



## FOR TEENS: TORNADO RECOVERY

# Making Things Better

As time goes on, things should start getting back to the way they were. In some families, kids may be back at school, parents back at work, and life may go back to the way it was before the tornado. Some families may have to move, they may have lost a loved one, or it may take a lot longer for things to get better.

### Ways to Help Yourself

- Talk to your parents or teachers about your feelings.
- Talk to a school counselor if you are really sad, scared, or angry.
- Take a break from the TV and internet.
- Try hard to get along with others and be respectful of people's feelings.
- Eat right and exercise.
- Do something to relax before bedtime, such as listen to calming music or read a funny story.
- Don't sit around bored - read a book, play a game, call a friend.



### Ways to Help Others

- Help out with chores around the house.
- Show your parents and siblings that you love them.
- Volunteer for clean up or rebuilding activities in your community.
- Talk to your friends about their concerns.
- Remember: Doing things to help other people can help make you feel better, too.