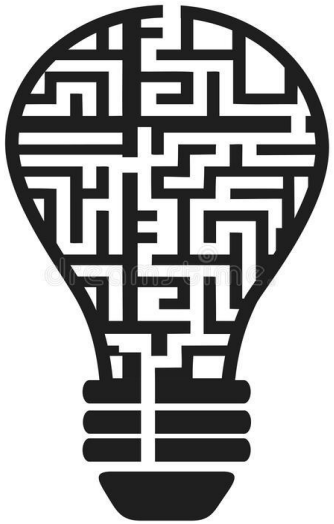
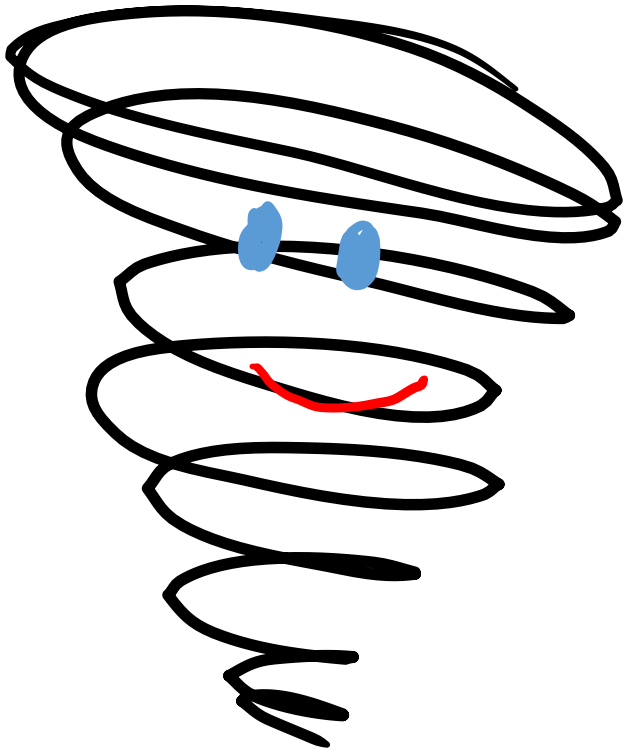
When the Lights Went Out:
A Story about Hurricane Ida



Written by: Erin Dugan, Adrianne Frischhertz, & Krystal Vaughn
Illustrated by: Susanna F. & Ellie F.

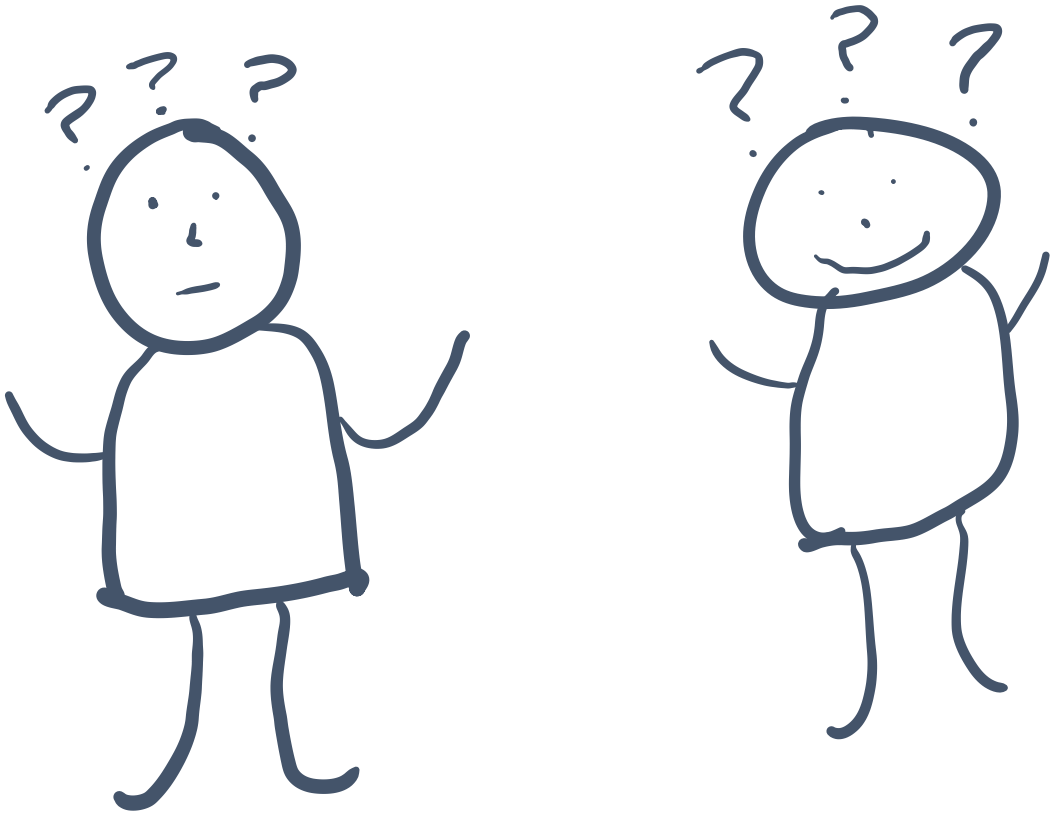
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Summer was over and we had just started school. Before we knew it, we were told there would be no school! A hurricane was coming our way and it was a big one!!



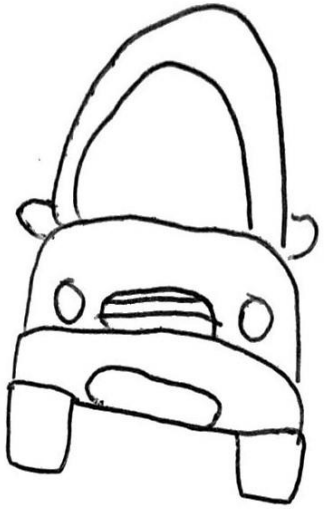
Would we stay home and brave the storm or should we evacuate????

The adults had big decisions to make.

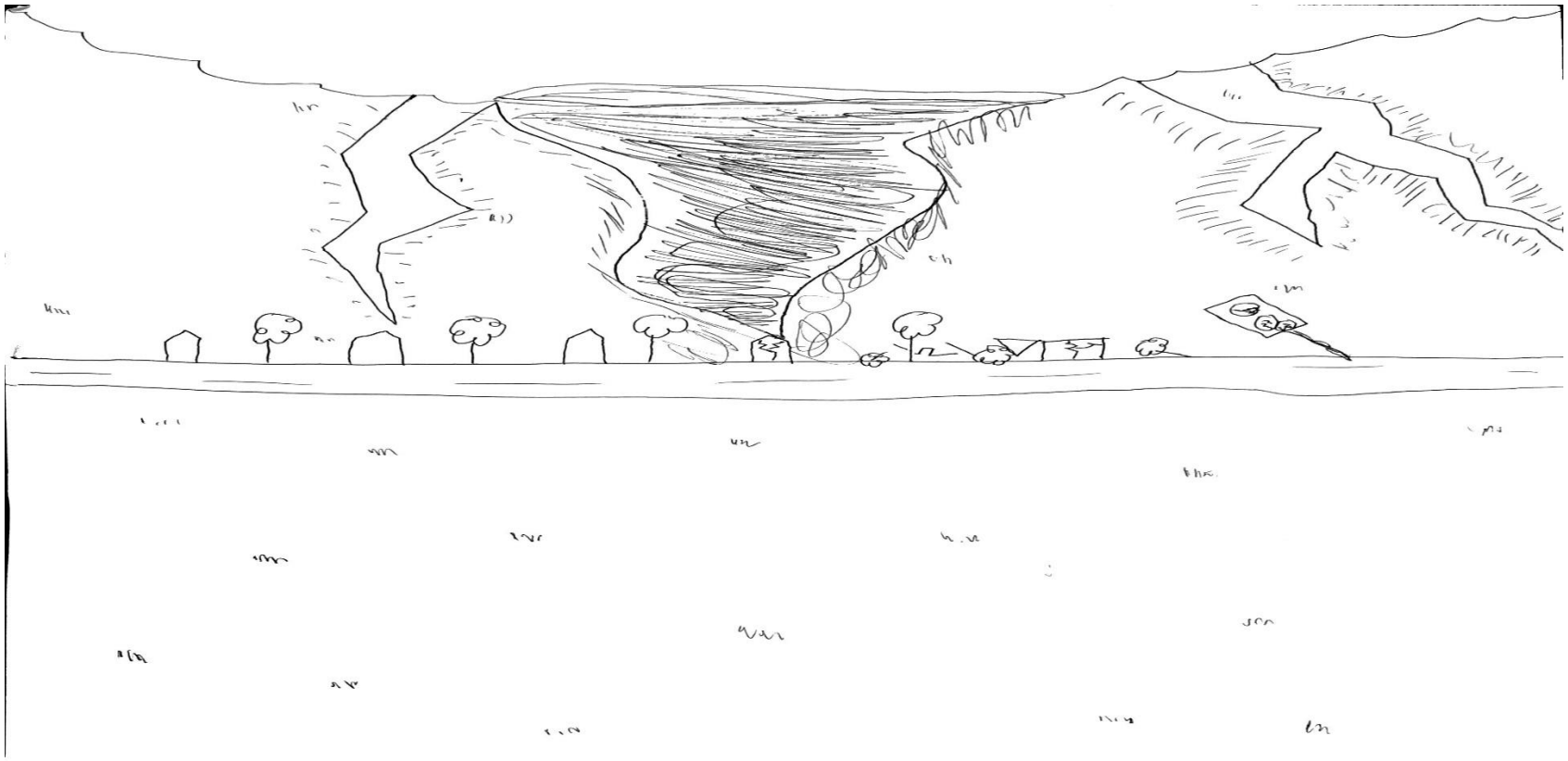


Mom said, "We need to go get some gas no matter if we stay or evacuate (that means to leave town!)"

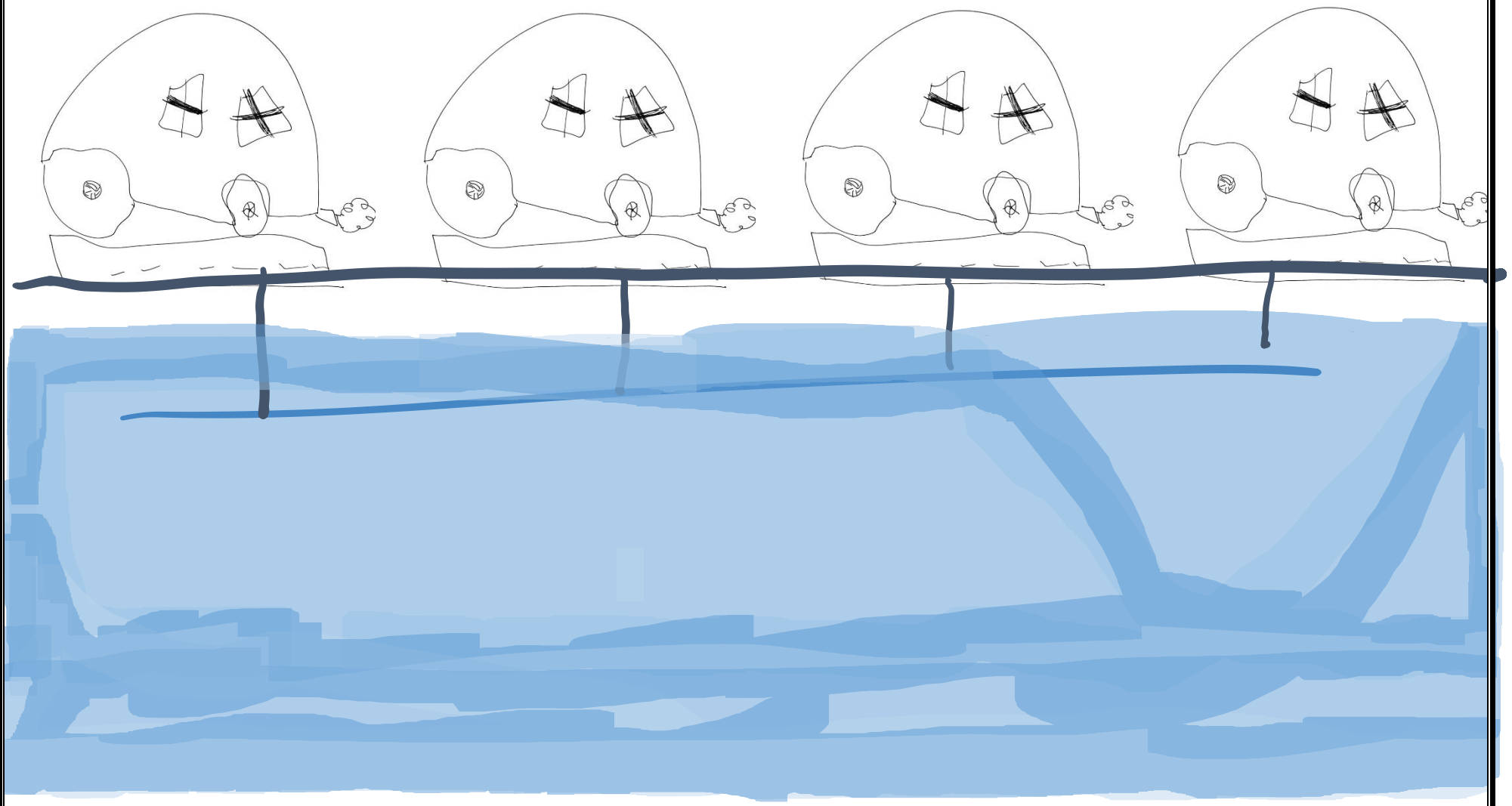
Boy were the lines long!



Hurricane Ida's projected forecast did not look good for us in Louisiana. She was headed straight for us and was very strong. People were worried!



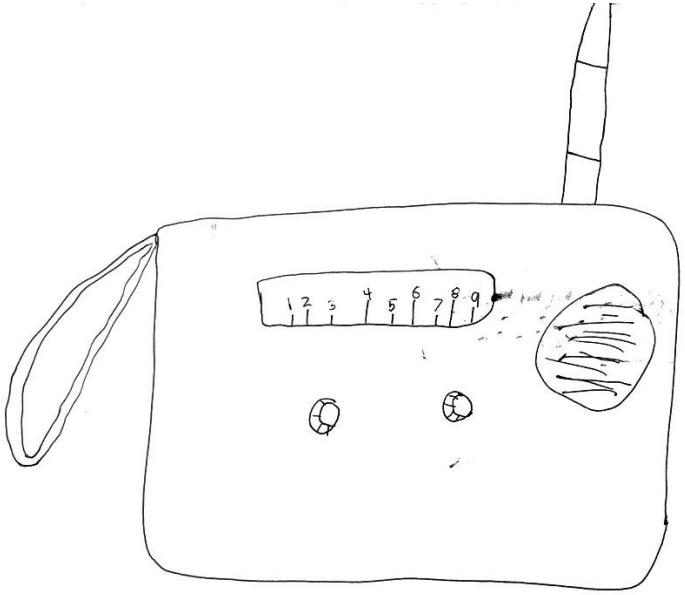
My family decided to leave New Orleans. The car ride was REALLY long. I don't know if I have ever been in a car that long. At times, we were not even moving over the bridge. Ugh!



My neighbor's parents decided they would stay at their house for Hurricane Ida. They prepared their house by boarding up windows and made sure to buy extra food and water in case they got stuck at home.



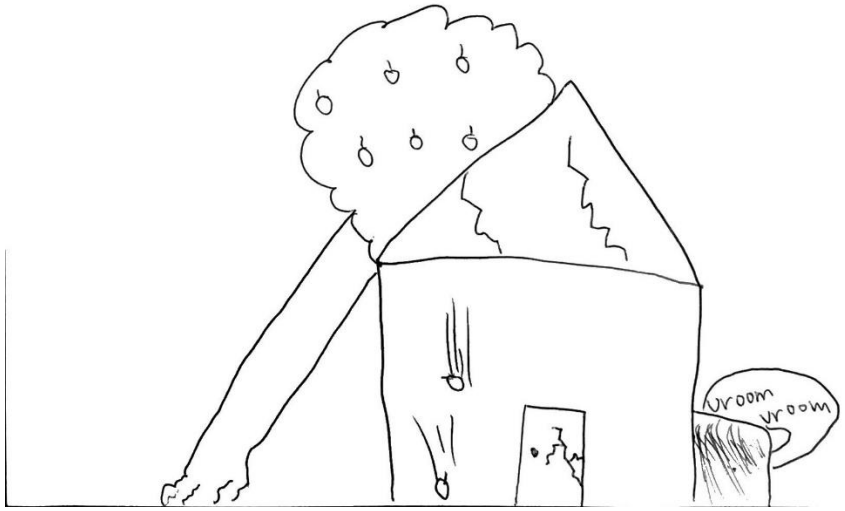
They told me that when the storm started, they felt nervous! My parents said that probably happened to a lot of kids who braved the storm. As the lights began to flicker, my neighbors listened to the radio. The wind was so loud they had to turn the volume up!



The next morning, my family turned on the TV where we were staying and the news showed many videos about the damage Hurricane Ida left around our city. I asked my parents if our house was okay.

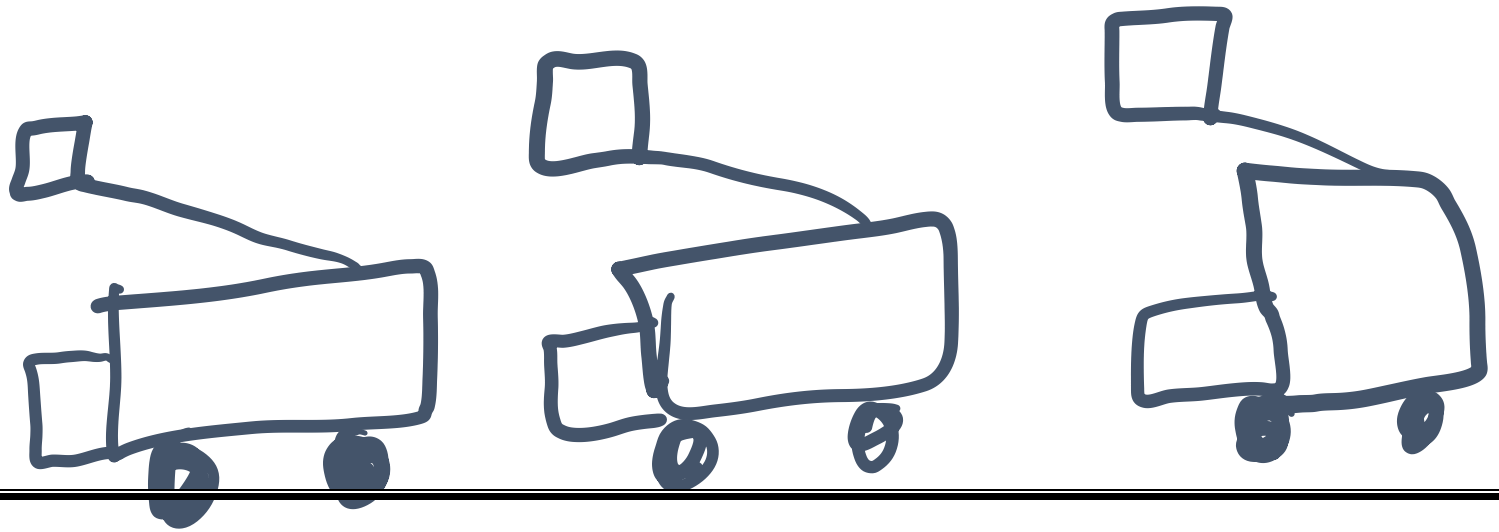


The next morning, we called our neighbors at home and they told us Ida had come and left destruction all around. Their family woke up and noticed branches, leaves, and roof shingles all over our neighborhood. Walking around, they put them into piles so that they could ride scooters and bikes. They drove around and sometimes had to turn around because there were trees or power lines in the way!

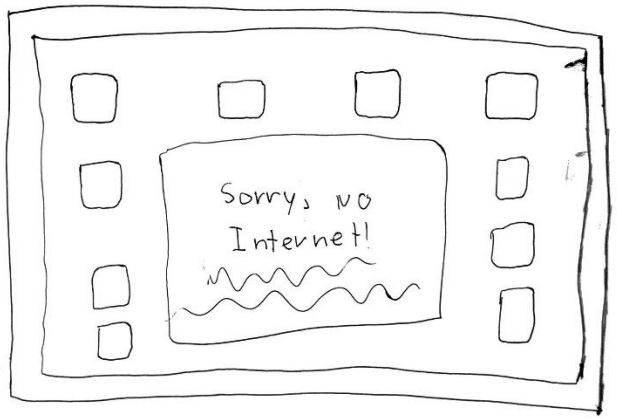


Entergy is doing it's very best to help restore power to our city, but we still don't know when they will be done. Some houses have generators for power, but lots of them do not. I wonder about going back to school. Will it be in person again or will we have to use our computers at home? Sometimes even grown ups don't have all the answers right away.

How does that make you feel?



I miss my friends and going to school. I miss being in my house, watching my tv, playing in my backyard, and playing in my neighborhood. I hear that my friends who stayed do not get to use their IPads or play video games because they do not have internet. What helps you when you feel worried?



But, I remind myself that there are lots of people coming from all over to help our city. Some are working hard to clean up their neighborhood and others to turn the power back on. What do you think needs to be done?



Now that Hurricane Ida is over, I know that some things will be different and some will be the same. I know that I'll be OK, and you will too! No matter what, helping hands are all around!

Try a **5 Finger Breath**

Trace your fingers and breathe in and out. A helpful adults can show you how. Look at your hand and choose one thing that makes you smile for each finger.

Draw your feelings.

Write a letter, text, or email a friend.

Give yourself a **high five and pat on the back** – this is tough and you're being so brave and strong!

Ida

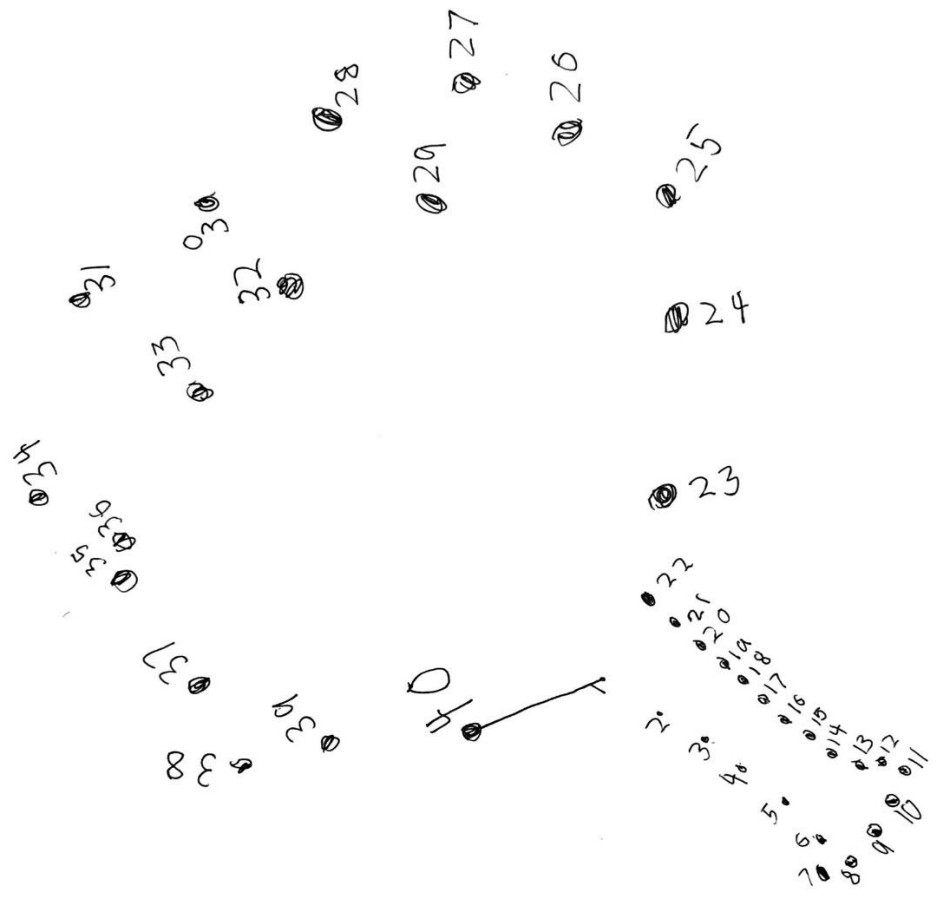
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Y Q D H N C Z A P A W T H V W
Q M J N G A A G Z T N O A A Z
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P E Y J E B K I J P N T B S K
L N K J F P O W E R L U K R S
Z W L L X N D D G K Z A K L B
F T R O M W U L M A I N N J A

Evacuation
Gas
Generator
Hurricane
Internet
Power
Wind

Find the word in the puzzle.

Words can go in any direction.
Words can share letters as they cross over each other.

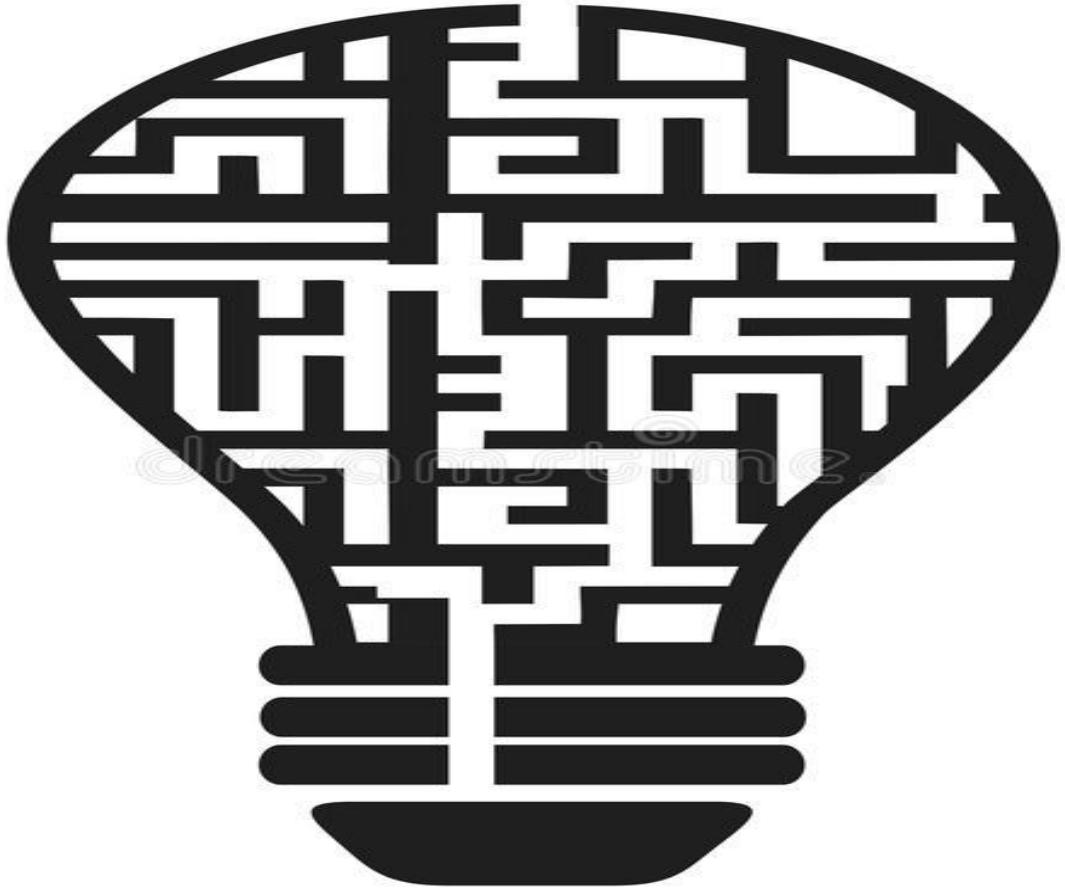
CONECT THE DOTS ACTIVITY



What is your hurricane story?



Light Bulb Maze: Can you find your way to the other side?



Kids like me feel lots of emotions about Hurricane Ida. All feelings are OK!

I was nervous about leaving the house. Now that it's over, I'm sad some kids' houses are hurt. But we got to see our cousin we haven't seen in two years! ~Cecilia, 8

I didn't like the hurricane! It was storming outside when I wanted to play! ~ Lexie, 7

I didn't like all the broken trees and leaves in my neighborhood. And it was hot! I am glad I get to help clean up because then I get ice cream. ~Ellie, 6

It was really fun because my brother and I made a fort and my sister and I danced a lot! ~Emma, 9

The wind was too loud! But I love watching all the trucks working now. ~John, 2

I was scared and nervous when everyone started evacuating and we didn't know what we were doing just yet. ~Eileen, 13

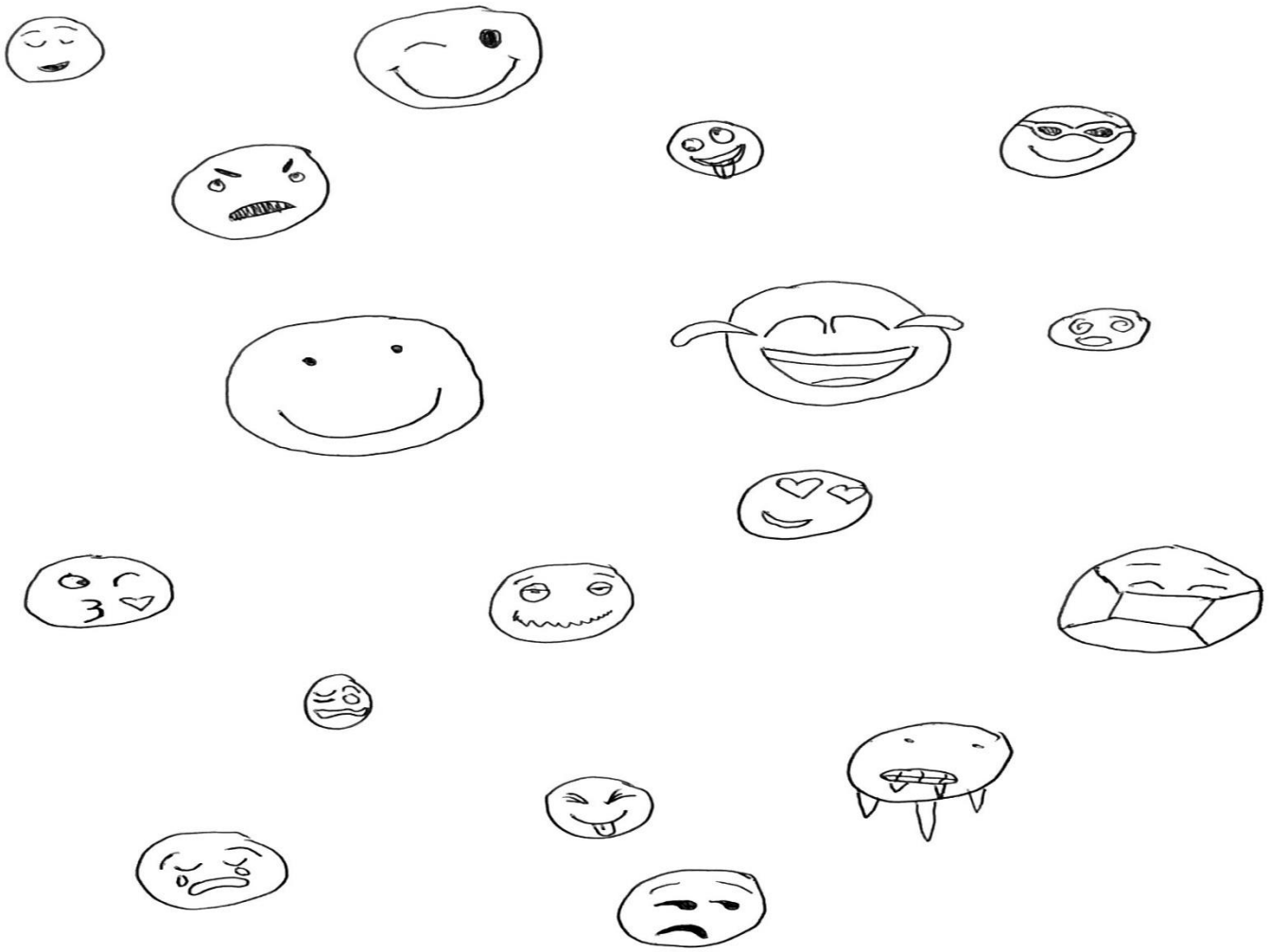
I was scared our house would be destroyed and that we would need a new one. I was sad that Dad had to stay for work while we evacuated. But I had fun visiting my family! ~Enrique, 7

It was so fun to hang out with my family and do things we don't normally do! ~Riley, 13

I kind of liked it because I got a lot of time on my tablet. I hope school opens soon. I want to play with my friends! ~Susanna, 8

It put everyone's power out and we had to evacuate! ~ Adelle, 9

Color in the emojis that you feel. Or draw your own!



What I have Been Doing Each Day

_____	_____	_____	_____	_____

Mindfulness Activities:

Sit or lie down and think of a peaceful place. Draw or describe it.

Take three deep mindful breaths.

Draw your mood.

Move your body! Exercise is healthy for your brain and your body.

Tips for Caregivers:

It is common for children to want information. They may ask questions such as:

When are we going home?

When does school start?

Where are my friends?

Is our school OK?

It is important to acknowledge all feelings. It is OK to tell your children that you don't have all the answers and you understand that might make them nervous, sad, or worried. Inform them that you will share important information with them when you have it and say "I've/We've got this!" Take time for moments of connection through a hug, encouraging words, or playing together. Daily family check-ins are helpful and soothing ways to get through stressful times.

Step 1: Set a timer for 10 minutes. Check-ins can last longer, but usually 10 minutes is enough!

Step 2. Invite all present to give a compliment to someone else (grown-ups participate, too!) Ex. "Susie, I know it was hard to ride in the car for such a long time and you were brave."

Step 3. Plan/Problem solve by making a list of things your family or group needs to accomplish and invite all ideas to get it done. Even silly ones! Ex. "We need to pick up the sticks in our yard. Any ideas?"

Step 4. Adjourn and do something fun (or make a plan for later.) Ex. Dance party, game, etc.

About the Authors

Drs. Dugan, Vaughn, and Frischhertz are faculty at the LSU Health Sciences Center in New Orleans, LA in the Department of Clinical Rehabilitation & Counseling in the School of Allied Health Professions. Drs. Dugan & Vaughn also provide mental health counseling services in the LSUHSC Child & Family Counseling Clinic. Dr. Frischhertz provides mental health counseling services at NOLA Play Therapy, LLC. All are committed to the provision of play therapy services to young children and families, offering them a place to play out their feelings. This book is dedicated to the young children in the Greater New Orleans area and surrounding areas across Louisiana who have sustained impacts from Hurricane Ida.

For additional information about the book, please contact us via email.

cfcc@lsuhsc.edu

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