

Dear Community Provider,

Thank you for the support you give to the families affected by this disaster. Your work is not only helping them cope with their loss, but it is also showing adults and children that they are not alone and that there are people who care and can help. Sesame Street has created the *Here for Each Other* materials to help you give families some tools to help address the emotional changes that they are experiencing.

INSIDE, YOU'LL FIND

In this packet, you will find the following materials:

- *A Safe and Sound: Tips for Parents and Caregivers* handout with helpful hints to help children cope with the disaster.
- Six activity pages for children to help them find comfort and hope about:
 - ✓ expressing emotions,
 - ✓ sharing loving memories and everyday moments,
 - ✓ helping each other,
 - ✓ and cooperation.

KEY MESSAGES

As you use the activity sheets with children, you can emphasize the following key messages:

- You are not alone and there are people that will take care of you.
- There are still many loving moments we can all share together.
- We can find strength together by helping one another.

Thank you again for taking care of our communities with such dedication and care.

Sincerely,

Sesame Street



SAFE & SOUND

Hurricanes, storms, and any stressful events can be particularly difficult for young children who may not fully understand what's going on around them. These tips can help them feel safe, cope with emotions, and understand that there is hope for the future.

Give Children the Facts 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.

Comfort Your Children Try to calm your own fears first, since children take your cues. Answer questions honestly and age-appropriately, in simple words. Reassure them that what happened is not their fault, and that you love them and will take care of them. Hugs help, too!

Listen and Talk to Your Children Follow your children's lead. They may not want to talk about their emotions and experiences right away. If they prefer not to talk, play with them and spend time doing what they like to do. If they express sadness, anger, or fear, tell them it's okay to feel this way, and encourage them to continue sharing their feelings with words or pictures.

Try to Keep a Normal Routine As much as possible, try to keep a daily routine. To help children feel safe and calm, encourage them to engage in favorite activities.

Spend Time With Your Children Simply smiling, laughing, and playing together can also help children feel safe. Encourage them to do things that can help them express their emotions, such as writing a story or drawing a picture.



Pay Attention to Signs of Stress Nightmares, bed-wetting, aggression, inattentiveness, and clinging behavior are common among children who have experienced a crisis. If you notice such signs, please talk to a health care provider, teacher, school counselor, or mental health professional.

Monitor Children's TV Viewing Don't allow children to watch repeated images of the hurricane, its damage, and other violent events. Young children might think that it's happening repeatedly, in real time.

Empower Your Children If your children have been directly affected by the hurricane, you can give them simple chores and responsibilities to help them maintain a sense of control. Praise their efforts—building self-confidence is important when joining a new community. If children have been indirectly affected, encourage them to show compassion and help others.

Take Care of Yourself You're more helpful to your children when you've attended to your own physical and emotional needs. Build a support system through relatives, friends, faith leaders, or counselors. Stay active, get enough rest, eat healthfully, and do things you enjoy.

Inspire a Sense of Hope Explain that while many things may have changed, there are people and places we can always "hold in our hearts." Explain that no matter what has happened, you still have each other to build a better future.

FEELINGS

Sometimes just thinking happy thoughts can make us feel better. Help Oscar by drawing something that makes you happy in his thought bubble.



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

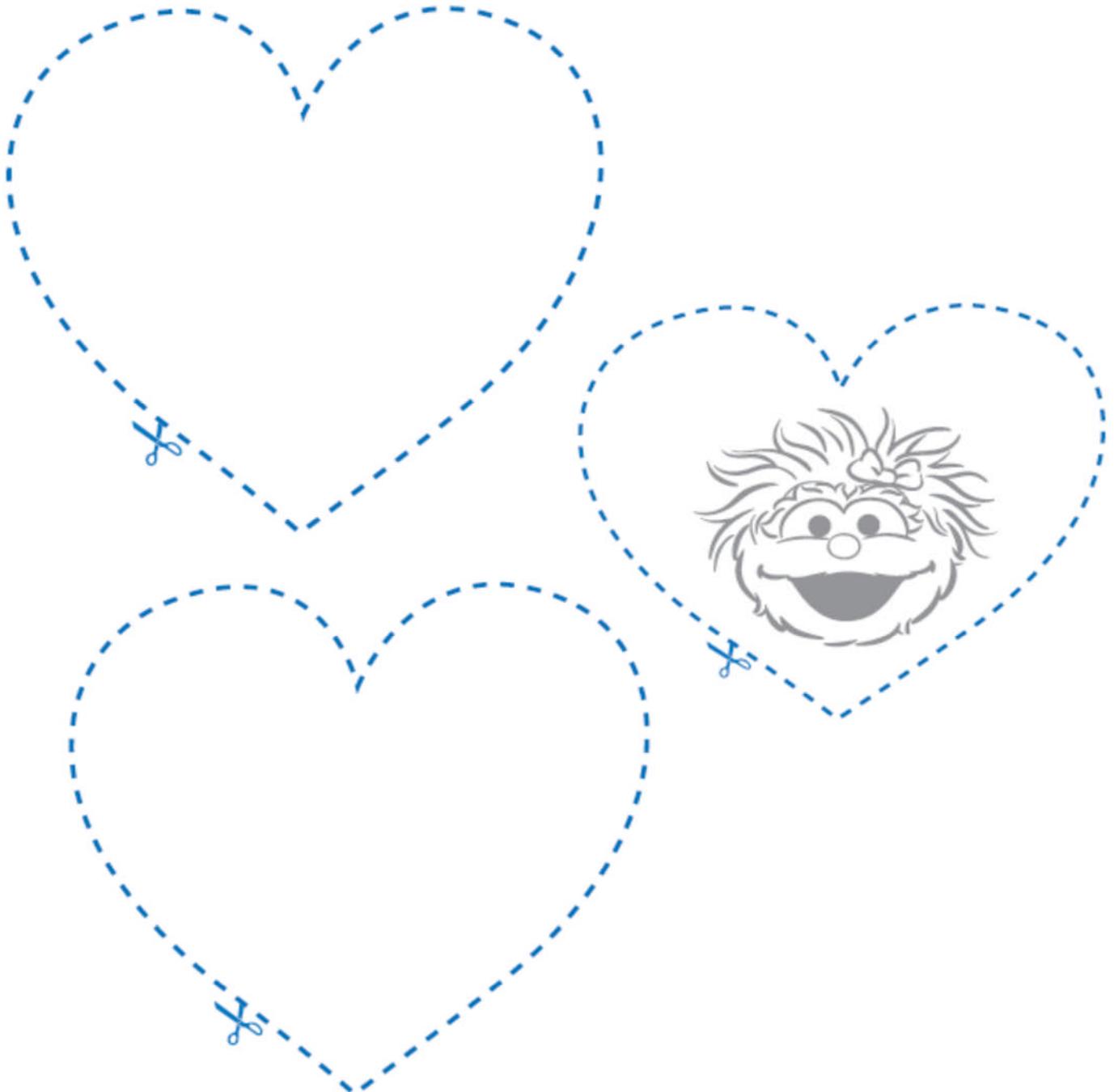
1. Play with a friend. Cut apart these cards and put them facedown.
2. Take turns flipping cards over two at a time. If the cards match, take the cards and take another turn. If they do not match, turn them back over in their places and let the other player take a turn.
3. The person with the most cards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





A POCKET FULL OF HEARTS (Part I)

Think about how you love your family. In each heart, make a drawing or write a few words to express how much you care for them. What are some things you love about your family? What do you do together that makes you feel happy inside? Cut out the hearts and place them inside your family members' pockets or your own pockets to remind you of all the love you share.



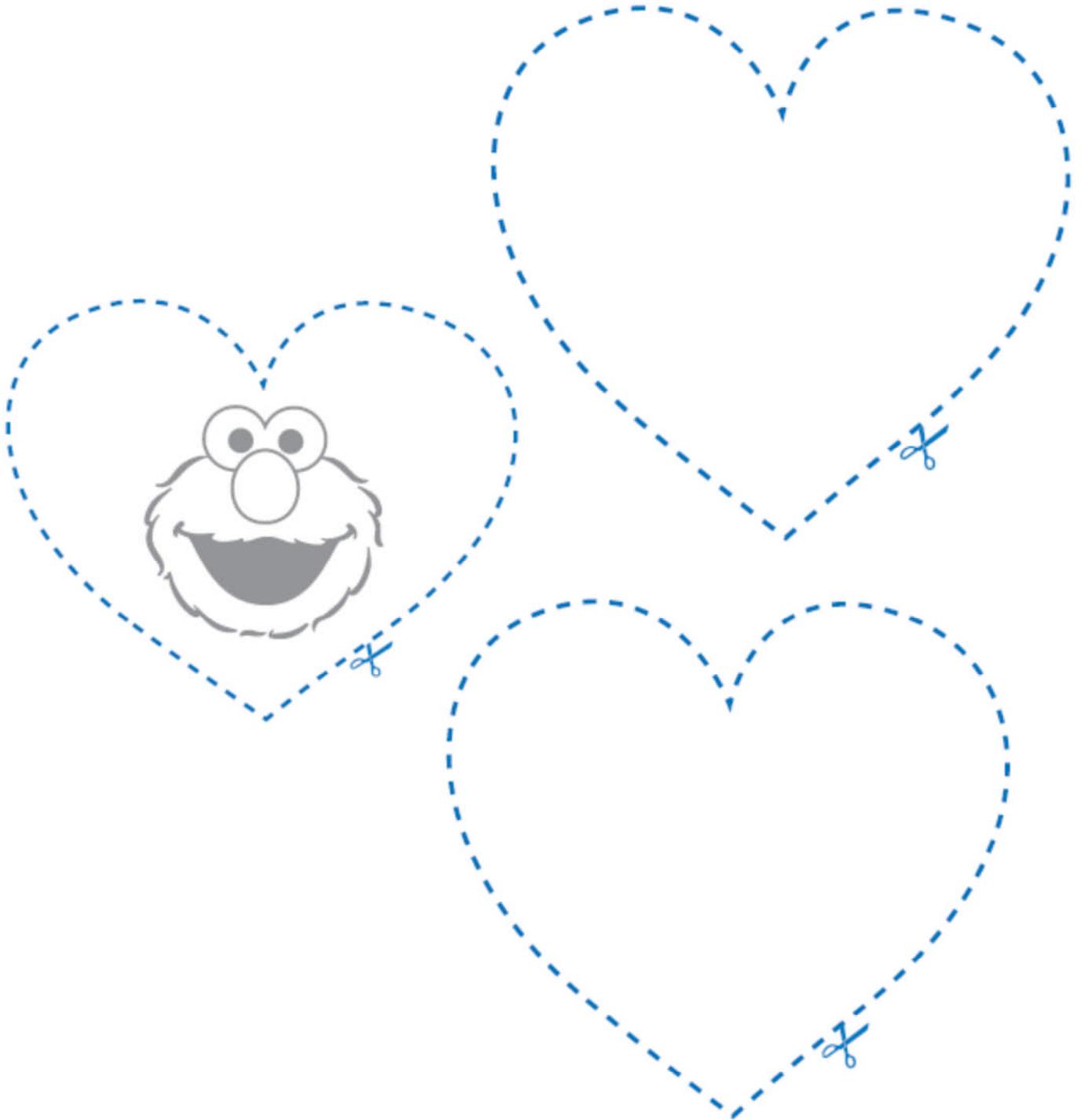


Here for Each Other

HELPING FAMILIES
AFTER AN
EMERGENCY

Children's Activities 

A POCKET FULL OF HEARTS (Part 2)





This coupon is good for

ONE EXTRA-BIG HUG

To: _____

From: _____

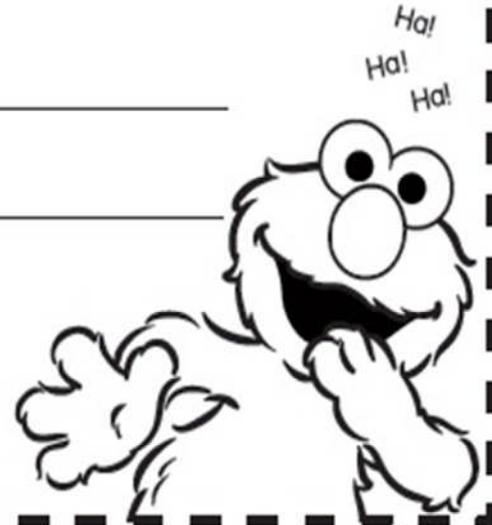


This coupon is good for

ONE JOKE

To: _____

From: _____



This coupon is good for

ONE SONG

To: _____

From: _____



This coupon is good for..



To: _____

From: _____



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.



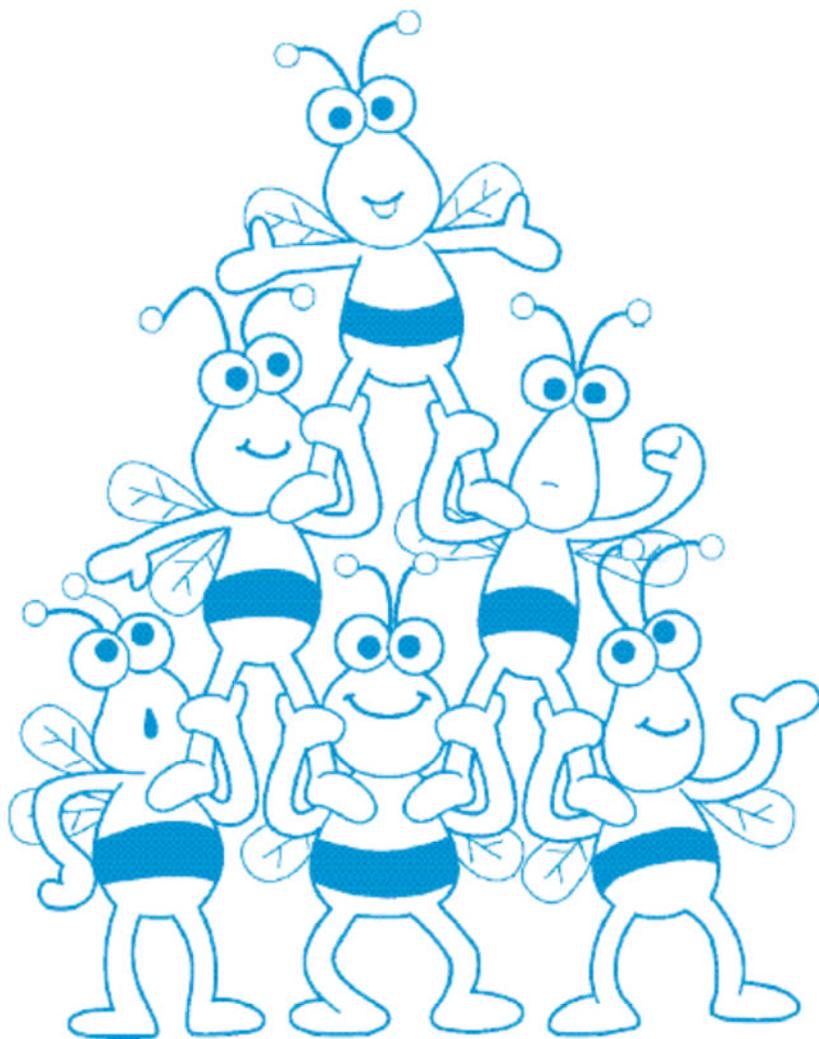
Think about a way you have helped someone or how someone has helped you. Ask a grown-up to help you write about it here or on another sheet of paper.



WE'RE A TWIDDLEBUG FAMILY

We've been exploring the many ways that friends, families, and communities all around the world help each other.

We're Twiddlebug family. We support each other. How do you think the Twiddlebugs help each other at home? How do they help each other at school?



Colored by _____

Tip: Talk together about the different ways your family members, friends, and neighbors help one another. Draw part of a picture or make up part of a story and then send it off to a relative or friend so that they can add on. Many people can work together to make it special.