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 our 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