

Little Helper Challenge:

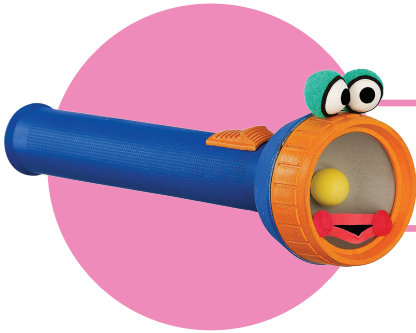


Find your **grown-up**, then see all the little ways you can help **before** a storm.

Pick a favorite stuffed animal or blanket to keep nearby.



Gather flashlights and batteries.



Put extra pet food and water where they can find it.



Pack a small “go bag” with snacks, water, and comfort items.



Practice taking three deep breaths together if you feel scared.





Now, see all the little ways you
can help **after** a storm,
always with your grown-up!



Sort toys or books that got wet.

Draw a picture or card to
cheer up a friend or neighbor.



Share snacks or meals
with others.

Say kind words like "I'm here for you"
to family or friends who feel sad.



Give a hug or fuzzy cuddle
(if the other person wants one).