

A Hurricane on Sesame Street

Emergencies can be overwhelming, particularly for young children. Things can change suddenly and maybe drastically. But even in the most difficult of circumstances, you can find strength and resilience within your community. To help adults and children cope with disasters, *Sesame Street* developed **Here for Each Other**, featuring tips, ideas, and activities. Using the video *A Hurricane on Sesame Street* (available on iTunes), as well as the strategies and activities below, you'll find ways to talk with your children about what happened, while at the same time remaining hopeful for better things to come. Your furry *Sesame Street* friends are here to help you and your child through this challenging time.

Before Watching

- Children might still be confused about what exactly a hurricane is. Explain that it is a big storm with a lot of wind and heavy rain. It can be scary, but adults will do their best to keep children safe.
- Read Big Bird's letter, *Friends Care!*, to introduce the video. Let children know that the story they will be watching shows what Big Bird went through when a hurricane hit Sesame Street.

Watch

- Play the video with the *Sesame Street* story, *A Hurricane on Sesame Street*. Be prepared to pause the video if children have questions or want to talk about the story.

After Watching

- From Big Bird's experience, we learned that we can have many big feelings about what happened. It is okay to have all of these feelings.



Discussion Question: How did Big Bird feel after his house (nest?) was destroyed? Possible responses may include: sad, surprised, worried, scared, and anxious.



Activities:

- ✓ *Feeling Flowers* helps children explore their feelings through drawing.
- ✓ *Memory Game* provides children with a comfort item to keep with them when they need an extra feeling of security.

- From Big Bird's experience, we learned that you are not alone. It might take a while for things to get better, but you have people who can help you and care for you.



Discussion Question: How did Big Bird's Sesame Street friends help him?



Activity:

- ✓ *My Super Stars* helps children recognize the people who care for them.

- From Big Bird's experience, we learned that we can all play a role in making things better.



Discussion Question: What are some things that Big Bird could still do in spite of what happened?



Activity:

- ✓ *Helping Hands* empowers children by letting them know we all can help each other in difficult times.



Friends Care! by Big Bird

Hi, everyone. We had a big emergency on Sesame Street. I had to leave my nest quickly, and Maria, Luis, and Gabi invited me to stay with them during the emergency. I was scared, but they helped me feel better.

When it was over, we went to find my nest, and do you know what? It wasn't there anymore! I felt very sad. But my friends were there for me and helped me build a new nest. They also made a bow for Radar and gave me a big jar of birdseed.

When I settled into my new nest, we all played some games together.

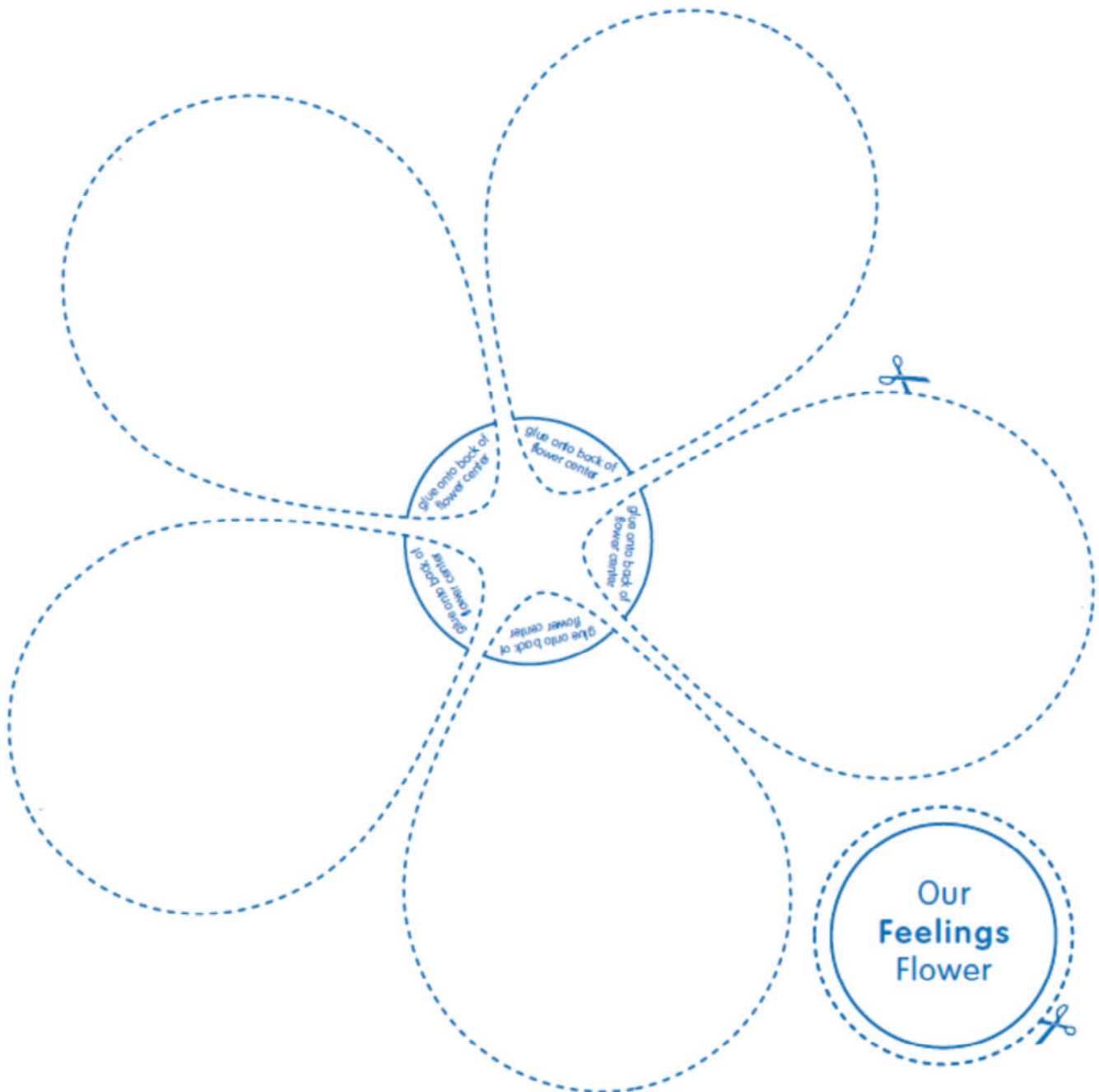


Draw yourself next to Big Bird.

FEELING FLOWER



Sometimes when things change, you may have a lot of different feelings. That's OK! You and your family can share your feelings by doing this activity. Ask a grown-up to help you: Cut out the petals and the "Our Feelings Flower" circle. Write an emotion on each petal and illustrate it on the other side. What have you drawn? Tell a story about it. How does it. How does it make you feel when you look at each side of the petals? Talk about it with your Mom or Dad. Glue the petals together to make a flower.



Here for Each Other

HELPING FAMILIES
AFTER AN
EMERGENCY

MEMORY GAME

All of these Sesame Street friends have a favorite toy or animal friend that helps them feel better when they are scared or sad. Choose one of these cards and hold it when you need your Sesame friend to help you feel better.

✂ INSTRUCTIONS

1. Play with a friend. Cut apart these cards and put them facedown.
2. Take turns flipping cards over two at a time. If the cards match, take the cards and take another turn. If they do not match, turn them back over in their places and let the other player take a turn.
3. The person with the most cards at the end wins.

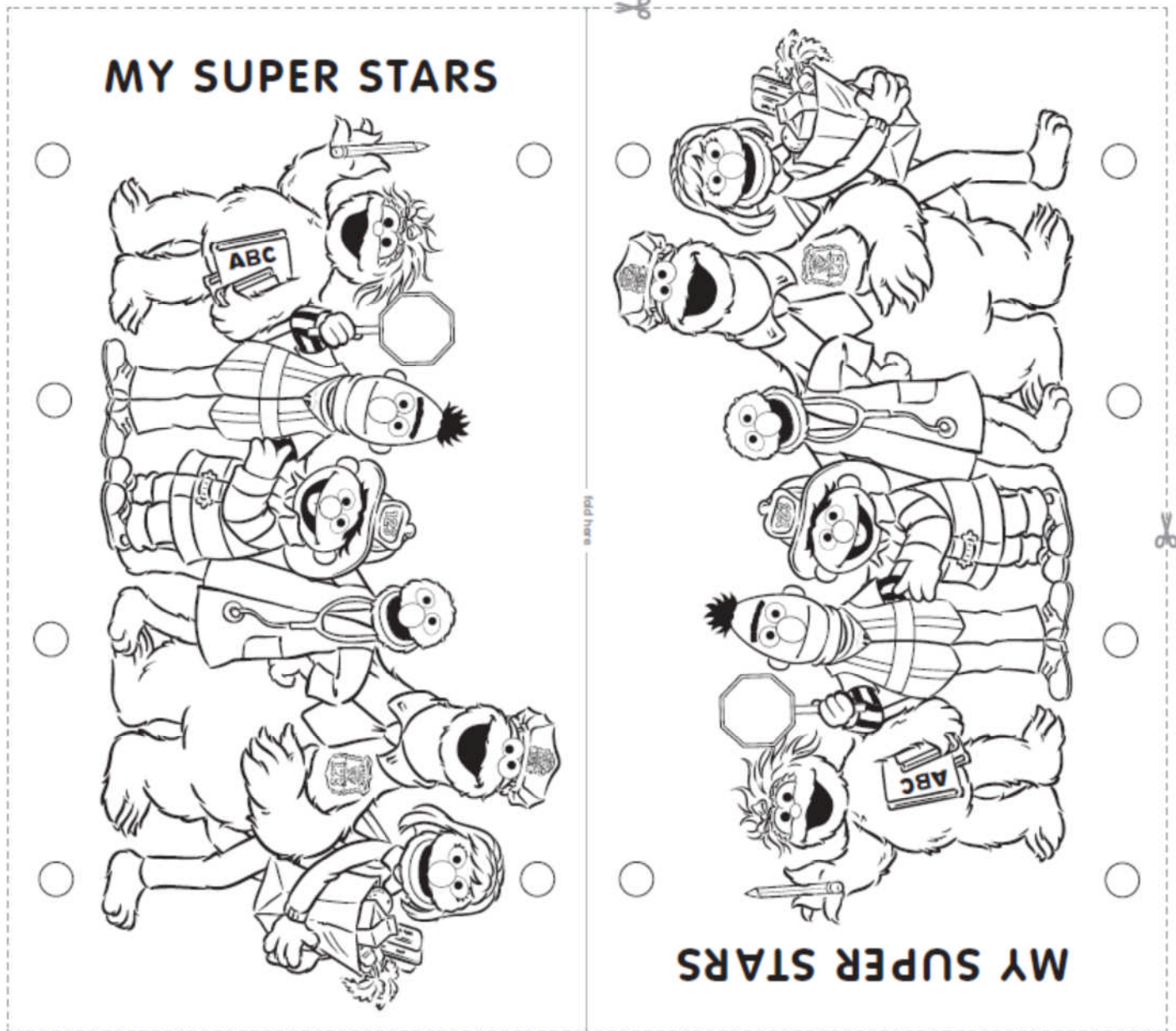


Here for Each Other

HELPING FAMILIES
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MY SUPER STARS

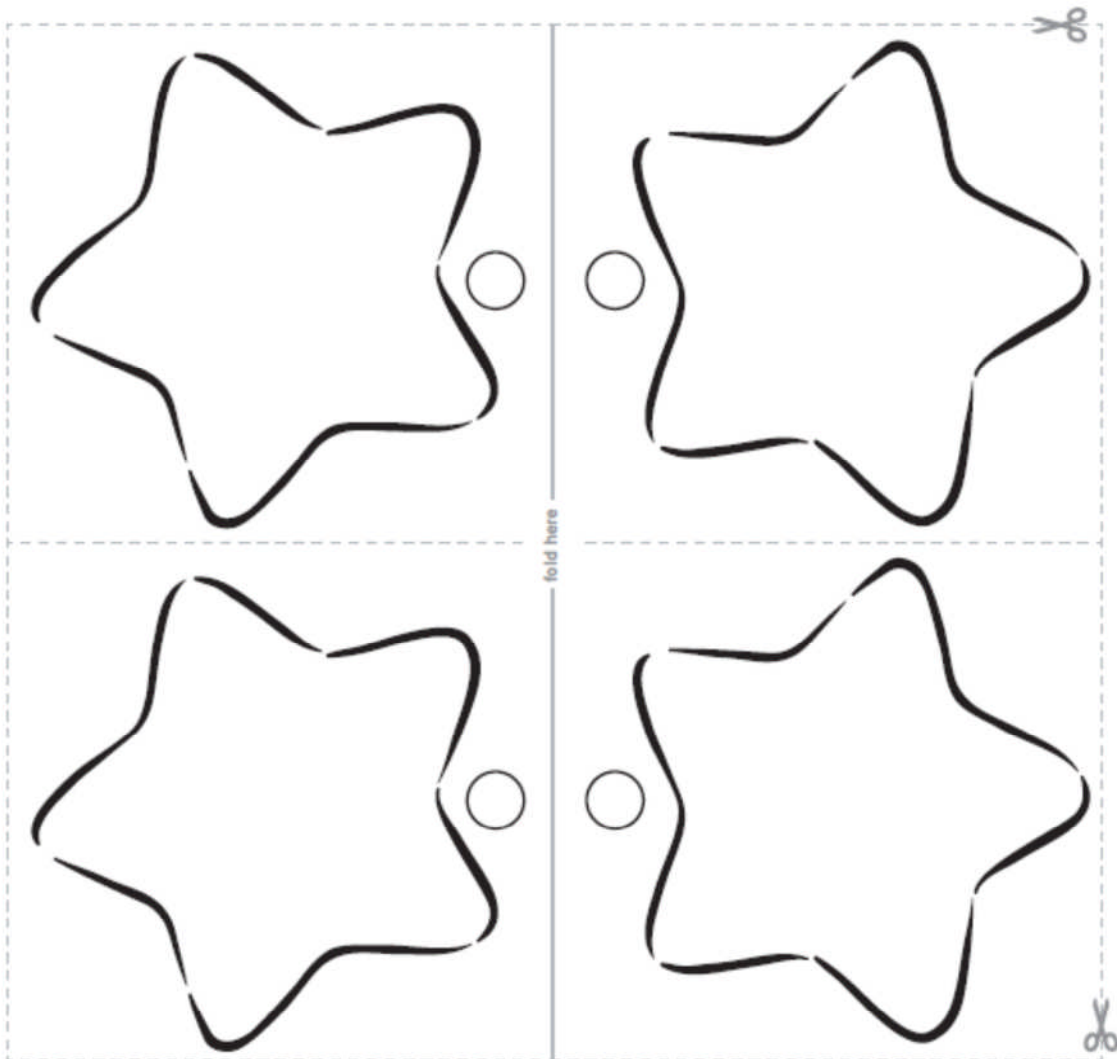
There are lots of grown-ups who care for you and who will always be there to help you. Make this mobile to remind you of the people who care for you at home, at school, or anywhere.



MY SUPER STARS

How to Make it:

1. Cut out the mobile (p. 1) and the stars (pp.2-3), and help your child decorate the stars with photos or drawings of the grown-ups who care for him.
2. Fold and glue the mobile and the stars in the middle.
3. Punch holes in the pieces for your child.
4. Help your child attach the stars to the mobile with string.
5. Loop string through the two holes on the top of the mobile and help you child hang it anywhere!

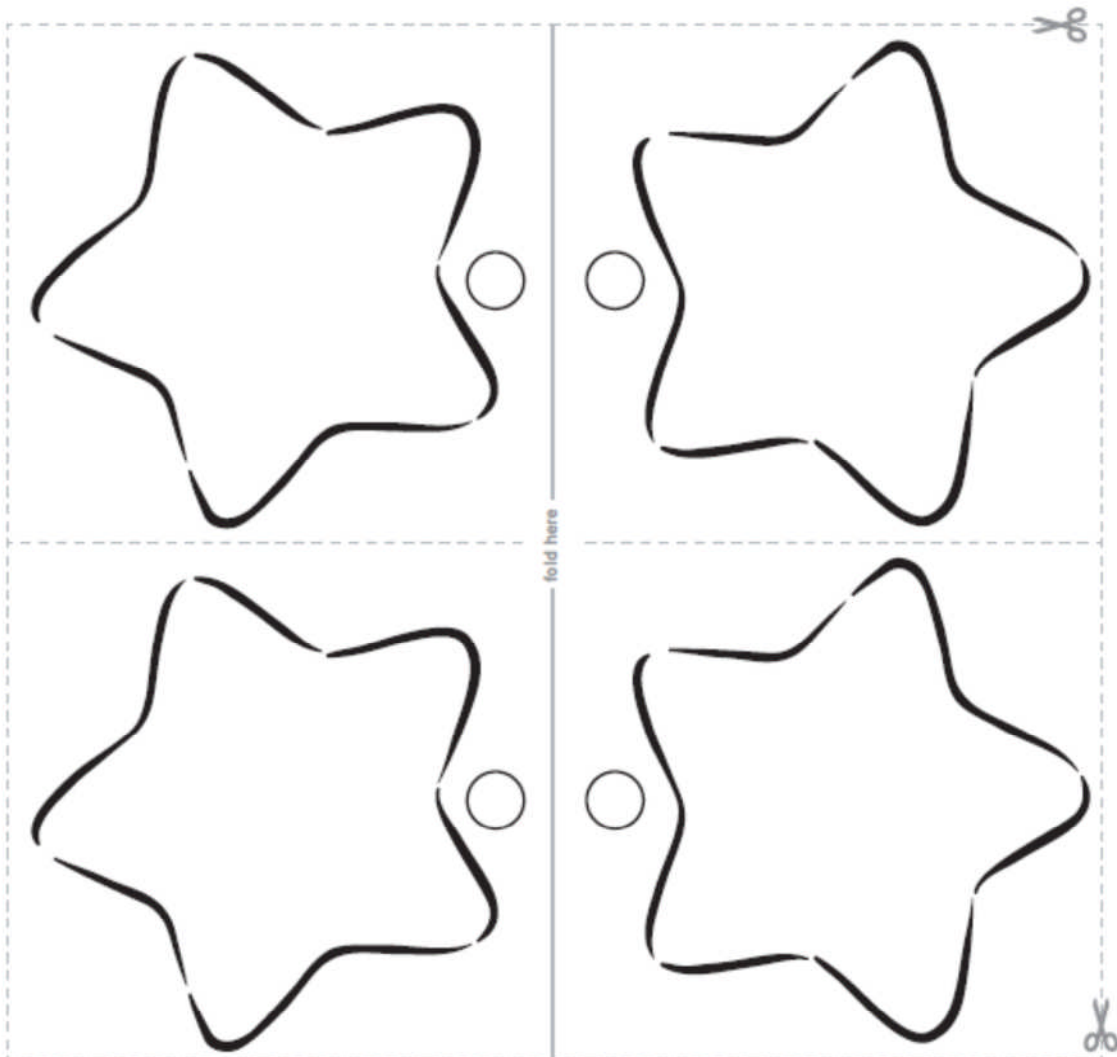


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MY SUPER STARS


How to Make it:

6. Cut out the mobile (p. 1) and the stars (pp.2-3), and help your child decorate the stars with photos or drawings of the grown-ups who care for him.
7. Fold and glue the mobile and the stars in the middle.
8. Punch holes in the pieces for your child.
9. Help your child attach the stars to the mobile with string.
10. Loop string through the two holes on the top of the mobile and help you child hang it anywhere!



HELPING HANDS

Ernie, Ernestine, and Bert are making hand pictures. You can do so many things with your hands, such as draw, write, clap, eat – and help!

 **Trace your hand onto this page.**
Use your imagination to decorate it any way you like.



 **Think about a way you have helped someone or how someone has helped you. Ask a grown-up to help you write about it here or on another sheet of paper.**
