

Hurricane fill-in-the-blanks story

You'll need a friend or family member to help with this one. Grab a buddy but don't read the whole story yet! Ask your friend or family member to give you the types of words listed for each blank, such as a noun, verb, or adverb. Then read the whole story with the blanks filled in and laugh at how silly it is!

A _____ was heading toward our _____! The wind was really _____ and the _____ was pouring! We grabbed our _____ shoes and our emergency _____ and listened to the _____ to find out if we needed to _____ in place or evacuate! I think we were all feeling _____, nervous, and a little scared during the _____. The _____ said _____ was dangerous, so we _____ in place instead of going to the _____. To keep ourselves busy, we _____ for hours together. We had so much fun laughing and competing. In the end, we were just really _____ that we stayed safe as the storm passed.

Solutions

E B V M T N F W I N D L C O
 C T P E I I W J Z I S A R K
 P B L Z H A J Z T Q I C B Z
 R P F Q C R W F U O K I H Y
 E L A N D F A L L Q I P C I
 P H O S F B F T M Y T O T Y
 A U G I Y U T C R R K R A W
 R R V C W J H U O O R T W A
 A R W V B N C E T G R R Q R
 T I F H E Y E Y S E C N M N
 I C H E E F F S T T L B U I
 O A N B Q K B V L A R M O N
 N N G C D G T O H C Q J R G
 U E A C U W Y C O U F I A Z

Possible word scramble answers:

- Hurricane - Hair, Rain, Run, Rich, Race, Cane, Chain, Arch, Hire
- Shelter - Let, She, The, Tree, Rest, Heel, Reel, Set, Lest, Three
- Tropical - Trip, Port, Clip, Top, Pat, Coal, Plot, Riot, Tap, Trail

Hurricane trivia:

- June 1 through November 30
- 14
- Florida
- Eye
- 74 mph

Crossword:

- Across**
- Kit
 - Tropical
 - Wind
 - Hurricane
 - Category
- Down**
- Kit
 - Tropical
 - Wind
 - Hurricane
 - Category
 - Preparation

7	4	3	1	9	5	8	6	2
1	2	6	7	8	4	5	9	3
8	5	9	3	6	2	1	4	7
9	7	4	6	1	3	2	8	5
5	1	8	2	7	9	4	3	6
3	6	2	5	4	8	7	1	9
4	8	5	9	3	7	6	2	1
2	3	1	8	5	6	9	7	4
6	9	7	4	2	1	3	5	8

1	5	8	6	2	7	3	4	9
2	3	4	1	8	9	7	5	6
6	9	7	3	5	4	2	1	8
5	8	3	9	7	6	4	2	1
4	2	6	5	3	1	8	9	7
9	7	1	8	4	2	6	3	5
3	6	5	4	1	8	9	7	2
8	4	2	7	9	5	1	6	3
7	1	9	2	6	3	5	8	4



Fold Here



Emergency Fun Kit

Going stir crazy with nothing to do in the disaster shelter or at home without power? Grab a pen or pencil and work your way through these word games, puzzles, and brain teasers. You can do them alone or with a parent, sibling, or friend. Follow the instructions for each activity and have fun!

Word search

Find and circle the hurricane-related words from the list!

E B V M T N F W I N D L C O
 C T P E I I W J Z I S A R K
 P B L Z H A J Z T Q I C B Z
 R P F Q C R W F U O K I H Y
 E L A N D F A L L Q I P C I
 P H O S F B F T M Y T O T Y
 A U G I Y U T C R R K R A W
 R R V C W J H U O O R T W A
 A R W V B N C E T G R R Q R
 T I F H E Y E Y S E C N M N
 I C H E E F F S T T L B U I
 O A N B Q K B V L A R M O N
 N N G C D G T O H C Q J R G
 U E A C U W Y C O U F I A Z

Category

- Eye
- Hurricane
- Kit
- Landfall
- Preparation
- Rain
- Storm
- Tropical
- Warning
- Watch
- Wind



Sudoku

Each 9x9 grid is one puzzle. Fill in the blank spaces in each puzzle with a number 1-9, making sure that each number (1 through 9) appears only once in each row, column, and 3x3 square.



		8			7	3	4	9
	3							
6	9		3		4			
5	8	3			6	4	2	
4		6	5	3	1		9	7
	7	1			2	6	3	5
				1		9		
8			7	9	5	1	6	
	1	9		6		5	8	

7	4		1		5	8	6	
							9	
	5		3	6			4	7
		4	6	1	3	2	8	5
		8	2	7	9	4		
3	6	2	5	4	8	7		
	8	5		3				
		1	8	5			7	
		7	4			3		8



Fold Here

Take a break with mindfulness activities

Mindfulness activities are things that help you focus on the current moment, leading to a calmer mind and body. You can do mindfulness exercises anywhere. If you're feeling stressed or overwhelmed, take a few minutes out of your day and do one or more of these exercises, either alone or with friends or family members.

Five senses exercise:

Focus on your surroundings in the moment by using your senses and taking note of things you don't usually think about.



Vision: List **five** things you see that you wouldn't normally pay attention to, like the pattern of the ceiling or the way light creates a shadow.



Touch: List **four** things you can feel, like the texture of your clothes.



Hearing: List **three** things you can hear that you might not usually focus on, like the wind blowing.



Smell: List **two** things you can smell, like the smell of rain or wet grass.



Taste: List **one** thing you can taste. Take a sip of a drink or a bite of a snack and write down all of the flavors you taste.

Mindful breathing:

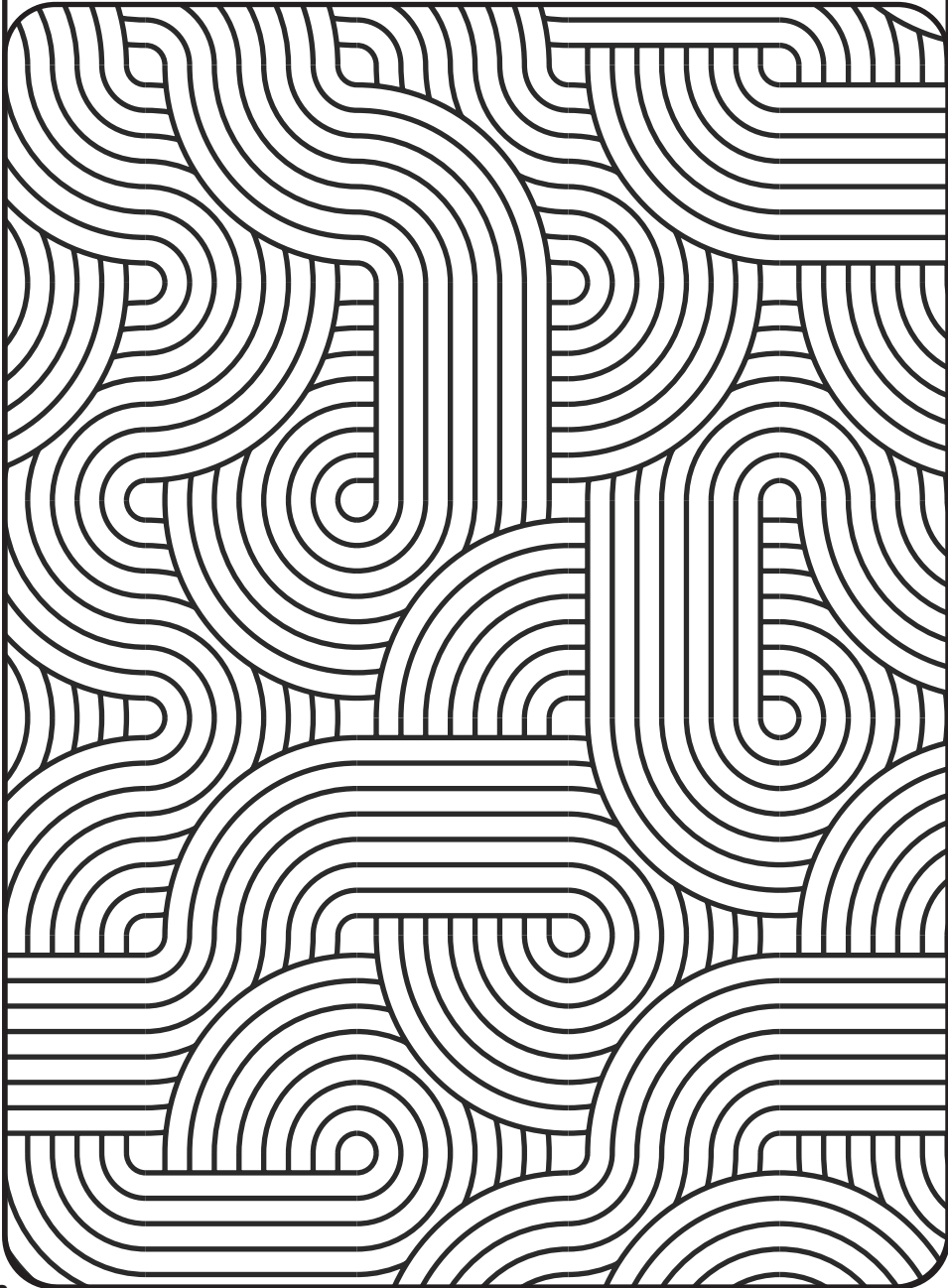
Use the following guidance to slow down your breathing and quiet your mind.

1. Sit in a comfortable position and close your eyes if you want to. If there are a lot of distracting noises, listen to calming music with headphones if you have them.
2. Breathe like normal for a few breaths and try to clear your mind. Notice how it feels to breathe normally.
3. Begin focusing on your breathing with a controlled breathing exercise:
 - Breathe in for a count of four.
 - Hold for a count of four.
 - Breathe out for a count of four.
 - Wait for a count of four, and repeat.
4. Notice how your breath moves through your body, how your chest or stomach rises and falls as you breathe in and out, and what it feels like to focus on your breathing.
5. Continue repeating steps 3 and 4 until you feel more relaxed and your mind feels calmer.

1 2 3 4

Zen coloring

Zone out with Zen coloring to help you relax. Use whatever pens, pencils, or markers you have available to color in the image however you like.



Fold Here

Hurricane trivia

Select the best answer for each question! Find out how good your hurricane knowledge is by checking the answer key on page 8.



1

Atlantic hurricane season in the U.S. is

- A March 15 through August 15
- B June 1 through November 30
- C December 1 through May 31

2

How many named storms occur, on average, during each Atlantic hurricane season?

- A 8
- B 23
- C 14

3

Which U.S. state is most frequently impacted by hurricanes?

- A Texas
- B Colorado
- C Florida

4

What is the center of a hurricane called?

- A Core
- B Eye
- C Vortex

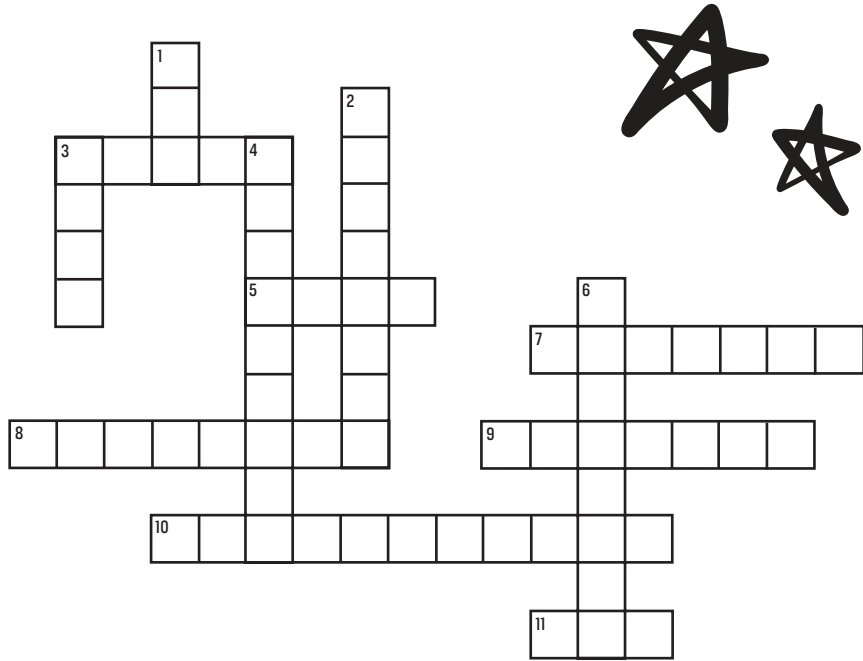
5

At what wind speed does a tropical storm become a hurricane?

- A 39 mph
- B 120 mph
- C 74 mph

Crossword puzzle

Use the clues to fill in the corresponding word in the crossword.



Across

- 3. Hurricane _____ means hurricane conditions are expected and you should prepare immediately
- 5. What happens when water vapor from clouds turns into water droplets
- 7. Hurricane _____ means hurricane conditions are possible within 48 hours
- 8. When a hurricane first goes over land
- 9. Safe place during a severe storm
- 10. Disaster _____ ensures you are ready when a storm or other disaster happens
- 11. Calm center of a hurricane

Down

- 1. Pack your emergency _____ to be prepared
- 2. A _____ storm can sometimes progress to a hurricane
- 3. _____ from a hurricane can reach more than 150 mph
- 4. A _____ is a large rotating storm that forms over the ocean
- 6. _____ 5 is the strongest hurricane on the Saffir-Simpson scale

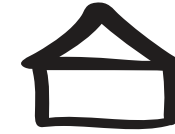
Word scramble

Use the letters in the starting word to make as many other words as you can! We'll get you started with an example. (There are more than just 10 words to unscramble from each starting word, so feel free to use extra space to add more!)



HURRICANE

hear



SHELTER



TROPICAL

Fold Here