

Yarning with jarjums about weather after a storm, cyclone or flood

Jarjums who've been through storms, floods or a cyclone may worry the same event will happen again. They can get nervous when:

- the sky clouds over
- wind starts to blow
- there's thunder or lightning
- rain starts falling
- weather forecasters and other adults talk about rain, wind or storms



Sometimes yes, more severe weather is on its way. But often it's just normal rain.

Stay calm and positive

You might be feeling worried yourself. Do whatever you need to do, to feel safe and stay calm.

Give positive cues

Jarjums look to you for clues about how to feel. They're asking, 'How worried should I be?' Use your face, voice, body and behaviour to show, 'We're safe and we'll be okay.'

Help children feel safe

- Have a cuddle
- Read a story together
- Play a game that helps children feel connected with you and each other
- Don't talk too much about the weather - a few facts, then move on to something fun



Remind children they're not alone

- 'Who helped you in the last flood? What did they do to help?'
- Ask, 'If we get a lot of water again, who'll take care of you?' (e.g. 'At kindy there's me, Miss Alex and the other teachers. At home there's Mum, Dad,' etc.)

Help children feel some power and control in relation to weather

- 'Let's check the weather forecast to see what's happening'. Go to the Bureau of Meteorology website on a tablet, computer or phone. Help children understand in simple terms what the radar shows, how much rain is expected, how long it's likely to last.



Here are some things you can say and do if jarjums feel nervous about weather.

Clouds/rain

'Usually when it rains, it doesn't flood. There has to be a lot of rain to make a flood. Most times, there's only a bit of rain. Let's:

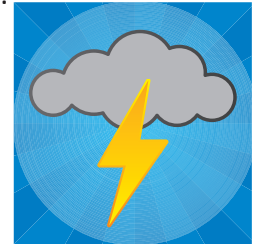
- check the weather forecast to see how much rain might be coming
- put on gumboots, get our umbrellas and dance in the rain!
- collect rain in a bucket, so we can use it to water the pot plants
- put the cover over the sand-pit
- sing a rain song and do a dance
- draw rainy-day pictures



Thunder/lightning

'Oh, that was loud thunder, wasn't it? I guess there's a storm going over. Storms happen quite often. They don't usually last long or do a lot of damage like that last one. Let's:

- check the weather forecast to see what this storm is doing
- use our musical instruments to make more noise than the thunder!
- turn our music up loud and have a dance
- use torches to make pretend lightning (try using a mirror)
- turn off the lights and use a torch to play shadow puppets
- attach paper to the wall, turn out the lights, and use a torch to make each child's silhouette on the paper. Draw around the silhouette, then the child can have fun colouring in their 'head'.
- count seconds between the lightning and the thunder, to see how far away the storm is
- give the storm a name and talk about it as a character (e.g. 'Okay, let's call the storm Growly. What does Growly like to do? Oh, okay – growl, throw rain at the ground, eat leaves...')



Wind

'Wow, what a windy day! It's not like that time the cyclone came – this is just air moving. It's a bit hot/cold/strong though, isn't it? Let's:

- make pinwheels to hold in the wind
- blow bubbles
- fly a kite
- wash the aprons and hang them out to dry
- put on some warmer clothes
- rub moisturiser on our face and hands to stop the wind drying our skin

