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Play helps them build confidence and feel more secure.

Here are some fun activities that can be done anywhere, with or without power, to help kids feel connected and empowered.

BUILDING RESILIENCE: ADVENTURES AFTER THE STORM

Scavenge for hidden treasures!

A scavenger hunt helps kids explore and blow off steam.

Build a hideaway!

Building a cozy space can help kids feel safe.

Craft with nature's wonders!

Collecting items from outside like leaves or flowers to create your own nature collage shows creativity and can help express feelings.





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