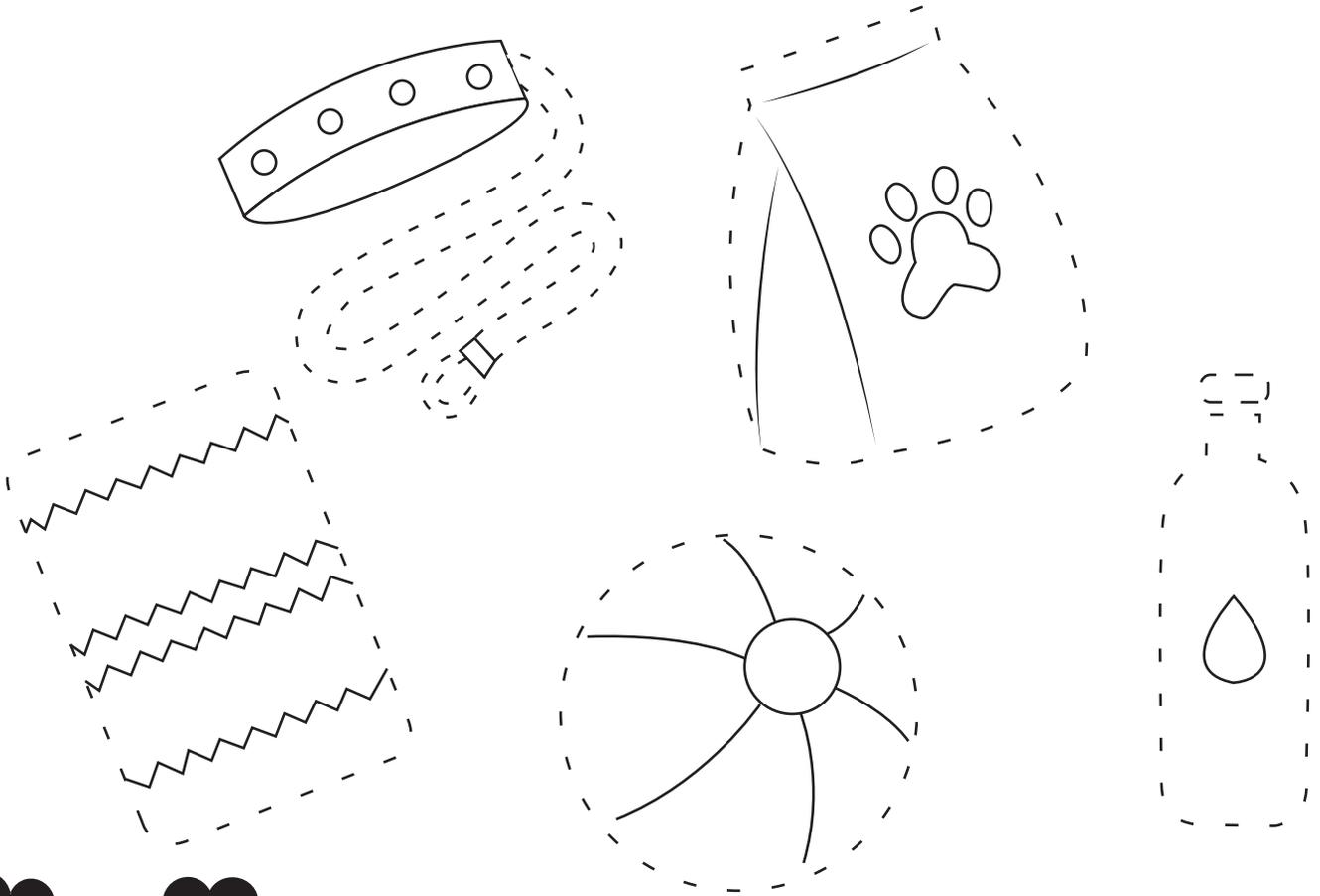
- Mask
- Flashlight & Batteries
- Toothbrush
- Colouring Book
- Pencil
- Favourite Toy Car



 Help your child to identify the different things to include in their "go bag", some of them can be seen in the picture. Please refer to Annex 1 for a full list of supplies for a family "go bag" and child's "go bag".

PREPARE YOUR PET

Kay loves her dog and wants him to be prepared too.
What things did Kay pack for her dog? Trace along the lines to show what Kay packed. Colour the items in.



Let your child complete the images by tracing the lines. Help your child identify the different items. Talk to them about what else they may need to pack for their pet.

HURRICANE WARNING

Kelan and his family are listening to the radio. The storm is getting closer. It is now a hurricane warning. A hurricane warning means a hurricane is expected within a day. His family makes sure they have all their supplies ready. Kelan's parents talk to him about going to a shelter.

Colour the picture.



Speak to your child about what it means to be at a shelter. Let them know that they will have to wear their mask around others, practice physical distancing and should always stay by your side. For more COVID-19 guidelines refer to Annex 2.

GOING TO A SHELTER

The hurricane is almost here. Kelan's family is going to the shelter.
Help Kelan and his family get to the shelter.

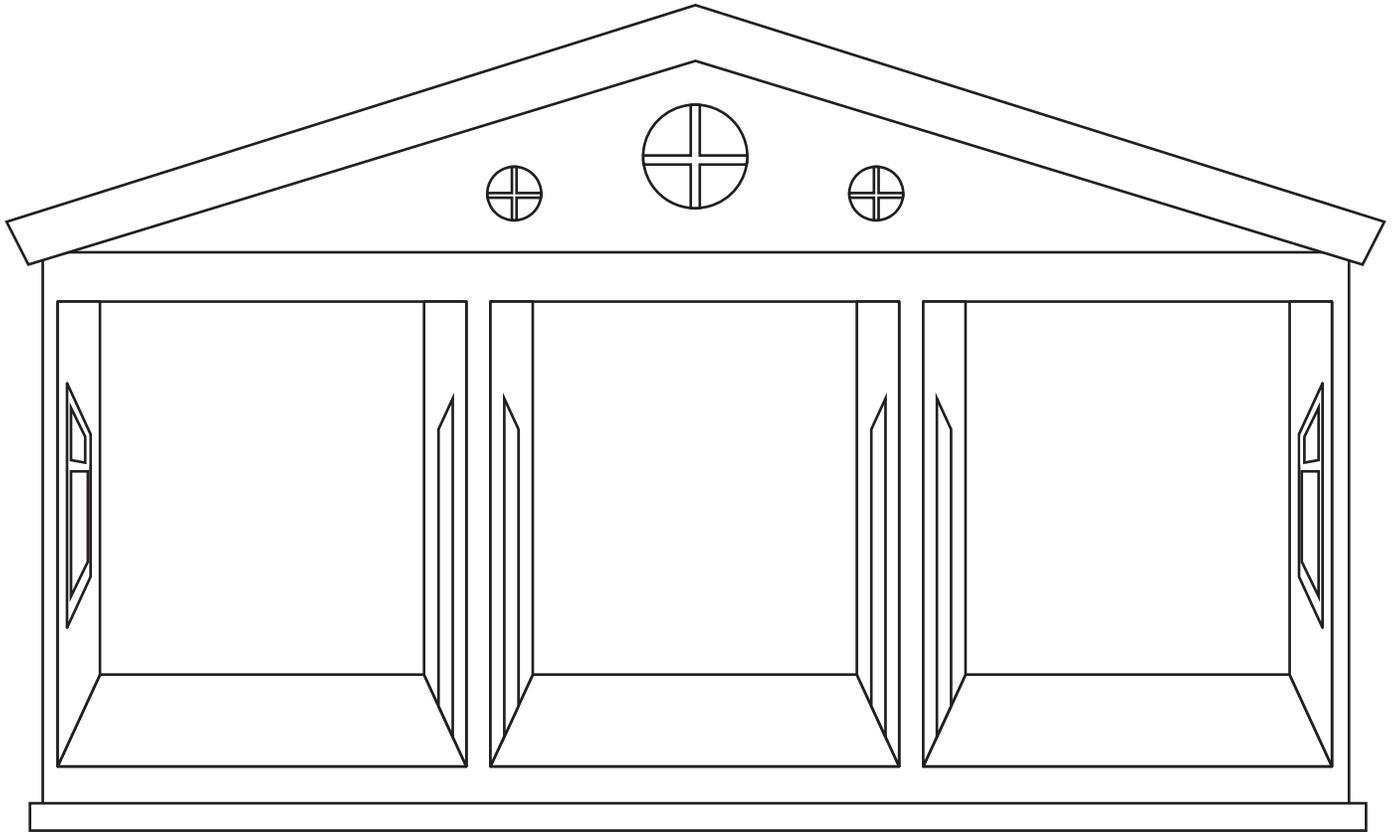


As you go through the maze, point out the other service areas and remind children of their locations. It is important to make necessary preparations in advance like planning your evacuation (have more than one route to get to a safe place in case roads are blocked) and fueling your car.

SAFE PLACE TO STAY

Kay's family needs to find a safe place in the house to stay safe during the hurricane. Safe spaces are places away from windows and glass doors.

Draw in the different rooms in your house. Put a smiley face on places which are safe spaces.



What is a safe space?

Safe spaces are places furthest in the house, away from windows and glass doors.

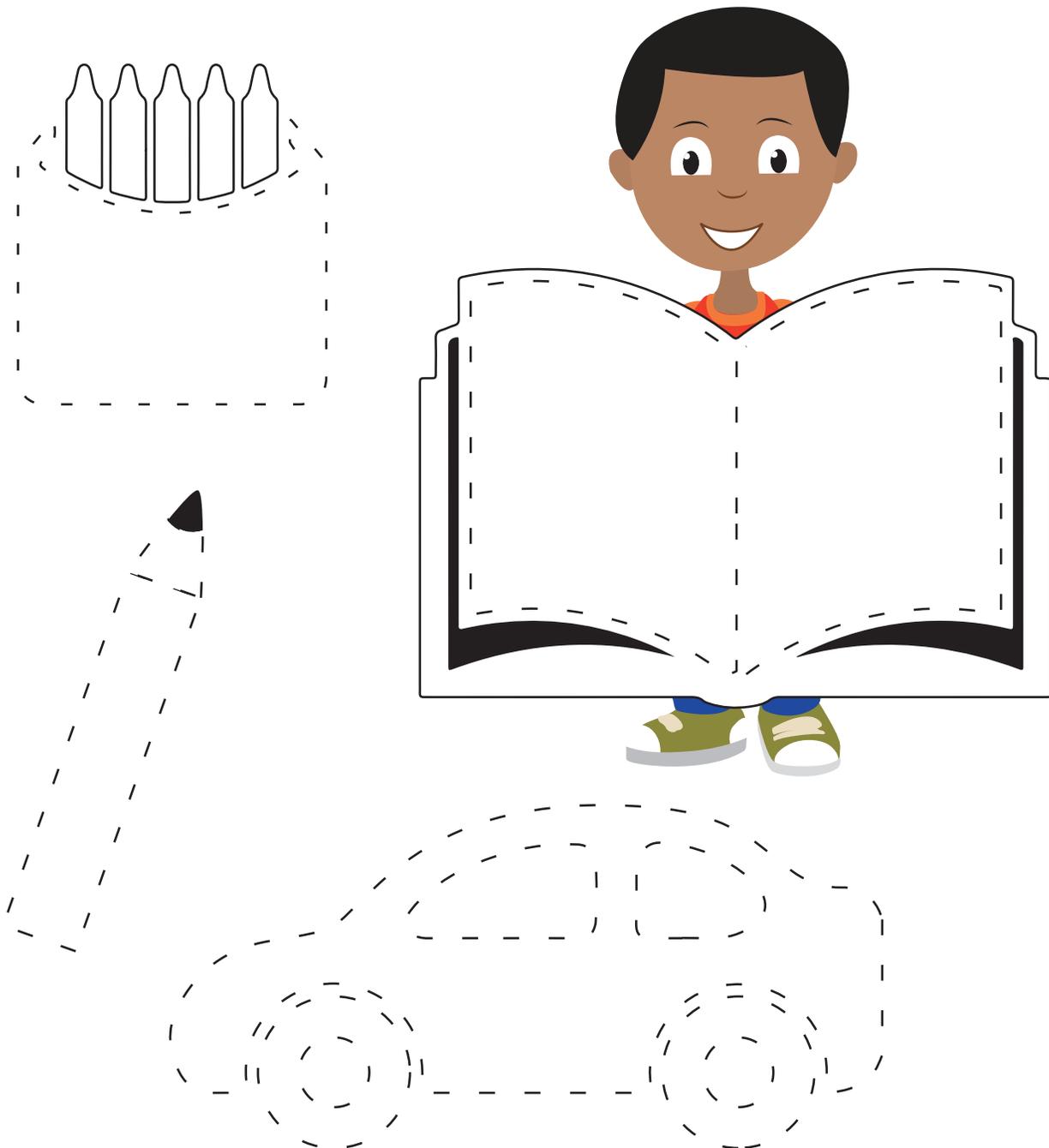


Help children understand that the safest places to stay are interior rooms on the lower level of the house, away from windows and glass doors. These spaces are a bathroom or closet. Identify the safe spaces in your home.

AT THE SHELTER

It is important to stay close to your family at a shelter and never go off your own. Kelan sits with his family and plays with some of his things.

What did Kelan bring for fun at the shelter? Trace the lines to find out. Colour the items in.



Help your child to identify a few of the items they can take with them to a shelter. At a shelter, it is important to know where your child is at all times. For more information on shelter safety guidelines, go to page 28 for Annex 3.

DURING A HURRICANE

The hurricane is here. Kay hears some thunder and wind outside. She's a little scared so she hugs her mom and dad. It is ok to feel afraid during a hurricane. Keep your favourite toy close and let your parents know how you feel.

Colour the picture of Kay with her family.

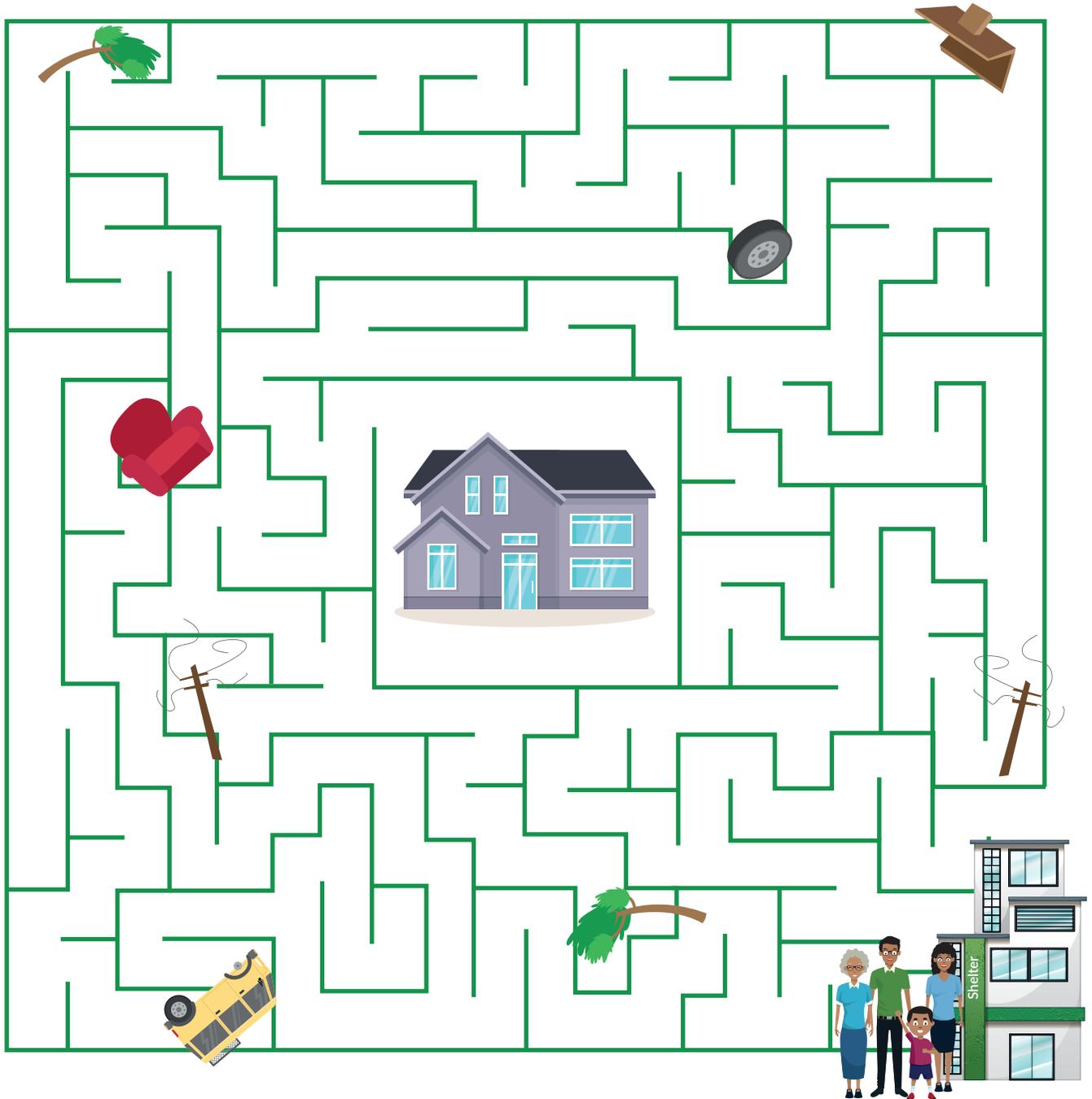


Let your child know what to expect during a hurricane. During a hurricane, stay close to them and be attentive to their feelings. Try to remain calm as your child will be looking to you for comfort.

AFTER A HURRICANE: GOING BACK HOME

Things are quiet outside again. Is it safe to go home? After a hurricane we must listen to the radio to know if it is safe to go outside.

It is now safe to return home. Help Kelan and his family find a safe way back to their home.

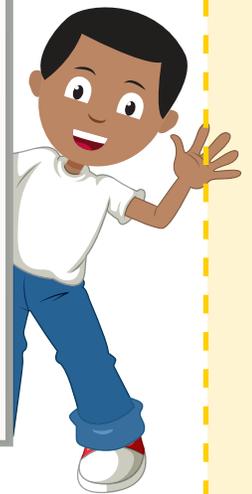
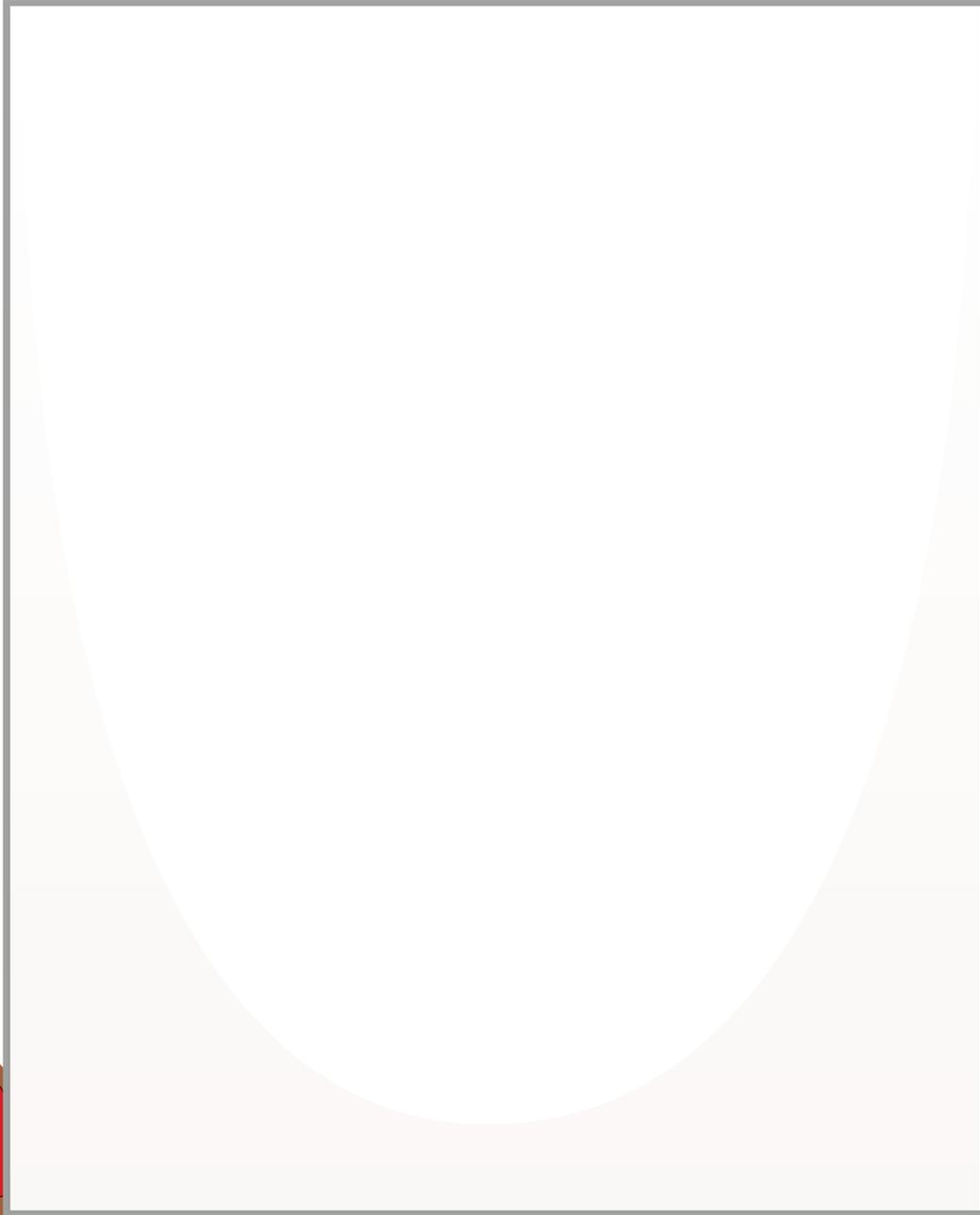


Help your child to understand why the different points in the maze should be avoided. When you are returning home after a hurricane, it is best that a parent/guardian goes first to ensure the safety of the route.

AFTER A HURRICANE: MY FEELINGS

After the hurricane has passed Kay and Kelan sometimes feel nervous. They both talk to their parents about it. They draw their favourite superheroes to help them feel brave.

It's important to let a grown-up know how you're feeling. If you feel nervous or scared, draw someone who makes you feel safe.



After a hurricane, be aware of your child's mood and emotional state. Encourage them to share their feelings. Go to page 28, refer to Annex 4 for useful coping techniques that can help you and your child.

FUN THINGS TO DO

Now the hurricane has passed. Kay and Kelan are playing together. They are happy. They know the next time hurricane season comes along, they will be prepared and so will you!

Colour Kay and Kelan in colours that make you happy.



Talk to your child about the fun things they like to do. Encourage them to do something that makes them happy every day. Also try engaging in some of the activities that they enjoy.



CERTIFICATE

Awarded to

for learning different
ways to prepare
for a hurricane.

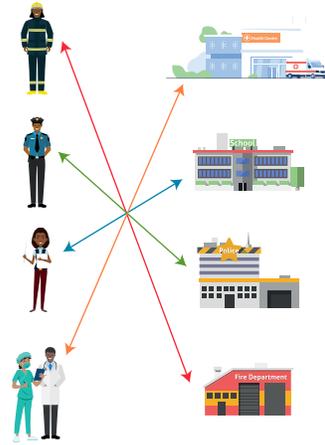


Congratulations!

WHAT DO YOU KNOW ABOUT HURRICANES?



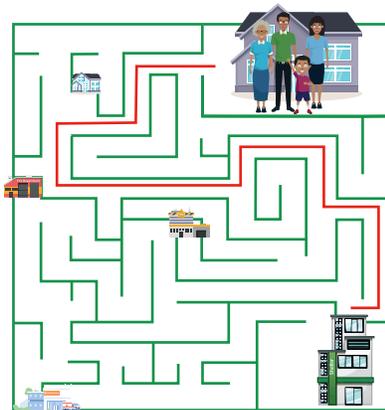
SERVICE PROVIDERS



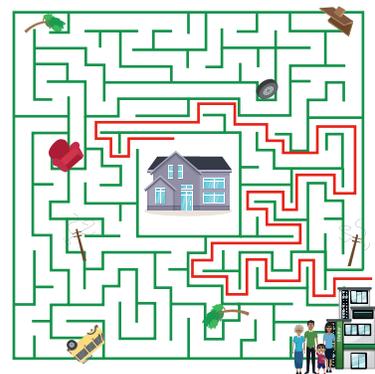
EMERGENCY SUPPLIES



GOING TO A SHELTER. MAZE



AFTER A HURRICANE: GOING BACK HOME



GO BAG

FAMILY GO BAG

- 3-day water supply (1 gal./person/day) ____ people x 3 days = ____ gallons of water.
- 3-day canned food supply & can opener
- First aid kit & medicines
- Battery-operated radio
- Flashlight
- Extra batteries
- Masks Blanket/sleeping bag
- Cash and bank cards
- Disposable kitchenware
- Hygiene supplies (moist towelettes, wipes, soap, sanitizer)
- Change of clothes, rain gear
- Health records, prescriptions,
- Copies of insurance & other imp documents
- Cash



CHILD'S GO BAG

- Change of clothes
- Mask
- Coat/Raincoat
- Flashlight & batteries
- Toothpaste & toothbrush
- Blanket
- Colouring book & Crayons
- Paper & Pencil
- Favourite toy or stuffed animal
- Favourite snacks
- Family Emergency Communication Plan



(Source: CDEMA, UNICEF)

COVID-19 TIPS DURING THE HURRICANE SEASON



Make sure to include sanitizer/soap; masks or some type of face covering (at least 2/person), and disinfecting wipes in your family's "go bag"



Pay attention to plans from relevant authorities as plans may have been updated due to the pandemic

At a shelter:

Use your mask



Remember to observe physical distancing if you are at a shelter and maintain at least 1 meter (3 ft) between you and those not part of your immediate family.



Wash your hands frequently using soap and water or an alcohol-based hand rub



Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately



KEY TIPS FOR KEEPING YOUR CHILDREN SAFE AT A SHELTER

When in a shelter or accommodating displaced families in your home:



1. Be Vigilant – Know where your child is at all times.
2. Always accompany young children to bathrooms and showers.
3. Ensure sleeping arrangements for boys and girls and adults are appropriate.
4. Remind your child to avoid isolated areas.
5. Always remind your children to seek permission before they leave your presences.
6. Develop a buddy system – there is always safety in numbers.

(Source: UNICEF)

SHARE AND DREAM - HOW TO HELP YOUR CHILD?

Self-Care

Take care of yourself. Remember that your child is dependent on you and is focused on your behaviour. If you're relaxed, your child will be relaxed.

Hygiene

We are still amid a pandemic. Make sure to teach and practice the methods of hygiene promotion especially at a shelter. Washing hands with soap and water, keep the necessary distance to avoid infection.

Activity

Physical activity helps children regulate stress. Encourage your child to play and be physically active as much as possible.

REsponsibility

In times of emergency children might feel helpless. Being responsible for some tasks/chores might assist in reducing the feeling of helplessness and provide a sense of self-efficacy. Encourage your children to be engaged in different tasks and responsibilities, appropriate for their age.

Art

Children use expressive methods to express their emotions. Encourage your child to practice arts; music, dance, theatre, drawing and express curiosity regarding the process and outcome.

Normal reaction to abnormal situations

People react differently to stressful events. Do not be judgmental regarding your child's behaviour and make sure to normalize emotions and behaviours that your child is expressing. If there is a major disruption in the daily routine due to these symptoms consult with a specialist.

Daily routine

A routine gives a sense of control where there was a feeling of helplessness. Being able to predict "what comes next" gives a sense of safety and security. Try to maintain the normal daily routine as much as possible.

HELPING YOUR CHILD AFTER A HURRICANE

It is important to observe your child after a hurricane. They may be anxious or scared for a period after a hurricane. If your child starts acting differently, these changes would most likely be temporary. However, if they continue, you should seek professional help.



Look out for:

- Changes in behaviour
- Changes in mood
- Changes in sleeping patterns
- Changes in eating habits
- Physical discomfort

Here are a few tips for talking to children after a disaster:

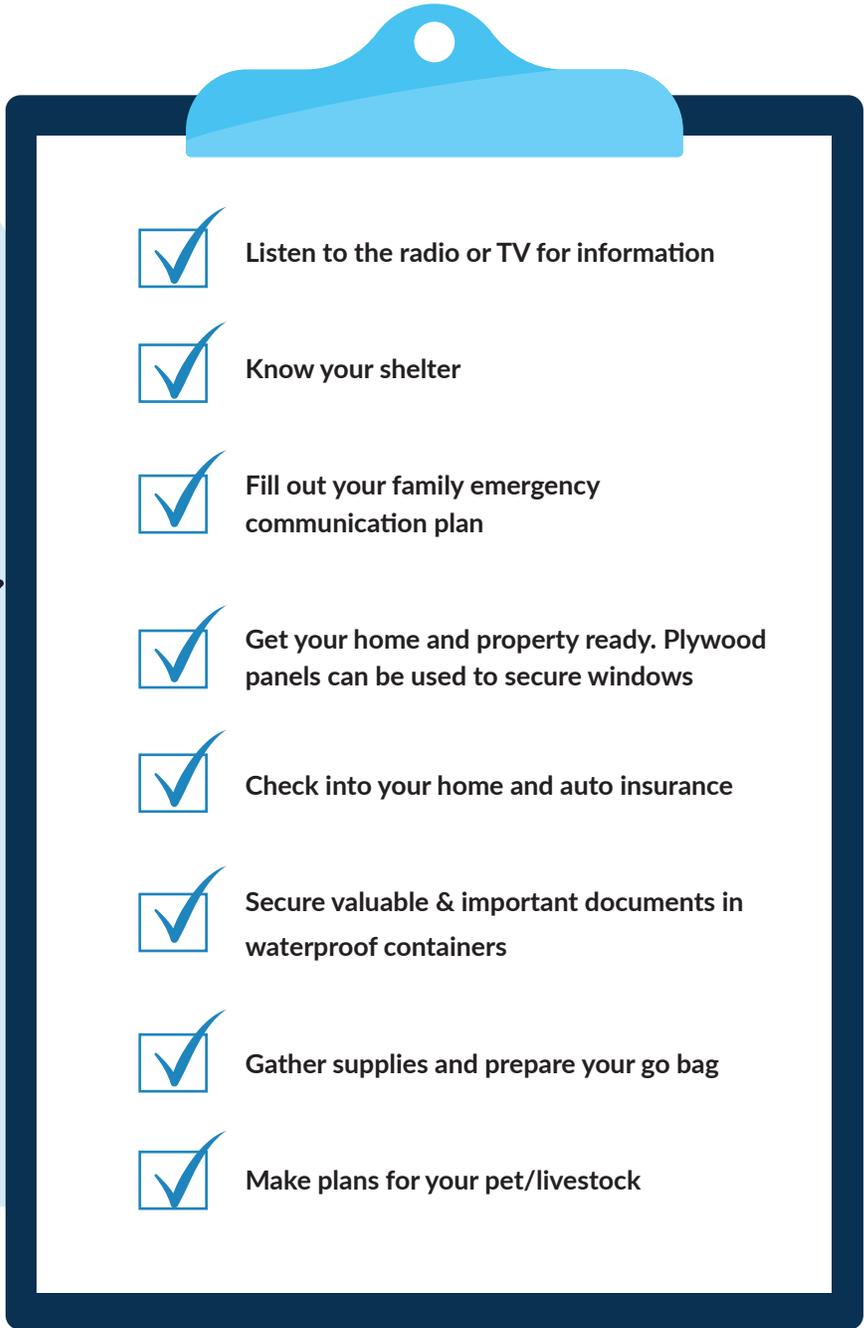
- Provide children with opportunities to talk
- Don't be afraid to admit you don't have all the answers
- Allow kids to discuss their fears and concerns
- Answer questions appropriate for their age



(Source: Red Cross)

THINGS TO REMEMBER



- 
- Listen to the radio or TV for information
 - Know your shelter
 - Fill out your family emergency communication plan
 - Get your home and property ready. Plywood panels can be used to secure windows
 - Check into your home and auto insurance
 - Secure valuable & important documents in waterproof containers
 - Gather supplies and prepare your go bag
 - Make plans for your pet/livestock

(Source: CDEMA)

USEFUL INFORMATION



USEFUL RESOURCE LINKS

<https://www.who.int/mediacentre/infographic/hurricanes/en/>

<https://www.cdema.org/hurricane-preparedness-tip-for-homes>

https://www.who.int/health-topics/coronavirus#tab=tab_1

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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