

Right After a Tornado

Things can look very different right after a tornado. Your house and other buildings may be damaged. You may not have electricity for a while and your things may be lost or be really dirty. Trees may fall down. Your yard and street may be full of rubble. Your parents may be upset because cleaning things up after a tornado is exhausting.

What You May Be Feeling

Worried that another tornado will happen

Worried about your parents

Just plain worried!

Sad

Angry and feeling that it's not fair!

Anxious when the weather looks bad

Wondering why the tornado hit some houses and not others

Problems paying attention

Problems sleeping

What You Can Do to Help

Talk to your parents or another trusted adult about your feelings

Take a break from watching media reports about the tornado

Play cards or a game if you don't have access to your music and friends

Help out - clean up, make repairs, or keep younger siblings calm

Keep an eye on your pets to ensure they don't get lost or hurt

Follow adults' directions (at least right now) as clean up can be dangerous

