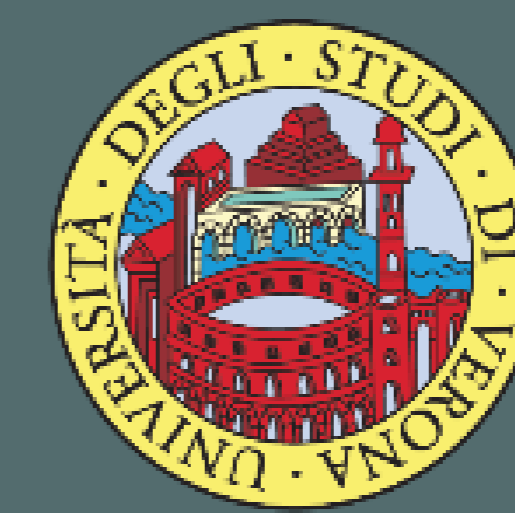


Floods:

HOW TO HELP CHILDREN AND ADOLESCENTS MANAGE EMOTIONS



UNIVERSITÀ di VERONA

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WHAT IS A FLOOD?

It is the temporary flooding of areas that are usually not covered with water.

WHAT ARE THE TYPES OF FLOODS?

- **River floods:** they consist of the overflowing of watercourses onto normally dry land.
- **Coastal floods:** they consist of levels of water above the average along coasts, in lakes or reservoirs.
- **Water stagnation:** they consist of water stagnation in areas where rain falls. Floods can happen slowly but also suddenly.

WHAT EMOTIONS CAN WE FEEL?

We can feel emotions such as...



FEAR

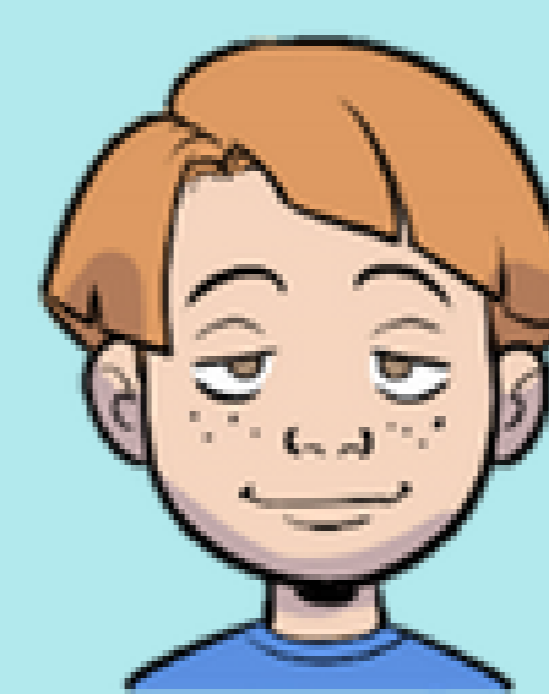


SADNESS



ANGER

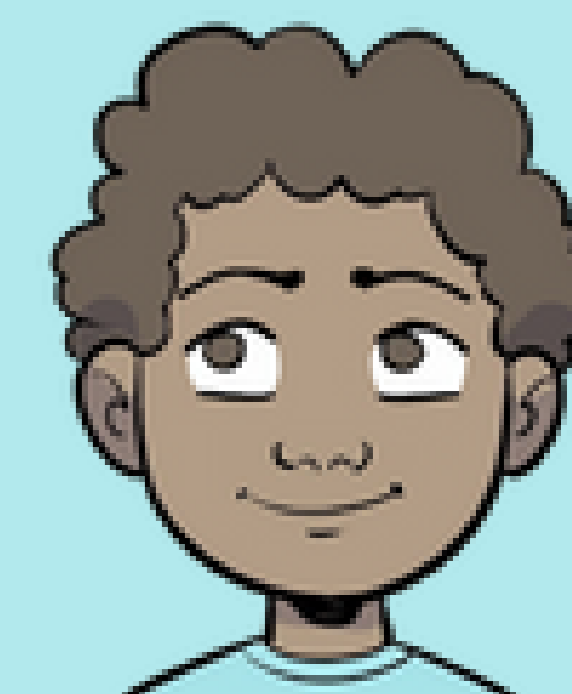
However we want to feel emotions such as...



RELAXATION



ENJOYMENT



HOPE

HOW CAN WE COPE WITH FEAR, SADNESS, AND ANGER?

LOOK FOR SOLUTIONS

TAKE STEPS TO HELP SOLVE THE PROBLEM

- Enact protective behaviours (e.g., avoid areas close to watercourses, garages, cellars or underpasses; go up to the higher floors).
- Remember the emergency rules learnt in your family or at school.
- Follow experts' instructions.

TALK ABOUT FACTS

- Keep updated on experts' instructions (e.g., Civil Protection).
- Give clear, understandable, reliable, and age-appropriate information.
- Leave room for questions.

SEEK AND GIVE SUPPORT

UNDERSTAND AND EXPRESS YOUR EMOTIONS

- Keep calm.
- Take deep breaths.
- Express the emotions you feel.

RECEIVE AND GIVE HELP

- Receive and give understanding and support.
- Help people who are in need.
- Trust adults.

UNDERSTAND WHAT IS IMPORTANT

TAKE SOME TIME TO FOCUS ON OTHER THINGS

- Be available to change your routine.
- Think about something beautiful.
- Understand how the ongoing situation could help prevent similar situations in the future.

ADAPT

- Identify priorities (e.g., stay safe, protect your health).
- Quickly adapt to changes.
- Not judge what others do and/or feel.

There are many ways to cope **with fear, sadness, and anger**: we can find ways that work for us and also invent new ones!!

