

Making Things Better

As time goes on, things should start getting back to the way they were. In some families, kids may be back at school. Moms and dads may be back at work. Life may go back to the way it was before the tornado. Some families will need more time to feel better. They may have lost a loved one. They may have had to move away from friends.

Ways to Help Yourself

Talk to your mom and dad about your feelings.

Talk to a school counselor if you are really sad, scared, or angry.

Take a break from the TV.

Eat right and exercise.

Try to get along with your family and follow rules.

Do something to help calm down before you go to bed, such as listen to music or read a book.

Don't sit around bored - read a book, play a game, call a friend.



Ways to Help Others

Help out with chores around the house.

Show your parents and your brothers or sisters that you love them.

Do things to help other families through your school or church.

Spend time talking and playing with your friends.

Remember: Doing things to help people can make you feel good, too.