

The Storm Scale

Children's Activities

Fear and Courage

The water is bumpy. The boat wobbles a little.
My tummy feels fluttery. My hands feel fidgety.

Wiggly Waves

I feel worried.



Tiny Cat says:
"Take 3 slow breaths."

The wind is loud. The waves are tall.
My heart feels fast. My body feels shaky.

Big Storm

I feel frightened.



Tiny Cat says:
"Put on your
bravery jacket."

The water is smooth. The boat floats gently.
My body feels relaxed. My breathing is slow.

Calm Sea

I feel okay.



Tiny Cat says:
"Keep sailing!"

