



The Flood is Over. What do you do now?

Here are some things that might happen to you after a flood:

<p>You may have bad dreams or feel sick. It may be hard to think or do school work. Tell your parents or an adult.</p>	<p>Your family may feel sad or angry. They may say things they don't mean. It may hurt your feelings. This is normal.</p>

Things you can do to help yourself feel better:

<p>Be kind to others. Doing things for others can help you feel better.</p>	<p>Talk about your feelings with your parents or a friend.</p>  <p>Write a story or draw a picture about the flood.</p>	<p>Get plenty of healthy food, exercise, and rest.</p>  <p>Do something you enjoy, such as listening to music or reading.</p>

Your feelings are important and you should tell them to the adults in your life.