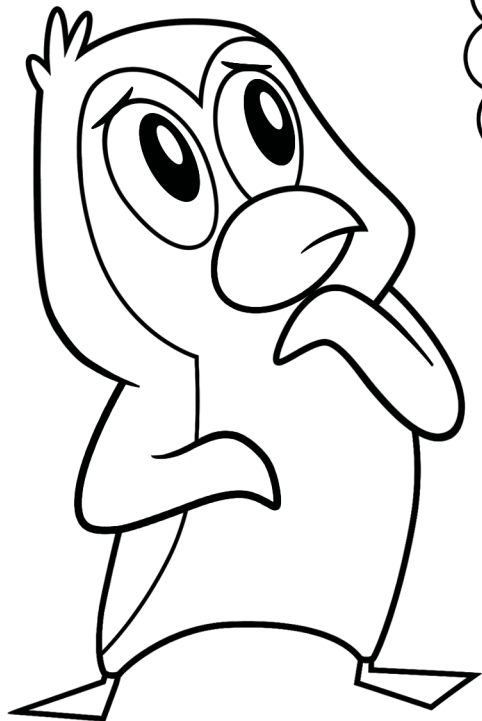


Prepare with Pedro!

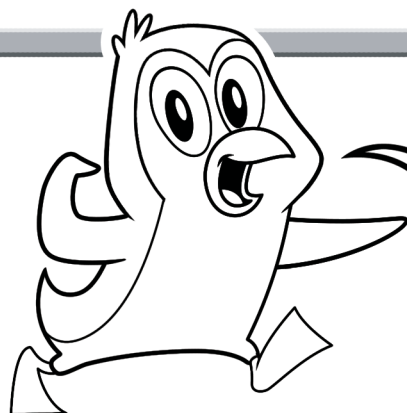
RESILIENCE & COPING SKILLS ACTIVITY BOOK



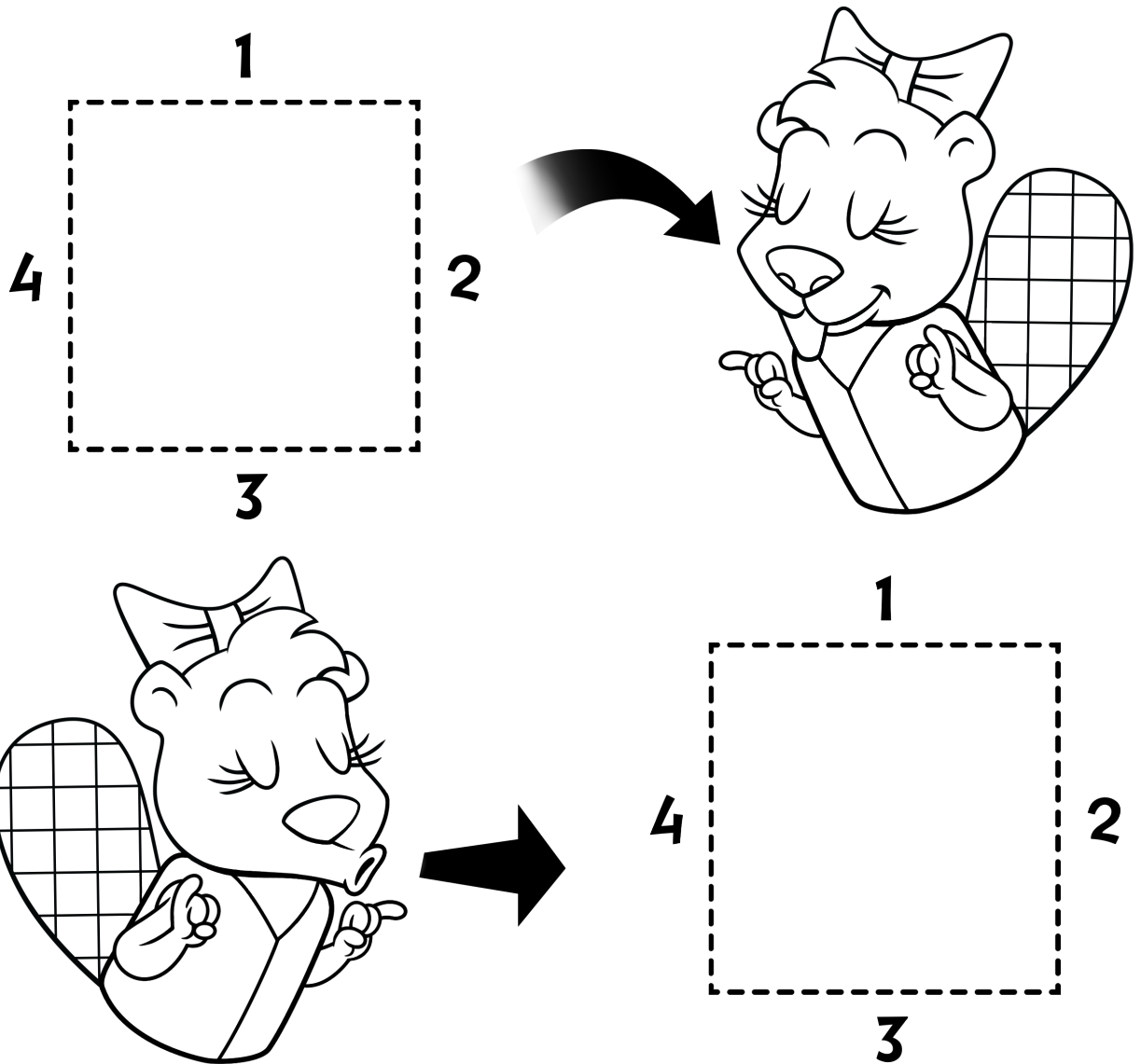
Hi! I'm Pedro!
I recently experienced
an emergency.



I felt scared, nervous and afraid.
I didn't know what to do with all
these feelings! I asked my friends
if they ever experienced something
like this and what they did to help
them, and now I have so many tools
to help me feel better.



Do you want to
learn, too?
Follow me!

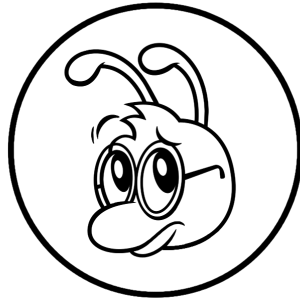


Benni the Beaver practices deep breathing:

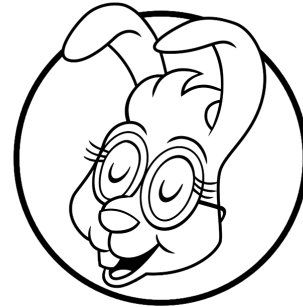
**When I am feeling scared or upset, I take long deep breaths.
I count to 4 when I breathe in and to 4 when I breathe out.
I pretend I'm slowly counting the sides of a big square!
This helps me calm down a lot!**

Randy the Raccoon names his feelings:

There are no right or wrong feelings to have after an emergency happens. Everyone can feel something different, and that's okay, too. What are the feelings you see here on this page? When have you felt that way?



CONFUSED



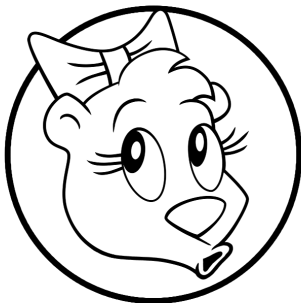
CALM



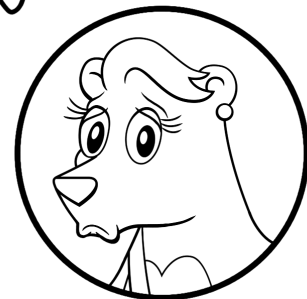
MAD



ANXIOUS



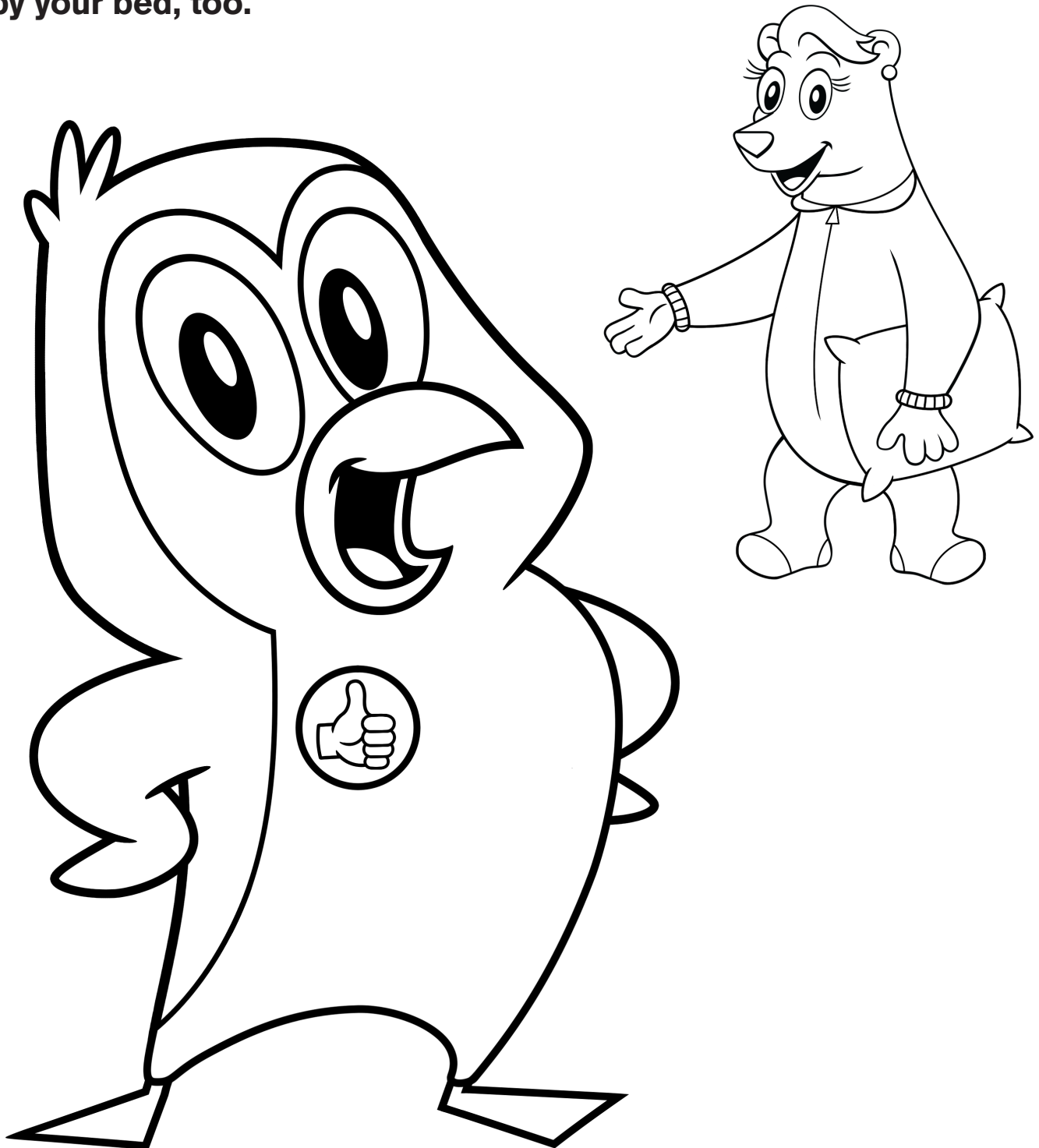
RELIEVED



SAD

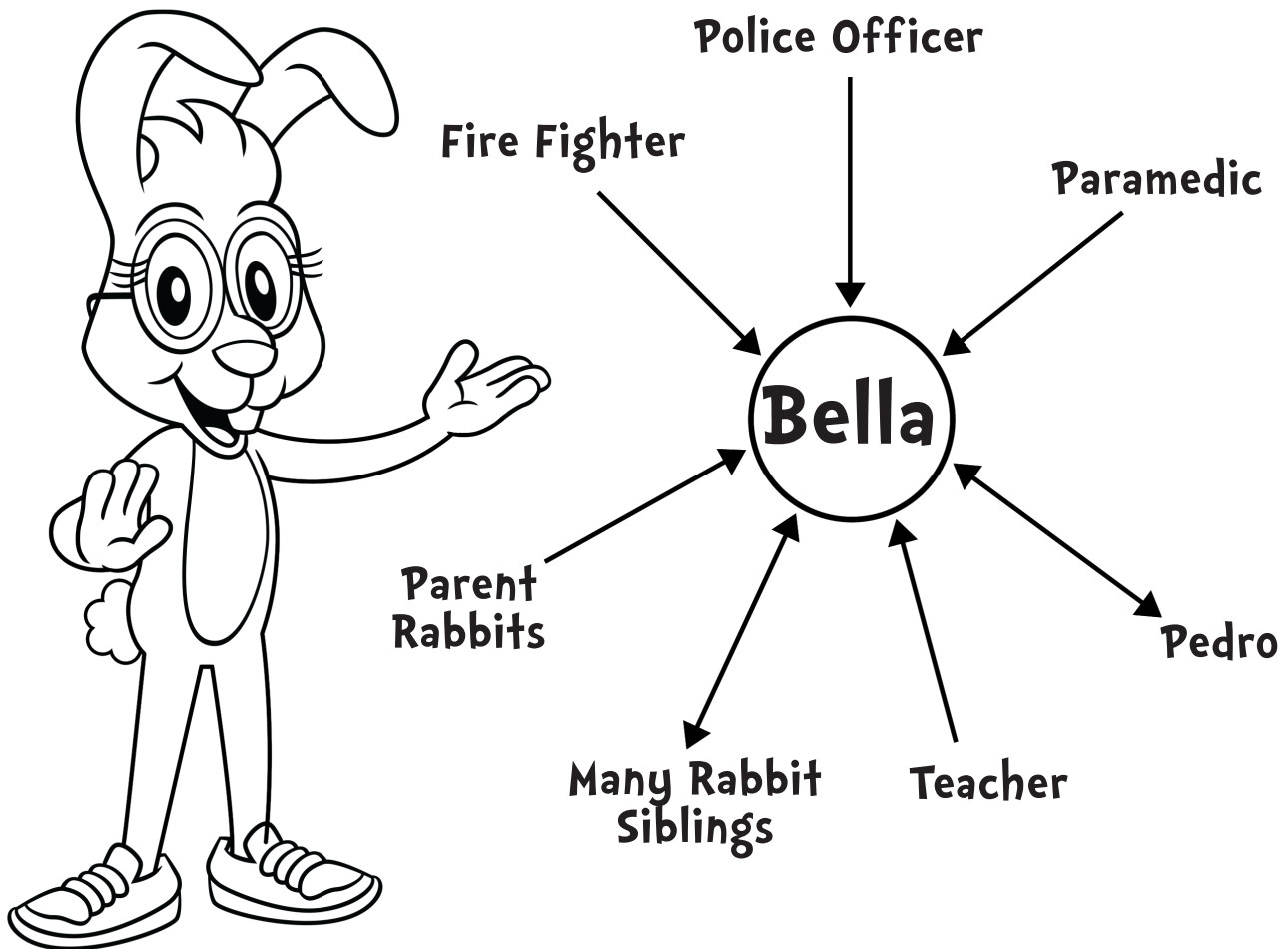
Bao the Bear remembers having bad dreams:

I had some bad dreams after I had an emergency, so I colored in this picture of Pedro to make me feel better! Now, before I go to bed, I look at the picture and it reminds me that I'm okay. It helps me not have bad dreams. You can color this in and place it by your bed, too.



Bella the Bunny remembers her circle of support:

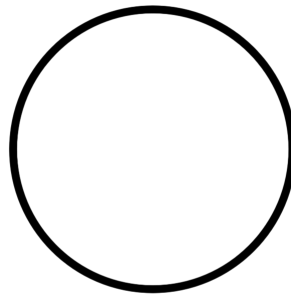
Did you know a friend can be a helper? You can also be a helper for a friend who is worried or anxious. Who are some people who can help you?



This is my circle of support. I wrote down some people who can help me when I am worried or scared. I also wrote down some people I can help when they feel anxious or worried. Then I drew arrows to people I can help and arrows pointing to my name for people who can help me. Sometimes, there are people with arrows pointing both ways, because we can help one another!

Now YOU create a circle of support!

- 1. Write your name or draw a picture of yourself in the middle.**
- 2. Write down or draw the people that help you (don't forget teachers and neighbors!).**
- 3. Write down or draw the people you can help (they can be friends, family, pets, and more!).**
- 4. Draw arrows pointing to the people that can help each other!**



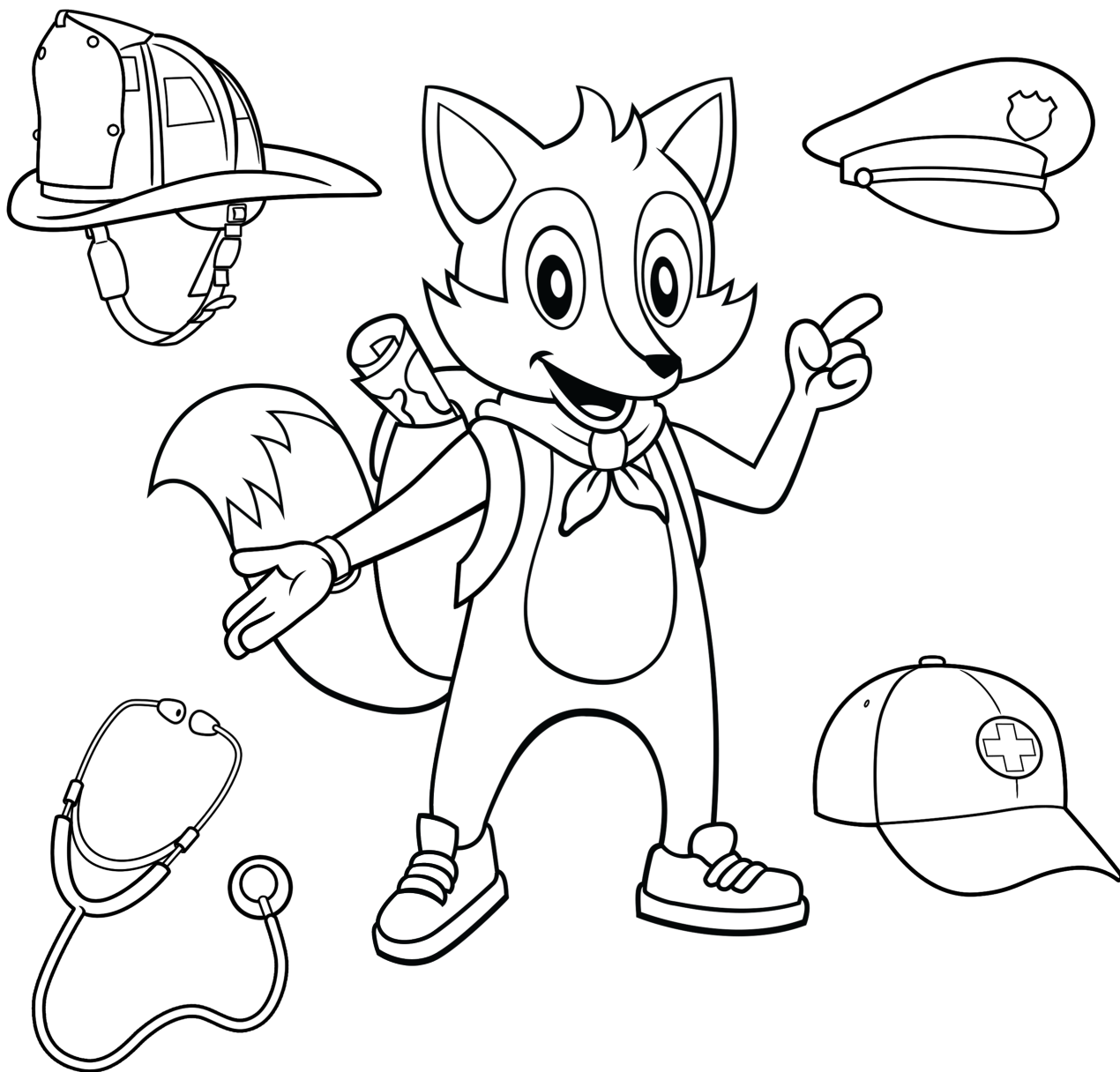
Now you have a picture of the people who support you and whom you can support. This is your community. These are people who can help each of us when we are anxious, scared or worried – just remember, it is okay to ask for help, too!

And don't forget, if you notice one of your friends is upset, it is okay to ask "Are you okay? How can I help?".



Felix the Fox thinks about community helpers that can help during an emergency:

There are so many helpers I can trust when an emergency happens. For example, fire fighters, police officers, doctors and teachers all help me to feel safe.



I can make sure I have the name and phone number of the adults in my life on an emergency contact card so my helpers can find them if we are ever apart!

You can fill one out for yourself at the end of this book!

Otta B the Otter creates a calm space:

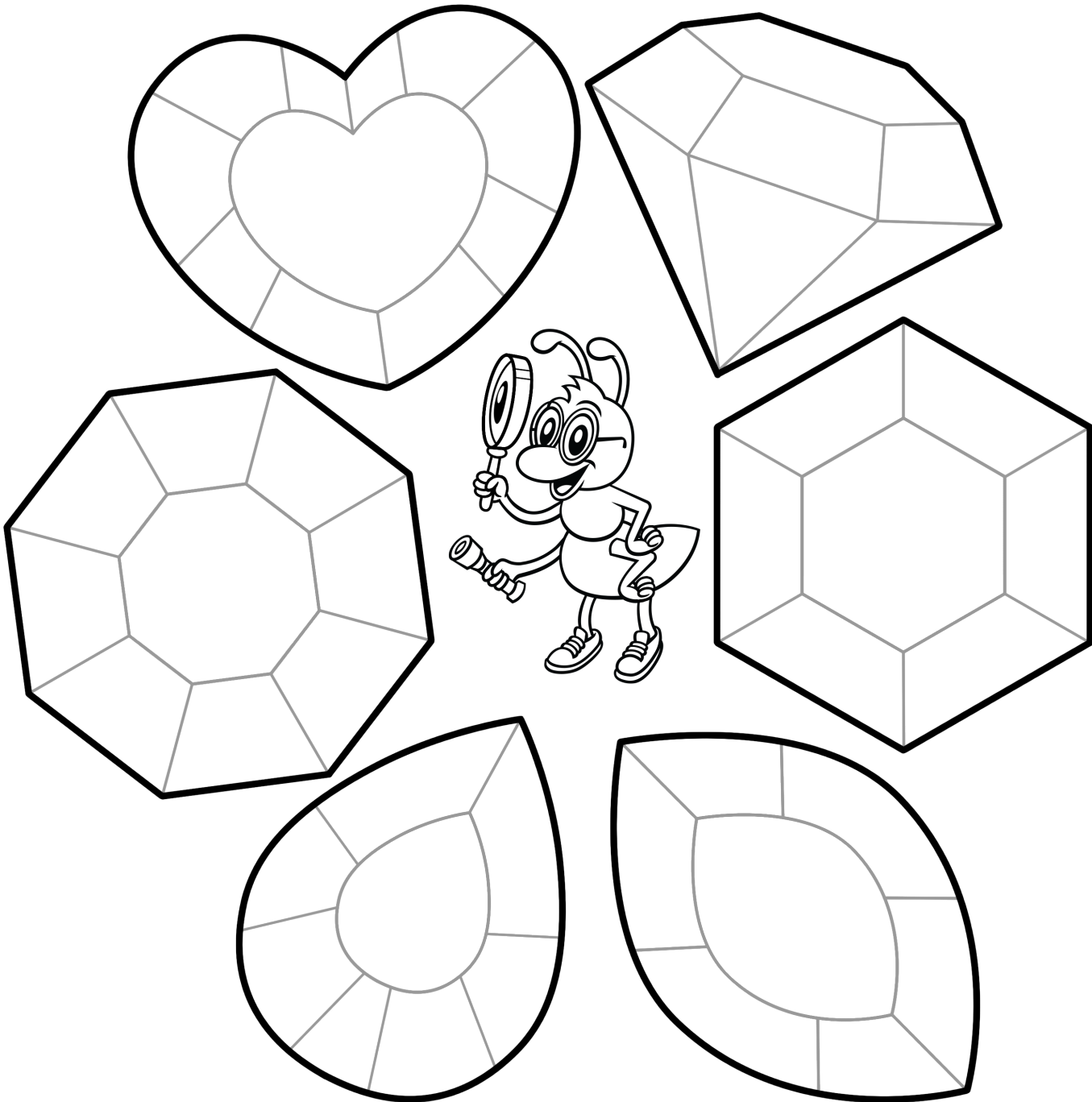
I like to think of a space that makes me feel calm. Sometimes it's the beach where I was born, sometimes it's just being with the other otters I love.

You can draw a space where you feel calm right here!






Sam E Clue's HIDDEN GEMS:

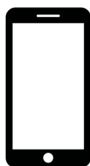
When I am feeling down, I like to think of things that make me happy. To me, these things are like gems or treasure, because they are as precious to me as rubies and diamonds! In each gem shape, write down or draw something that makes you happy. It can be a person, toy, food item or an activity! Think about your gems when you are scared to help you feel cared for and safe.



Our Emergency Contact Cards:

Use this template to create an emergency contact card for every person in your home. You can also ask a grown-up to download copies of the emergency contact card at redcross.org/prepare. Ask everyone to keep their card with them at all times. That way everyone will be prepared for an emergency.

<h2>My Emergency Contact Information</h2>  <p>My Name: _____</p> <p>Phone: _____</p> <p>Home Address: _____</p> <p>_____</p> <p>Email: _____</p>	<h2>People to Call or Text in an Emergency</h2>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<h2>Important Phone Nos.</h2>  <p>Police: Call 9-1-1 or _____</p> <p>Fire Dept.: Call 9-1-1 or _____</p> <p>Doctor: _____</p> <p>Poison Control Center: 1-800-222-1222</p> <p>_____</p>	<p>Out-of-Area Contact Person _____</p> <p>Phone _____</p> <p>Meeting Place Outside of Neighborhood: _____</p> <p>_____</p>



Important Emergency Contact Phone Numbers: During an emergency we may need help from other people, like firefighters, doctors or veterinarians. It's important to know how to call them. Work with a grown-up to fill in these phone numbers, then make a list like this for your home and put it somewhere easy to see in case you need to use it.



Local Emergency Number: 9-1-1 or _____

Police Department _____

Fire Department _____

Hospital _____

Poison Control: 1-800-222-1222 or _____

Telephone Company _____

Gas Company _____

Electric Company _____

Doctor _____

Veterinarian _____

Grown-ups -

This activity book discusses different ways to understand feelings along with some activities that might help a child cope with stress and anxiety after an emergency occurs. While this book aims to provide some comfort to your child, it is your support and love that will help them feel secure and safe again.

After experiencing an emergency, certain behaviors are common in children, such as anxiety, sleep issues, fear the emergency will happen again, a regression from certain developmental milestones and clinginess or separation anxiety with loved ones. Children may also express their feelings through play, sometimes by replaying the emergency they experienced. Know that these behaviors and feelings are common after a stressful event, and that your reassurance, love, and extra affection can help soothe their anxiety.

THINGS YOU CAN DO TO HELP:

- Explore and identify feelings your child may be feeling and openly discuss what happened in an age appropriate way.
- Provide extra affection and comfort.
- Provide extra patience and understanding as the child does common tasks; forgetfulness and difficulty focusing are common.
- Try to keep at least one routine in your day the same as before the emergency.
- Assure your child that you will do everything you can to protect them and keep them safe.
- Stay positive with words and actions.
- Monitor the media and your child's exposure to the news or other information regarding the emergency.
- Remember to care for yourself so you can be there for your children.



For more information, go to redcross.org/YouthPrep.



**American
Red Cross**

Adapted with permission from
Dr. Robin Gurwich

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