



## FOR TEENS: TORNADO RESPONSE

# 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 viewing media or social media messages 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