



**PUBLIC
HEALTH
SERVICES**

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Family to Family Health Information Center
Marianas Business Plaza, 5th Floor
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+1 (670) 664-8700

Stronger than any Storm Workbook for Children



Adapted from *The Wildfire in Maui - A Social Story Workbook for Keiki* by Maya Matheis, PhD
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About this Book

This book is designed for children aged 3+ affected by typhoons that destruct the CNMI. A parent or trusted adult should be present to guide the child and support the activities. This book uses strategies drawn from trauma care. Using plain language and visual storytelling, it is appropriate for children with and without developmental delays. This book intends to give words to what happened and what people are experiencing. Hopefully, it will help families feel safe and begin to heal.

How to Use this Book

Social Story

1. Read the social story with the child in your care and discuss. Pause if they become overly distressed.
2. Have it available for them to look at on their own.
3. Return to read the story together as often as it is helpful. Reading it again will help the child process the story.

Workbook

1. Start the workbook section when your child is calm.
 2. Assist them in doing workbook activities. Adapt the questions as needed for the individual.
 3. Encourage them to draw and color. If needed, write down any words told to you.
 4. Take breaks as needed and return when calm again.
- The workbook can be completed over time. It does not need to be finished in one sitting.

The Typhoon

One day, the wind started to blow very hard.



The rain fell from the sky and flooded the island.

Trees started to fall, and houses started to break.



Some people needed to leave their homes.

Other people could only stay home.



A Social Story

People who left home stayed in hotels or shelters.



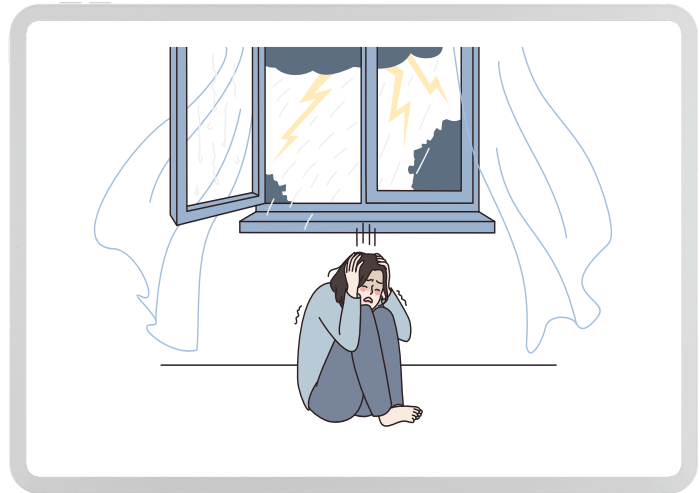
Many people lost their homes and cars.



Many people were unhappy because they had no electricity and running water.



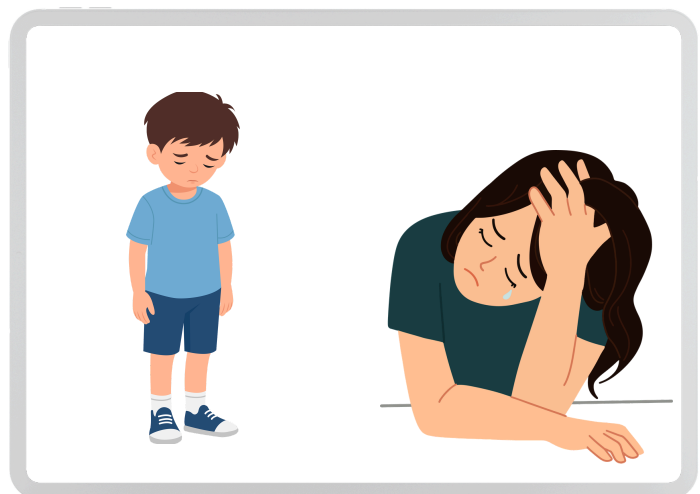
Many people feel scared because of the typhoon.



They also might feel worried or mad.



People who lost their homes or belongings feel very sad.



Many people from all over the world came to help.

The CNMI Family is helping each other.



People bring food and supplies.

People are now safe.



CNMI is strong. People will rebuild the islands.

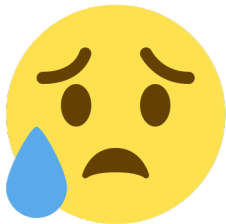
We are stronger than any storm!



Workbook

The typhoon was a big event that changed our lives.
Everyone has big feelings about the typhoon.

How do I feel?



SAD



CONFUSED



MAD



SCARED



WORRIED



NUMB



SHOCKED





My Body

Many people feel bad in their body after something terrible happens.

How does my body feel?



STOMACH ACHE



HEADACHE



SICK



TIRED

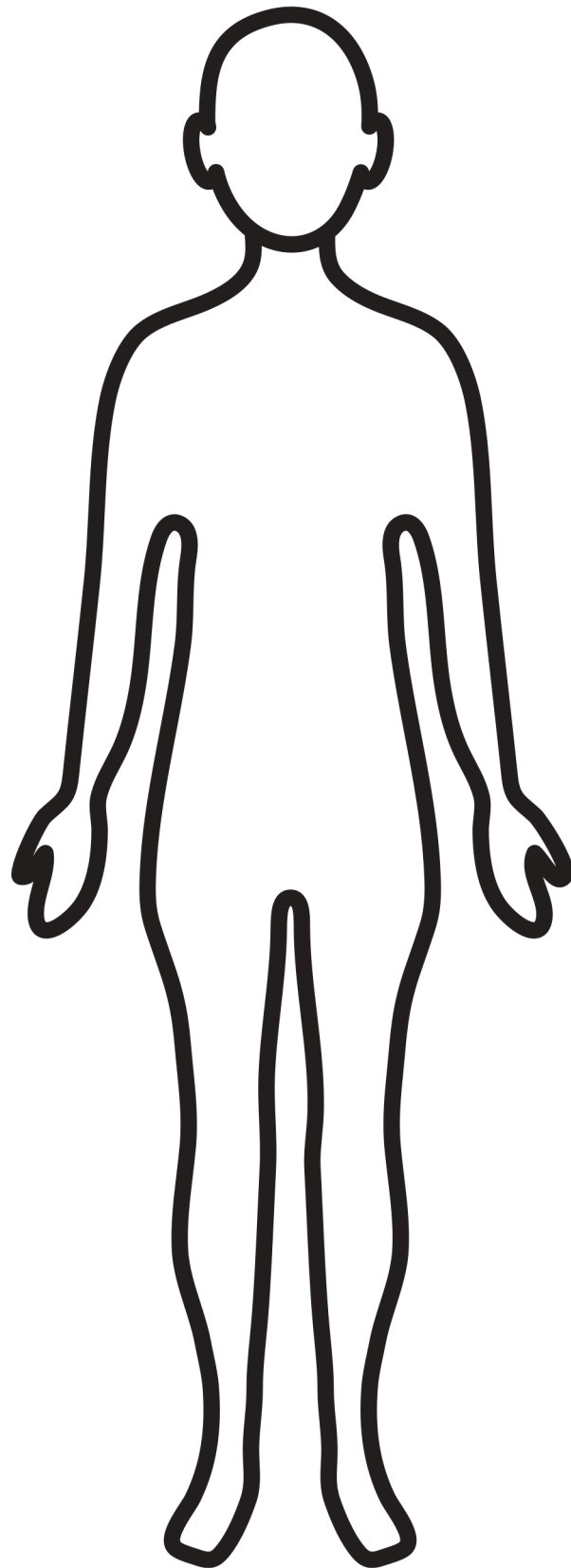


SHAKY



PAIN

A picture of how my body feels:



Healing

Things that can help me feel better:



COLD WATER



MUSIC



SQUEEZING



HUGS



ART



DANCING



DEEP BREATHS

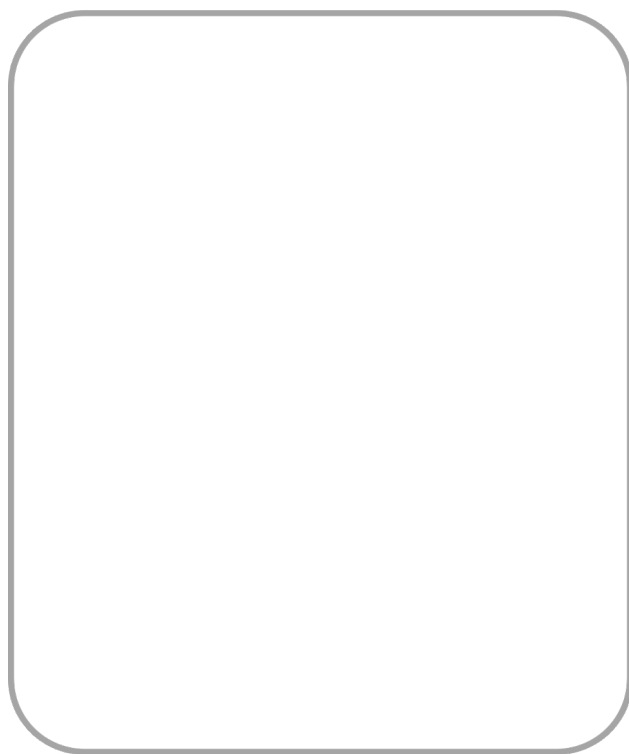
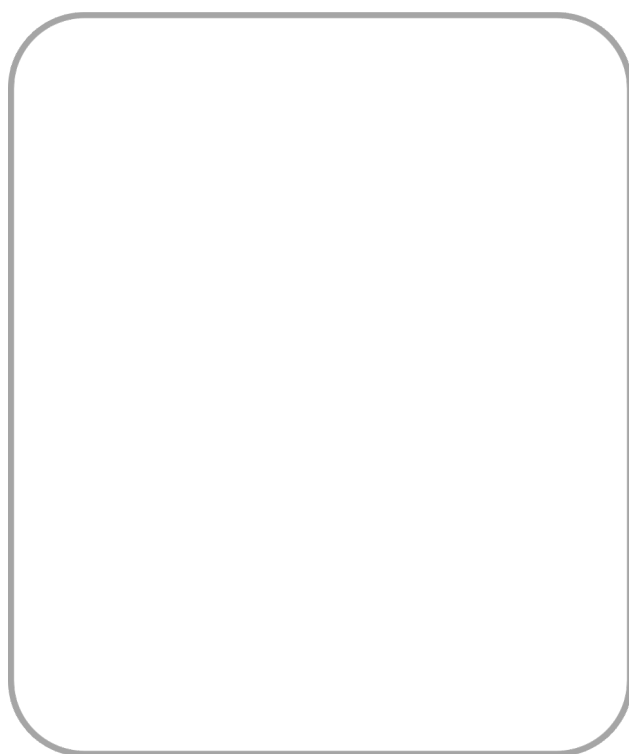


FAMILY



COUNTING

Other things that make me feel good:

A large, empty rounded rectangular box with a thin gray border, intended for writing.A large, empty rounded rectangular box with a thin gray border, intended for writing.A large, empty rounded rectangular box with a thin gray border, intended for writing.A large, empty rounded rectangular box with a thin gray border, intended for writing.

My Typhoon Story

When the typhoon started, I was...



**Things I could see,
hear, smell, and
touch:**



The scariest thing that happened:



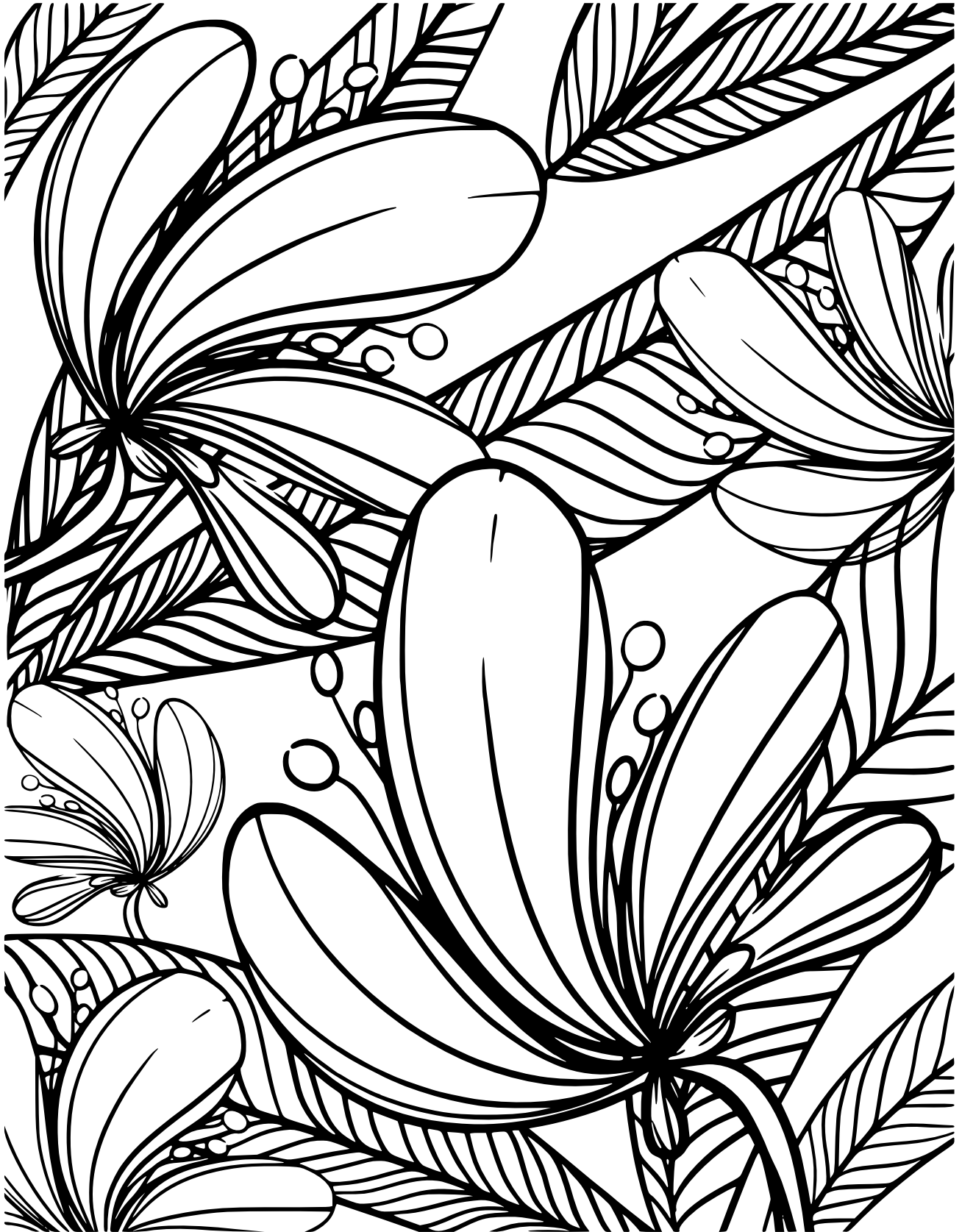
A large, empty rectangular box with rounded corners and a gray border, intended for writing a response.

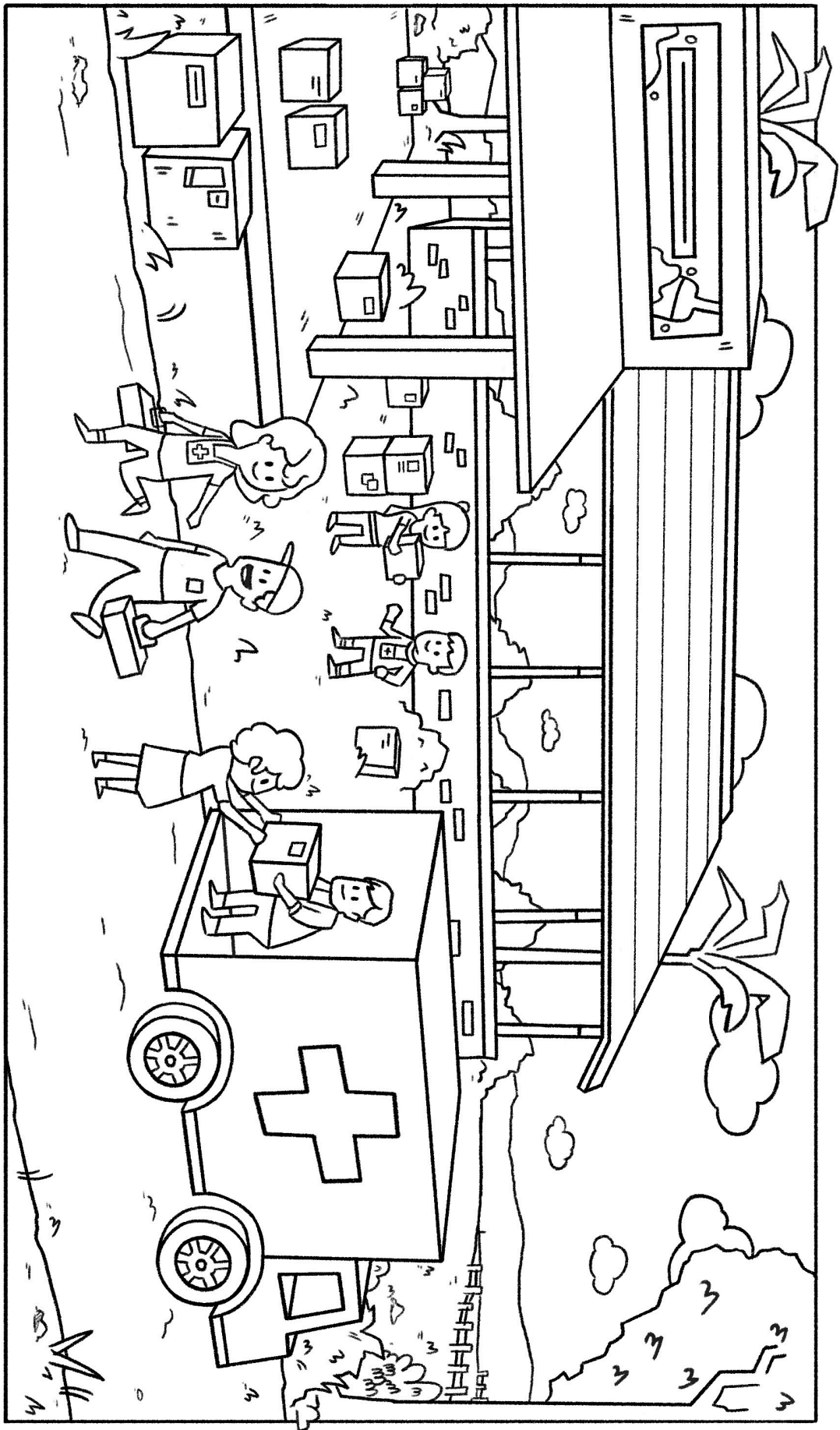
Three horizontal lines for additional writing.

What is happening now:

I am thankful for:

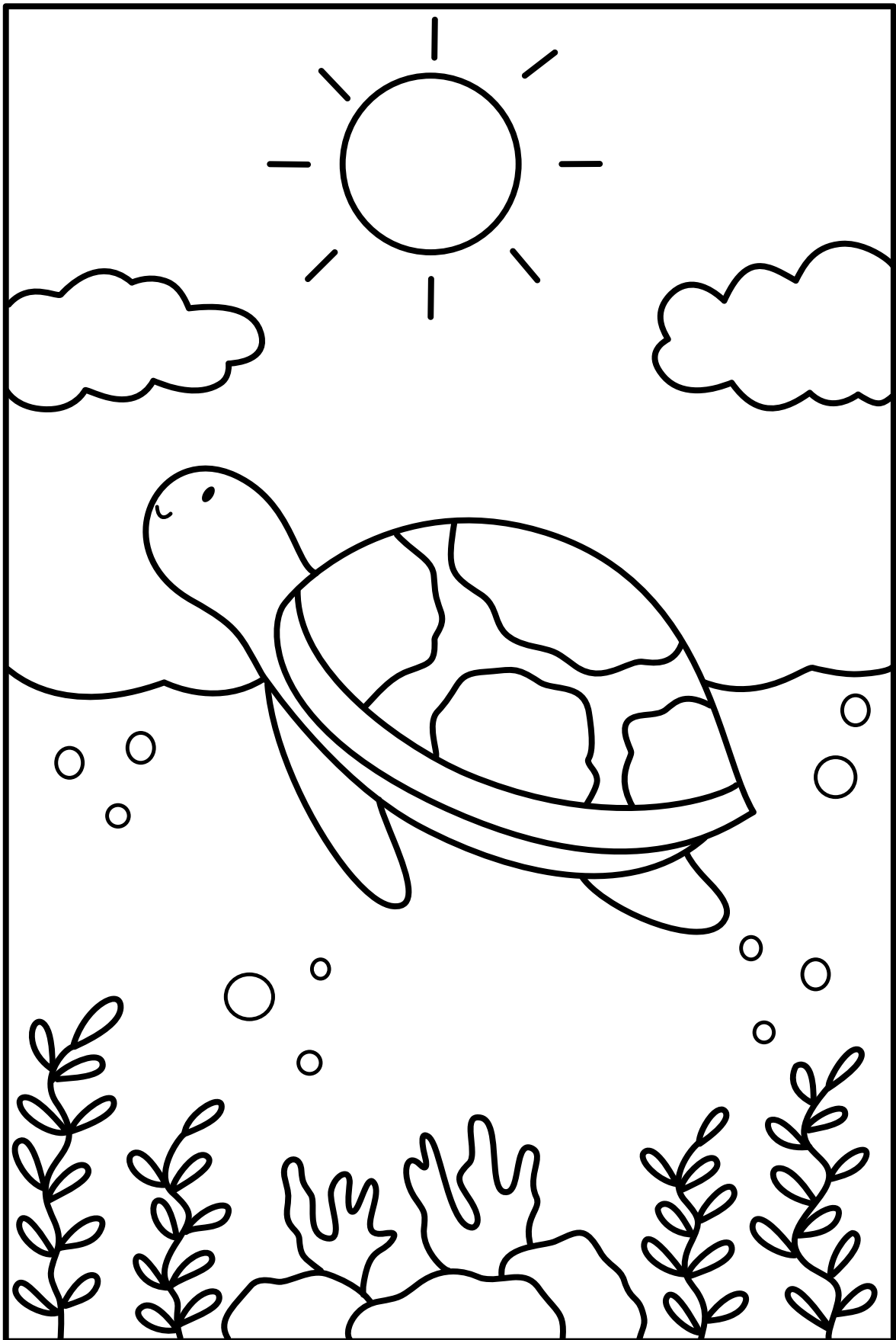
Coloring











Behavioral Health Resources

CHCC-CGC Systems of Care (SOC)
670-664-4604

**CHCC-CGC Pediatrics Mental
Health Care Access (PMHCA)
Program**
(670) 323-4063

**CHCC-CGC Youth & Young Adult
Outreach and Intervention
Program (YYA-OIP)**
Call **(670) 287-4063** | 8 am - 4:30 pm

CHCC-CGC Wellness Clinic
(670) 323-4063

CHCC-CGC Addiction Services Unit
(670) 236-8291/92/93

CHCC-CGC Mental Health Services
Call **(670) 287-4063** | 8 am - 4:30 pm

988 Suicide & Crisis Lifeline
988 | 24/7 Call or Text

**Substance Abuse and Mental
Health Services Administration
Distress Line**
1(800)985-5990 | 24/7 Call or Text

Go to our webpage for
more CNMI resources:
<https://www.chcc.health>



QR Code: Use your smartphone's camera to look at the square. A link should pop up to redirect you to the website.