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Severe Weather Emergency Preparedness: A Social Narrative

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When there is a storm or severe weather in my area, I know that I need to be prepared. Severe weather can happen when I am at home, at school, out in the community, or playing outside.



I can ask my parents and teachers to help me learn more about how to notice severe weather threats, to help make me feel more comfortable. We can practice our safety routine, and I can help put together our emergency kit.



In our Emergency Preparedness Kit we will need to have things like extra shoes, bottled water, snacks, flashlights and batteries, my preferred toys and fidgets, extra chargers, coats, any communication aids, and medical devices or first aid items.



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When I know a storm is coming, I need to try to stay calm, and be brave. I need to remember my family's plan. We have practiced this, and we are prepared. Other people might also be scared or gathering their emergency kits too.



I will find my backpack (or other designated container) that contains my emergency kit. If I am at school or my therapy center, I will stay close with the adults who can help keep me safe.



Next, we will go to the "safe place" we learned in our emergency planning. At my house this is the basement. At my therapy center or school this might be a large bathroom or other room without windows, where we can sit on the floor together.



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I know we might have to stay in the safe place for a long time, if the storm does not pass quickly. That's why I packed some of my favorite things in my emergency preparedness kit. I have my preferred snacks, my favorite blanket, my headphones, and water bottle.



I will stay with my family, teachers, or group until one of the grown-ups tells me it's safe to go back to our regular routine. When we come out of our shelter, things might look differently if the storm was really bad.



I might see trees laying down, broken windows, houses torn apart, or areas of high or flooded waters. I know that the grown-ups with me will help keep me safe, even though things might look differently after the storm.



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