

Right After a Tornado

Things often look very different right after a tornado. Your house and other buildings may be damaged. Your things may be lost or be really dirty. Trees may fall down. Your yard and street may be full of rubble. Cleaning things up after a tornado is hard on everyone. You may even see your mom and dad upset.

What You May Be Feeling

Worried that another tornado will come

Worried about your mom and dad

Just plain worried

Sad

Angry

Scared when the weather looks bad

Confused why the tornado hit some houses and not others

You may have a hard time paying attention.

It may be hard to sleep at night.

What You Can Do to Help

Talk to your mom and dad about your feelings.

Take a break from watching TV shows about the tornado.

Play one of your favorite games.



Keep an eye on your pets to make sure they do not get lost or hurt.

Try to do what your mom and dad say. They can help keep you safe while things get cleaned up.