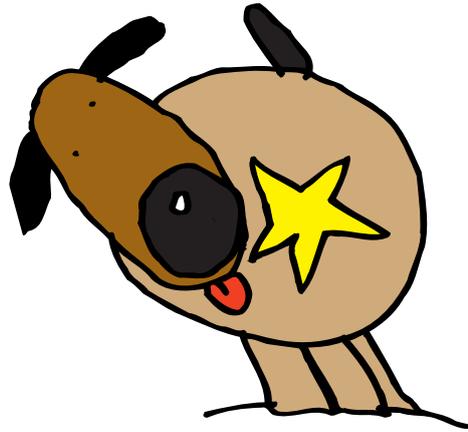




An educational activity book to help young children understand and cope with emergency and disaster situations



North Carolina Department of Health and Human Services  
Division of Mental Health, Developmental Disabilities and Substance Abuse Services



# Welcome to Pup's World

## Acknowledgements

*Welcome to Pup's World* was created by the Operations Support Section of the Division of Mental Health, Developmental Disabilities and Substance Abuse Services. The purpose of this material is to provide culturally appropriate information to the public regarding expected mental health effects of disasters and hazards. The activities are targeted to children 6 to 9 years old. While the project was the result of a team effort, we are particularly grateful to Child Psychologist Dr. Sandra Warski and Elon University Student Intern Jennifer Meyer. Dr. Warski agreed to review the final draft and the completed book incorporates many of her suggestions. Ms. Meyer's ideas and enthusiasm were instrumental in moving the project toward completion.

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A Spanish version is also available on the Division website at: <http://www.dhhs.state.nc.us/mhddsas/index.html>

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State of North Carolina  
Michael F. Easley, Governor

Department of Health and Human Services  
Carmen Hooker Odom, Secretary

Division of Mental Health, Developmental Disabilities and Substance Abuse Services  
Mike Moseley, Director

## Introduction to the Caregiver:

Welcome to Pup's world! Pup is a loveable little dog with lots of animal friends. Children can relate to Pup's fears and questions about tornadoes and other scary events. With each fun activity children learn along with Pup all about safety. As your child follows along, he or she will learn how to deal with fear and worries and also become confident that there is something kids can do to keep people safe!

This interactive and educational coloring book is designed to help children understand and be prepared for disasters.

After an upsetting event children naturally feel scared and overwhelmed. They may show signs of emotional distress, such as sleeplessness, fear of separation and worries about themselves and family and friends.

Through Pup's enthusiasm and curiosity, children learn all about the many people who are there to protect them, such as the police, military, parents, medical professionals and many more!

Pup teaches children all sorts of things that kids can do to keep themselves and others safe. For example, this book exposes them to emergency contact lists and fire safety escape plans.

As kids follow along with Pup, they are encouraged to talk to adults when they are scared or worried, they will discover that talking to someone about their fears really can help!

This coloring book also provides tips for adults on how to help children deal with their feelings about natural disasters and other disasters like war.

So have fun, and learn to be prepared with Pup!

**Here are some signs your child may display that let you know if your child is scared or worried about a recent event:**

- Irritability, crying, moodiness
- Clinging or fear of being left alone
- Problems with sleep or appetite
- Aggressive behavior at home or school
- Nightmares or fear of darkness
- Avoiding or loss of interest in school
- Withdrawal from friends or activities
- Physical problems such as headaches, stomach aches, bowel or bladder problems



## Here are some ways you can help your child feel better:

- Give lots of hugs
- Encourage your child to talk about the event and any worries or fears he or she may have about it
- Comfort and reassure your child that they will be safe
- Give extra healthy snacks
- Provide comforting bedtime routines such as night lights or story time
- Be patient with overly demanding behavior (for awhile)
- Give extra individual attention
- Plan what to do in future disasters

### ▲ Tip 1

After a traumatic event children may fear being left alone by loved ones. Because of this fear they may become overly attached to parents, caregivers, pets or favorite toys. During this time children need special reassurance and attention. Caregivers should provide comfort as much as possible, especially at bedtime. You should remember that children don't always understand events like adults, so be extra compassionate about their fears.

### ▲ Tip 2

If your child seems upset by a troubling event, encourage extra play time and ease up on school expectations for awhile. By keeping your child active it leaves less time to worry. Also remind your child that you are there to keep them safe and will protect them. Help your child think of their favorite heroes. It could be a character on television, a firefighter or you!

[This tip corresponds with the child activity of drawing their hero]

### ▲ Tip 3

Make sure children know the signs of weather extremes or warnings. It is much better for them to be prepared instead of surprised. Explain to your child that not every storm causes damage, and remind them that you as a parent or caregiver will do everything you can to make them safe.

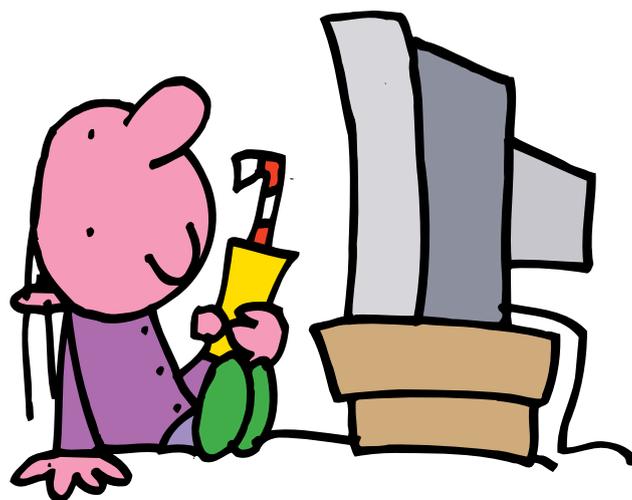
### ▲ Tip 4

Since storms can scare children, it is important that they know of ways to feel better. Help your child think of fun activities that they can do to make them smile or laugh. Encourage your child to do the same activities whenever he or she is afraid.

## Here are some suggestions:

- 1) Sing a favorite or funny song
- 2) Play a favorite game or with a favorite toy
- 3) Read a book aloud
- 4) Watch a fun movie
- 5) Color in a coloring book like this one!

[This tip corresponds with the child activity of drawing what makes them feel better when they are scared]



### ▲ Tip 5

Sometimes when there are troubling stories on the news or there has been a traumatic event, children may feel a sense of loss. Even if the loss is not something they can touch, a simple change in routine can cause a child to become anxious or worried. Take extra care to incorporate as much of your regular routine as possible when daily everyday activities are interrupted. Talk to your child about any worries he or she may have.

[This tip corresponds with the child activity of drawing what they think Pup is worried about in school]

### ▲ Tip 6

Sometimes children can have a hard time talking to their parents or caregivers about their fears, especially if those fears are about losing their caregiver/parent. It is very important to reassure your child over and over again that you will take care of them and that you will always be there for them. If your child is having a hard time talking to you about his or her worries, encourage your child to talk to other adults like their teacher or a school counselor.

[This tip corresponds with the child activity of children drawing who they talk to about their feelings]

### ▲ Tip 7

Don't always expect your child to be tough or understand events like an adult. Understand that children can be very affected by world events and become afraid. Explain to them that there are many people whose job is to protect them. The following pages go over the people who protect your child from danger. Go through these activities with your child and tell them how these people keep them safe.

[This tip corresponds with the child activities on the Coast Guard, National Guard, military, firemen, police officers, etc.]

### ▲ Tip 8

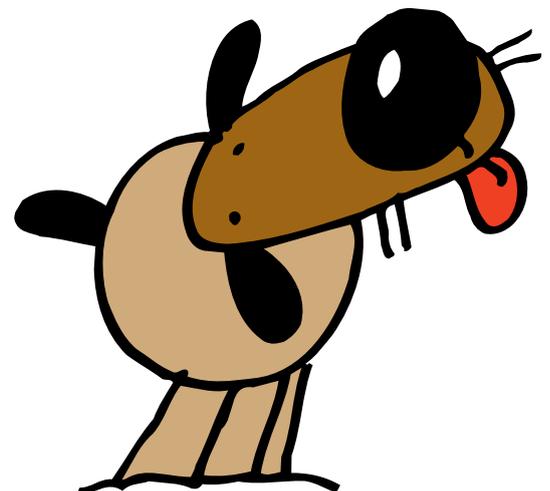
When children are afraid they also may feel lost or helpless. The activities on the following pages give your child things to do to stay safe during an emergency. By having something to do children feel a sense of control and feel less vulnerable in the situation. Go over the different activities with your child so he or she understands the different procedures. Help create the plans and lists with your child.

[This tip corresponds with the child activities of making an emergency contact list, making a fire escape plan, and making an emergency kit]

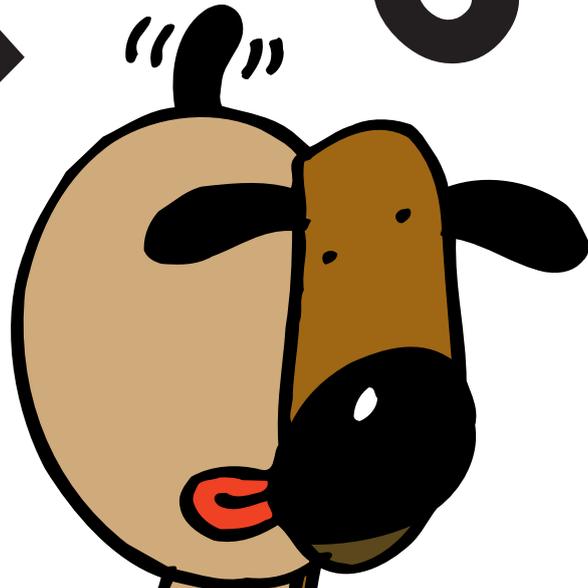
### ▲ Tip 9

Congratulations! You and your child have just completed this coloring book. Your child is now prepared! Tell your child how proud you are, and let your child know how much she or he deserves this award.

[This tip corresponds with the child activity of writing his or her name on the prepared silver survival star]

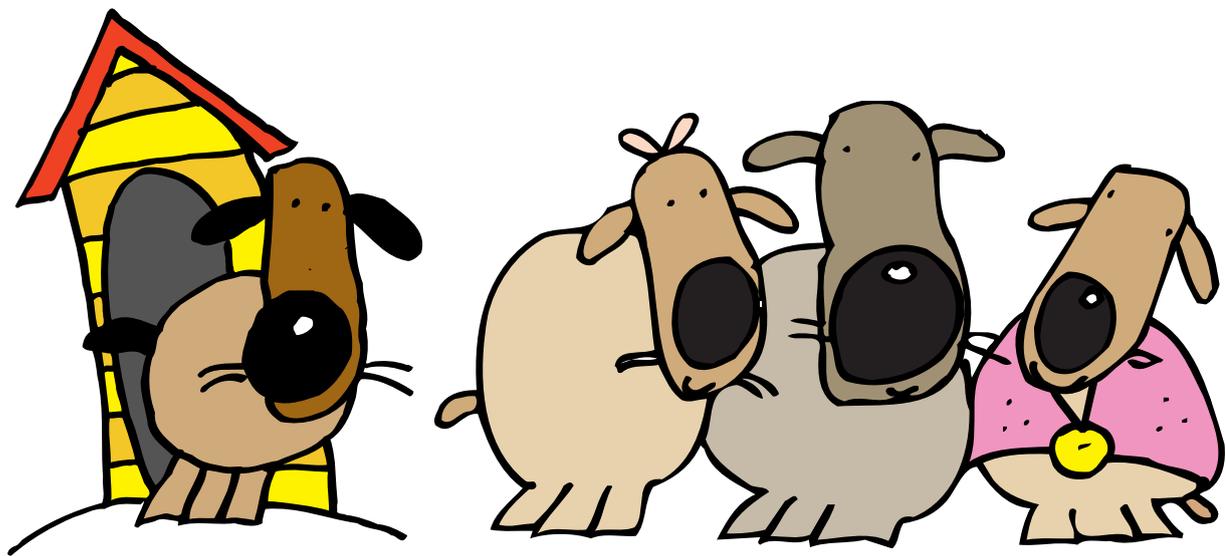


WELCOME TO  
PUP'S



WORLD

This book was colored by \_\_\_\_\_



Meet Pup. Pup is a friendly dog. One you might know down the street or in your own back yard. Pup lives with Mama, Papa and Grandma. They live in a pretty little doghouse in North Carolina.

**Now that you see where Pup lives, draw a picture of where you live.**

Pup lives next door to her best friend Ricky. Ricky's family is really neat; they speak two languages and eat yummy spicy food. Pup loves to have dinner with Ricky's family. They tell Pup stories about Mexico and teach her how to speak Spanish.



Draw a picture of your best friends.

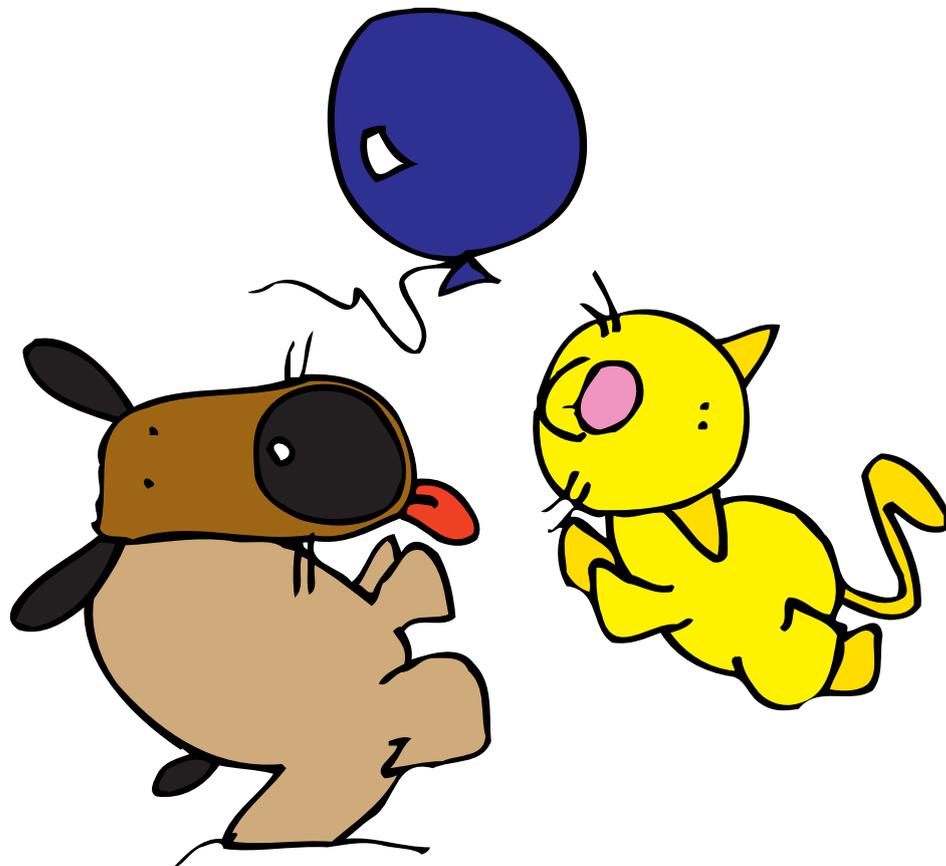
Pup and Ricky love to play outside.  
Their favorite game is superheroes.  
They take turns saving the world.  
Who is your hero?



Draw a picture of your hero.



Pup and Ricky play outside when the weather is nice and sunny. When the weather is dark and stormy they have to play inside.



**Draw what you do when the weather is nice and sunny...**

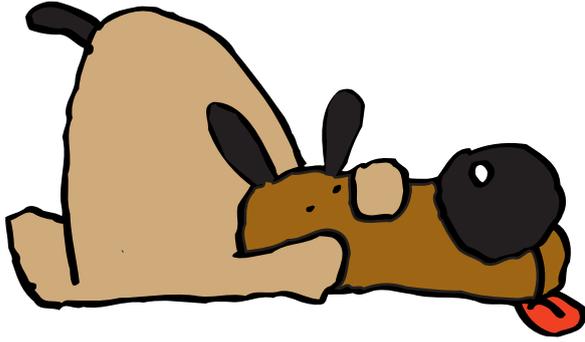
**...and when the weather is dark and stormy.**



Sometimes when the weather is stormy, homes in the neighborhood lose electricity.

**Draw a picture of what you do when there is no electricity and it's dark inside the house.**



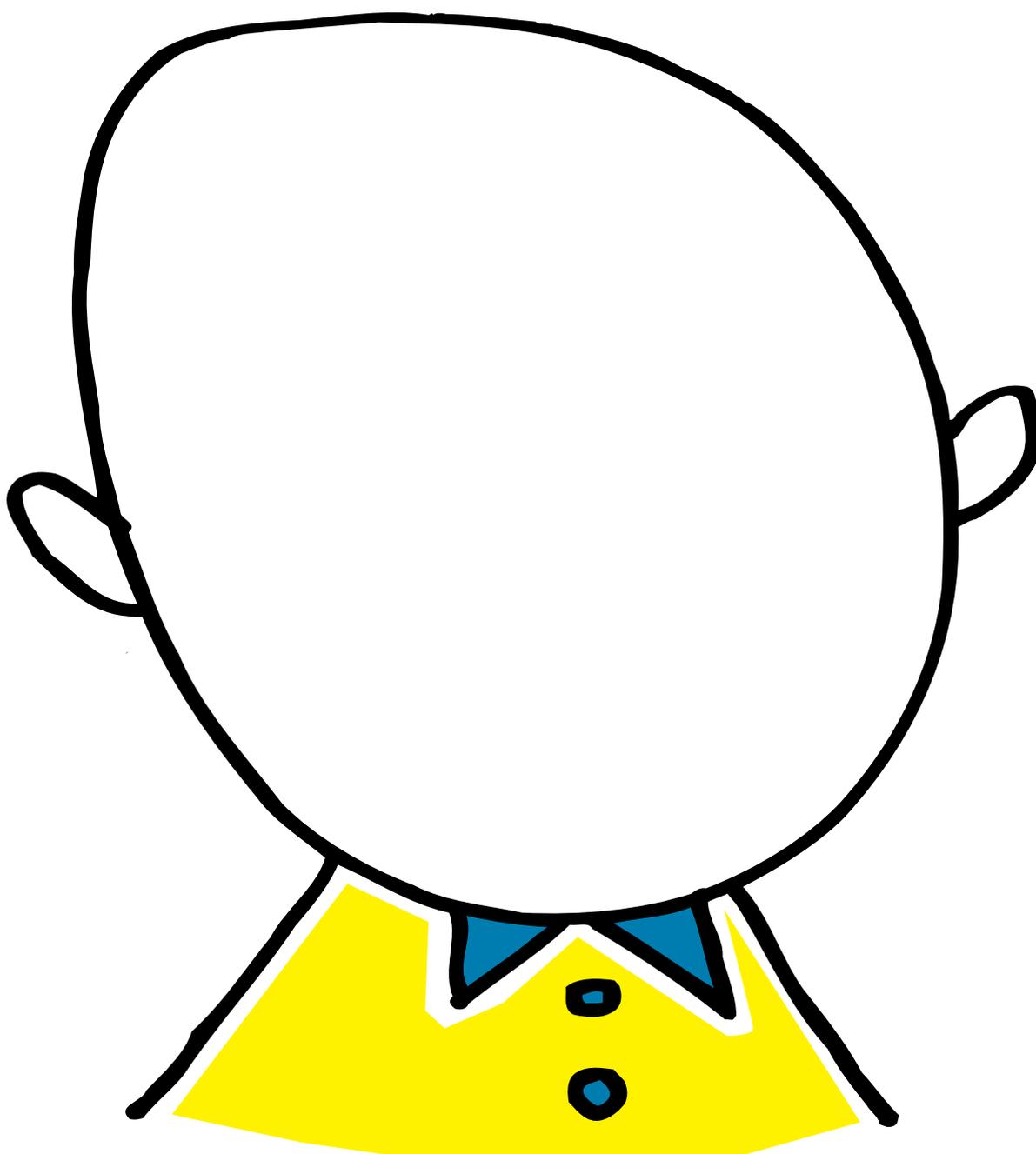
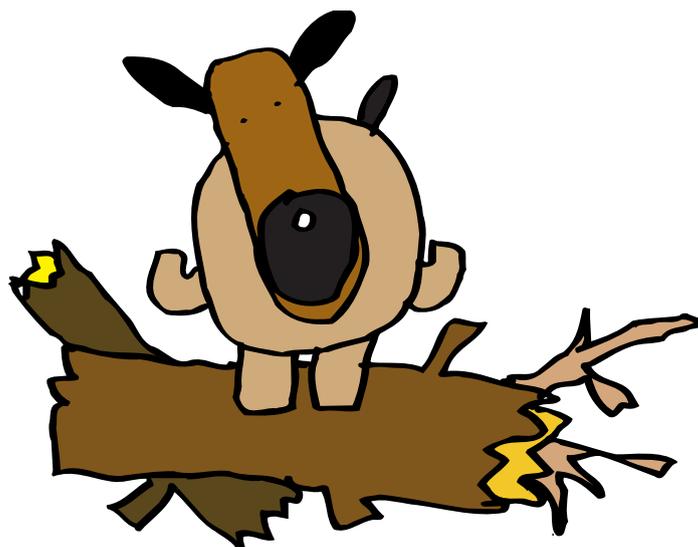


During the tornado, Pup was told to take cover, stay calm and listen to the adults. She heard lots of noise outside. She was scared.

Draw a picture of what you do to feel better when you are scared.

After the tornado, Pup was very upset. There were a lot of branches all over the yard and the rain had made the ground very muddy. Plus, Ricky and his family didn't have electricity and they were staying in a shelter.

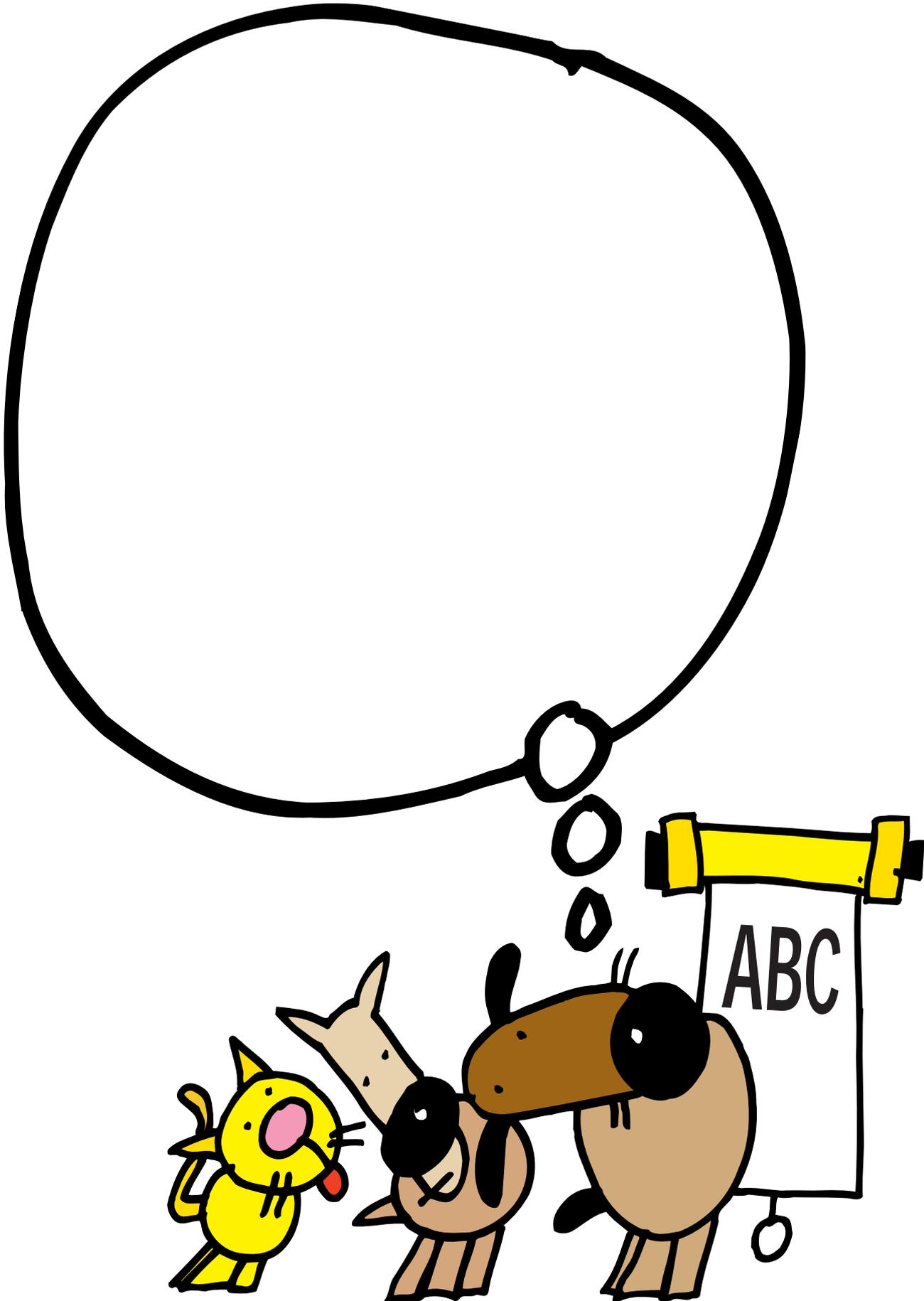
How do you feel after a storm?

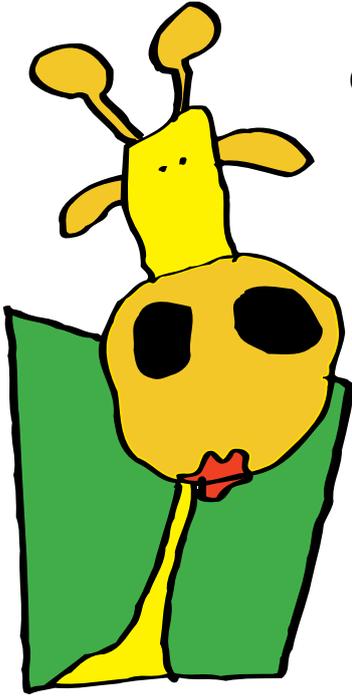


Draw your own emotions on the face.

Pup had a hard time paying attention in school. She kept worrying about what would happen if there was another tornado.

In the bubble, draw what you think Pup is worrying about.

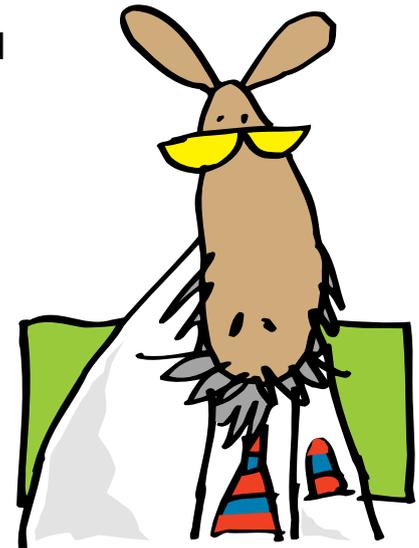




One day a special visitor came to Pup's favorite class. Her teacher, Ms. Green Giraffe, said it is very important to talk to grown-ups when you are scared or worried. She said that their visitor was very good at helping kids with their feelings.

**Draw a picture of who you talk to about your feelings.**

Dr. Art Aardvark was the special visitor. Pup liked Dr. Art; he was really nice and had a funny beard and mustache that wiggled when he talked. Dr. Art said a tornado is one kind of storm. Others include ice storms, floods and lightning. He also said some disasters are made by people. He asked the class if anyone had a problem they wanted to talk about or if they were worried about something. Pup raised her hand and said that she was worried about tornados. Dr. Art said that he was proud of Pup for speaking up. He explained that there were lots and lots of people who were there to keep them safe.

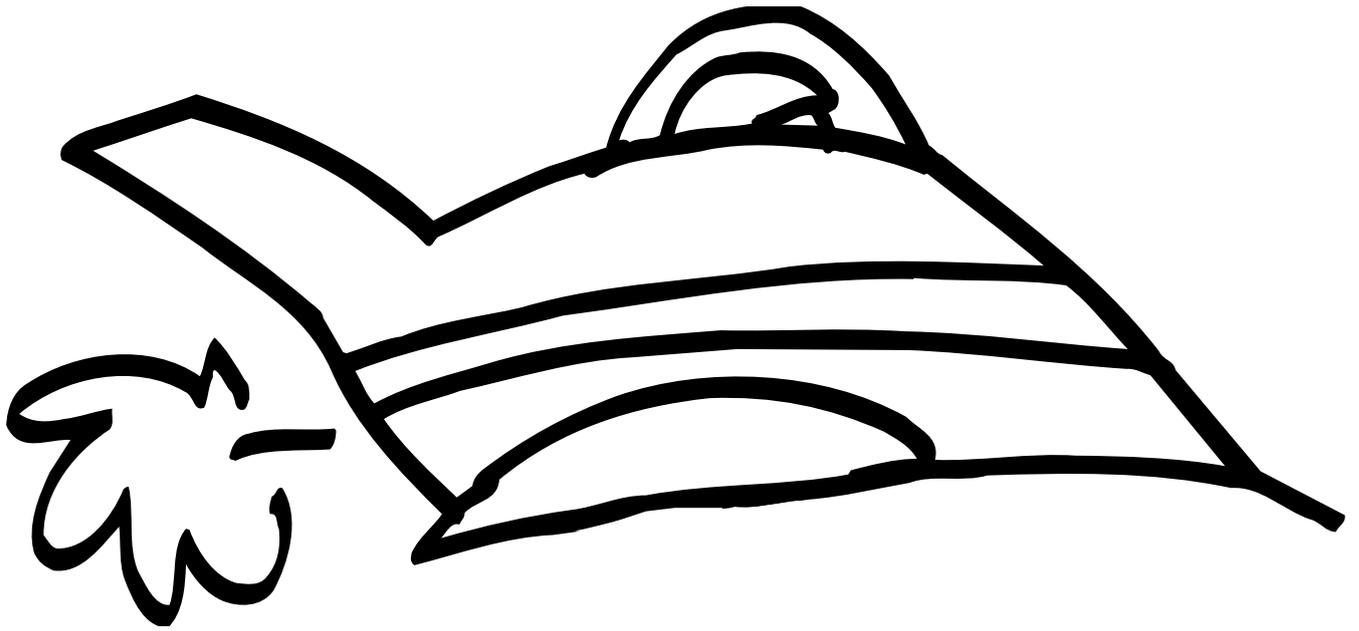


**Draw a picture of who keeps you safe.**

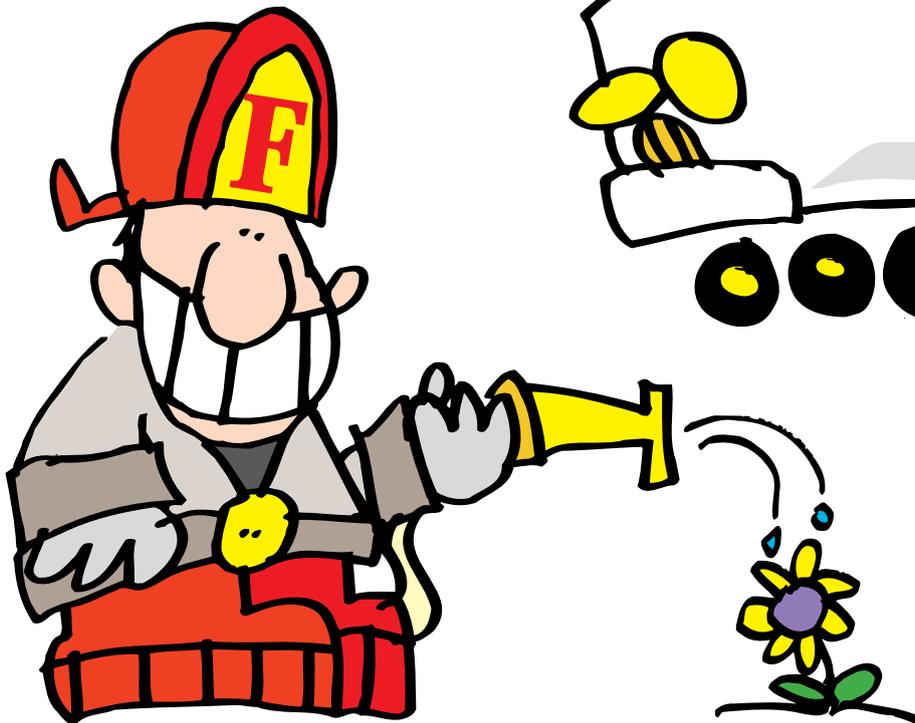
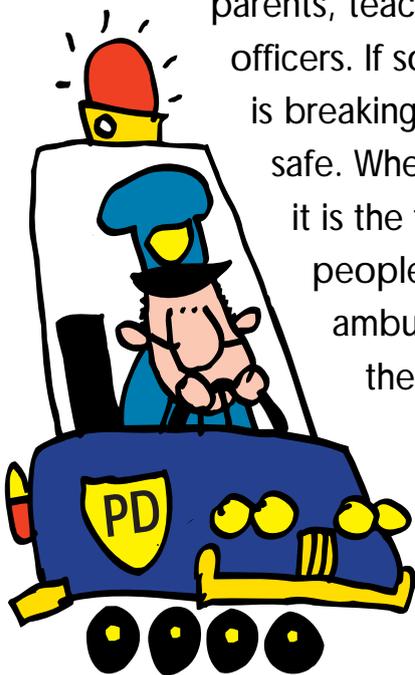
Dr. Art talked about the Military, the National Guard and the Coast Guard first. He said they protect us on our land and on our oceans when disasters happen. They will help us after storms strike and protect us from people who might want to hurt our government or businesses.

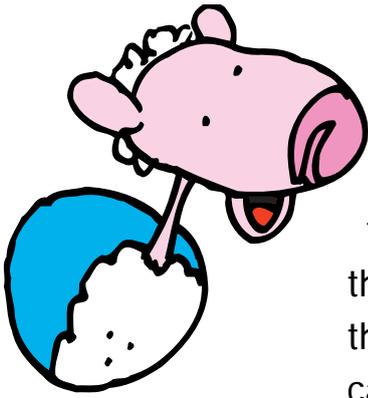
**Color these pictures of our friends who protect us.**





Little Bootsey Bunny raised her hand and asked “who keeps us safe?” Dr. Art smiled and explained that there are lots of people who keep us safe. It includes parents, teachers, firefighters and police officers. If someone is trying to hurt us or is breaking the law, the police keep us safe. When there is a fire or a big storm, it is the firefighters that could rescue people. And if someone gets hurt, an ambulance comes and takes the person to the hospital, where doctors and nurses make the person all better again.

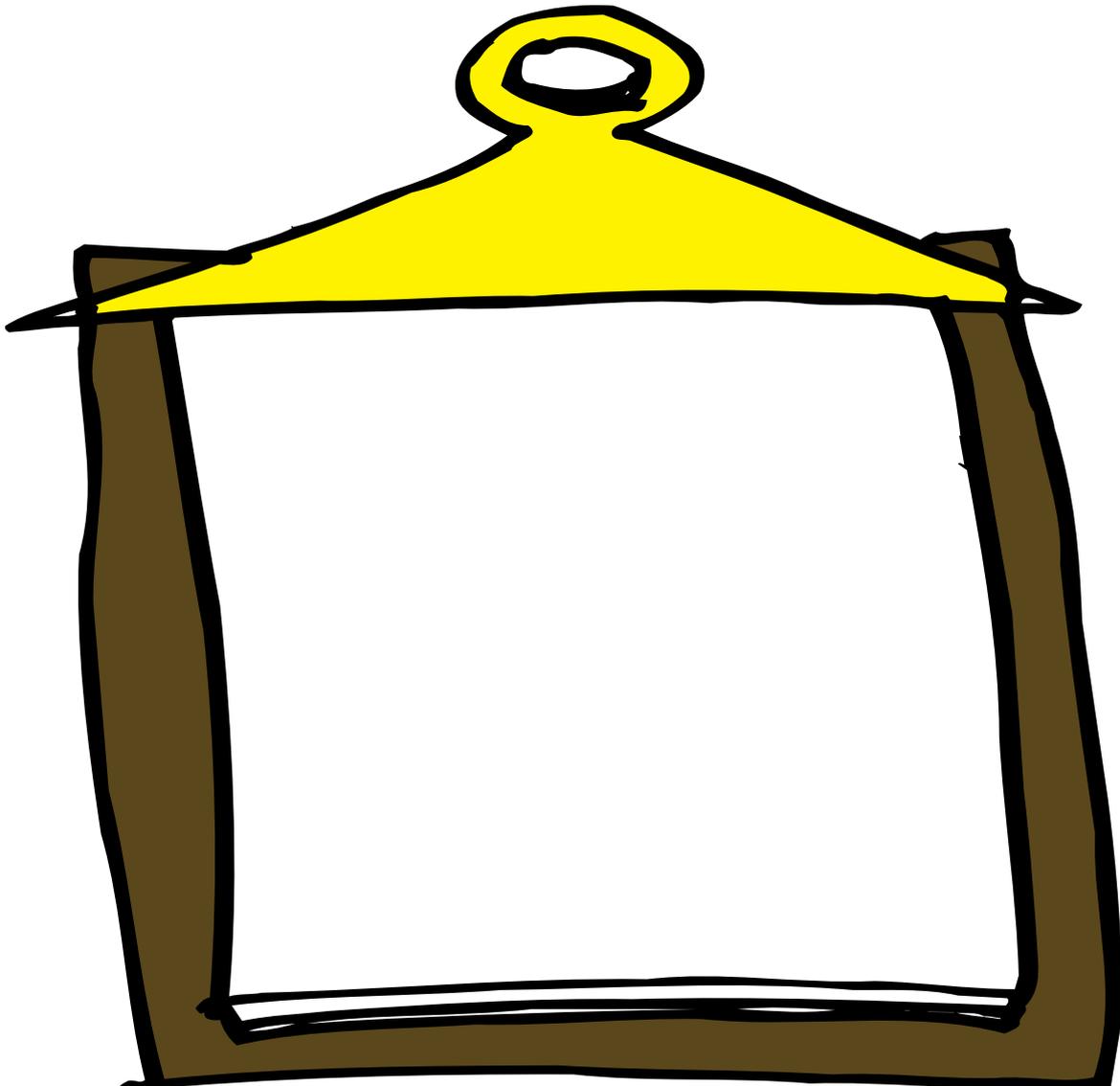




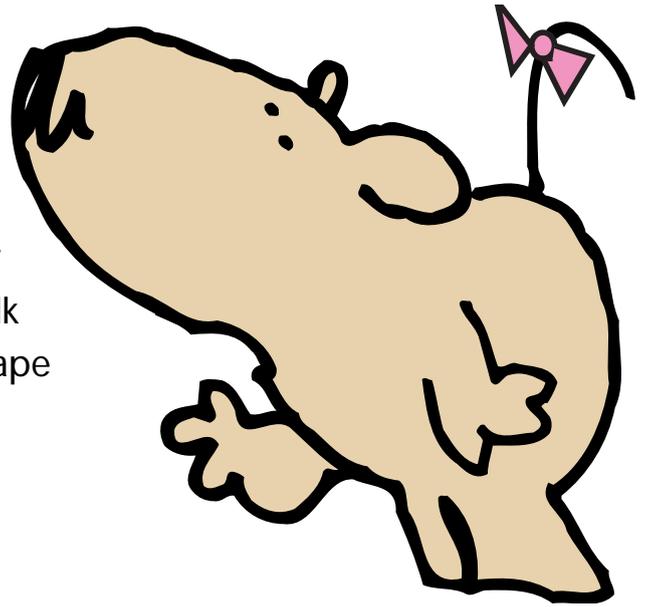
“But what about us?” asked Bethy-Lamb. “What can we do?” All the kids nodded. They wanted to know what they could do to help stay safe. This time Ms. Green answered. She told the class that there were many things they could do to help stay safe. The first thing was to make a big list of people to call in an emergency to get help.



With the help of your family, fill in the list below so you will know where to get help.



The next thing Ms. Green talked about was an escape plan. "An escape plan?" Debby-Lynn Hamster asked. "What is an escape plan?" Ms. Green told the class that sometimes during a fire, for instance, a family needs to have an emergency plan for getting out of the house quickly and safely. Talk with your family and make an emergency escape plan.



**Show where your exits are where you live so you will know what to do in an emergency.**

Pup still wanted to know about tornadoes. She wanted to know what to do if there was another tornado. Ms. Green said that there were three very important things to do during a tornado. 1) Stay away from windows, 2) Go to the basement, the stairway or a closet, 3) Make sure you have an emergency kit and store it. Emergency kits can be used during hurricanes and tornadoes. In an emergency kit you need: a flashlight, a battery operated radio, bottled water, canned food and first aid supplies.

**Draw these five items in the kit below.**



Pup felt much better after Dr. Art's visit. She was glad she talked about her worries. As she walked home from school that day, she was happy to know that there were so many people around to protect her. And she was proud that she knew what to do to help keep others safe. When she got home to her family, Papa was so happy he gave Pup a special "silver survival star" for being so prepared.



Now that you have gone through all the steps with Pup, you are prepared too!  
Write your name on this silver survival star so you can show everyone that you are  
just like Pup!

