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
Having a hard time paying attention
Having a hard time sleeping

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