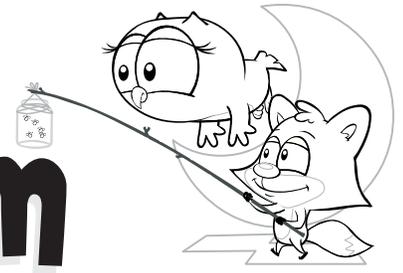


# Keeping Calm



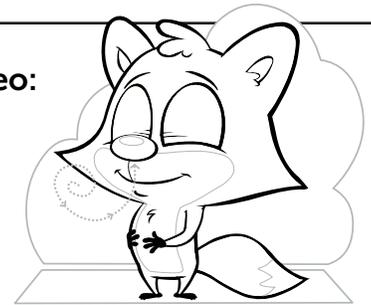
## Video, Worksheet, and Discussion Starters

In “Keeping Calm” Hunter learns steps for keeping calm in a disaster or emergency.

- The Hunter and Eve “Keeping Calm” video and worksheets are available to view and download at: <http://dcc.missouri.edu/hunter-eve.shtml>
- “Keeping Calm” worksheets include activities for youth to complete that help reinforce the “Keeping Calm” steps. These worksheets should be completed after viewing the “Keeping Calm” video.
- The discussion starters below can be used by parents, teachers, or other adults working with children to review, discuss, and reinforce the steps that appear in the “Keeping Calm” video. Discussion starters are provided for use before and after viewing the “Keeping Calm” video.

### Suggested discussion starters *before* showing the “Keeping Calm” video:

- What are some ways that you calm yourself down when you feel frightened or upset?
- Why do you think it is so important to calm down before acting in a scary situation?



### Suggested discussion starters *after* showing the “Keeping Calm” video:

- What helps Eve when she feels scared?
- What were the three steps Hunter takes to stay calm in this video?
- Who are people in your life that can help you practice Staying Calm?

