Hurricane Season



created by
Bobbi H. Rogers and Carlee Baker

Proud Moments ABA

A Note for Grown-Ups

Hurricanes can change familiar routines. This story gives children simple words and pictures to explore those changes with a trusted grown-up.

Read together at your child's pace. Pause, skip a page, or come back later. Your child can talk, point, draw, use their communication device, or simply listen.

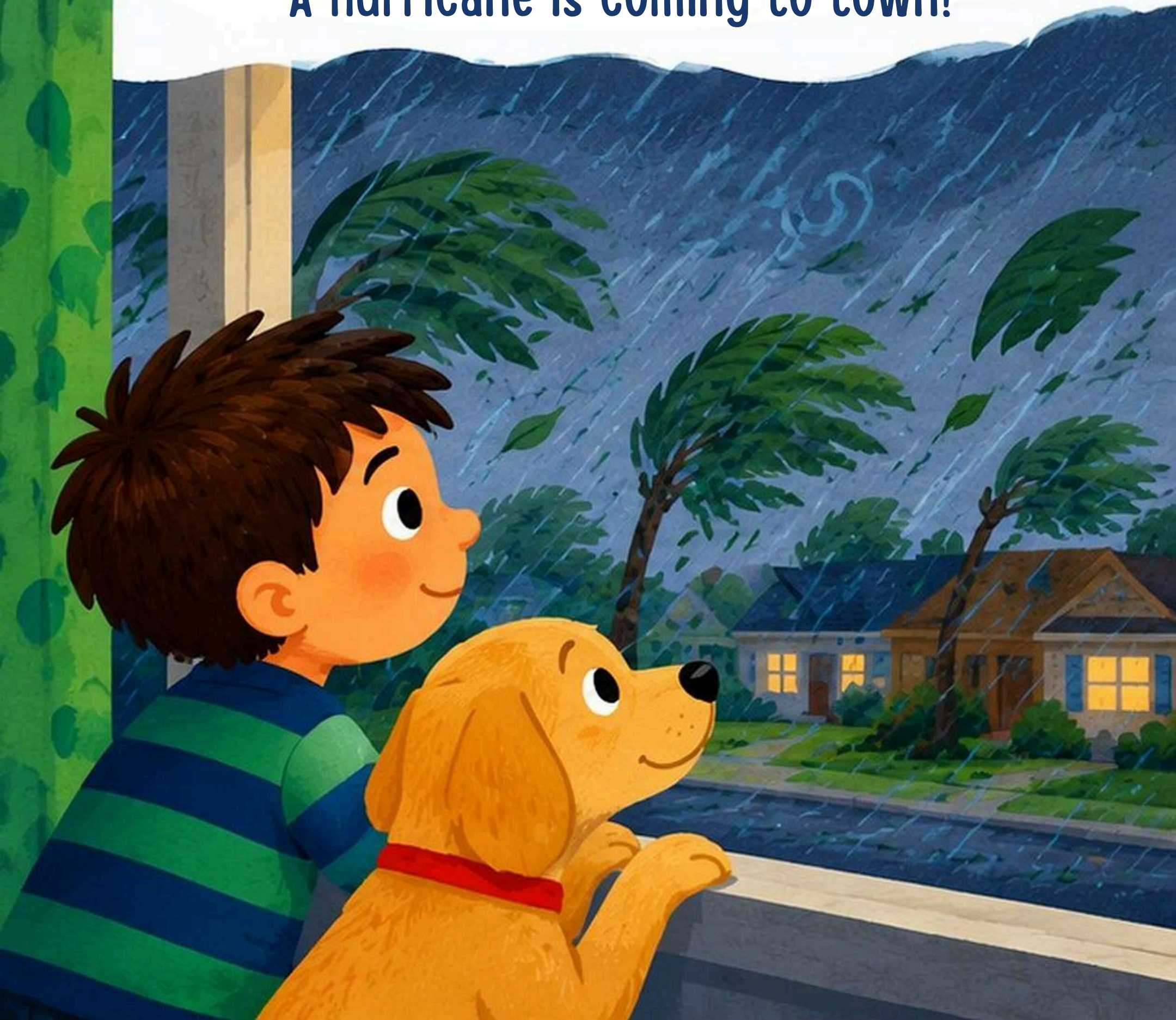
Make room for every feeling. You might say, "It's okay to feel worried. I'm here with you." Offer familiar comfort items and choices when you can.

This is one family's story. Your family may be staying somewhere else, and power, water, or routines may take longer to return. Change the words to match what is true for your child.

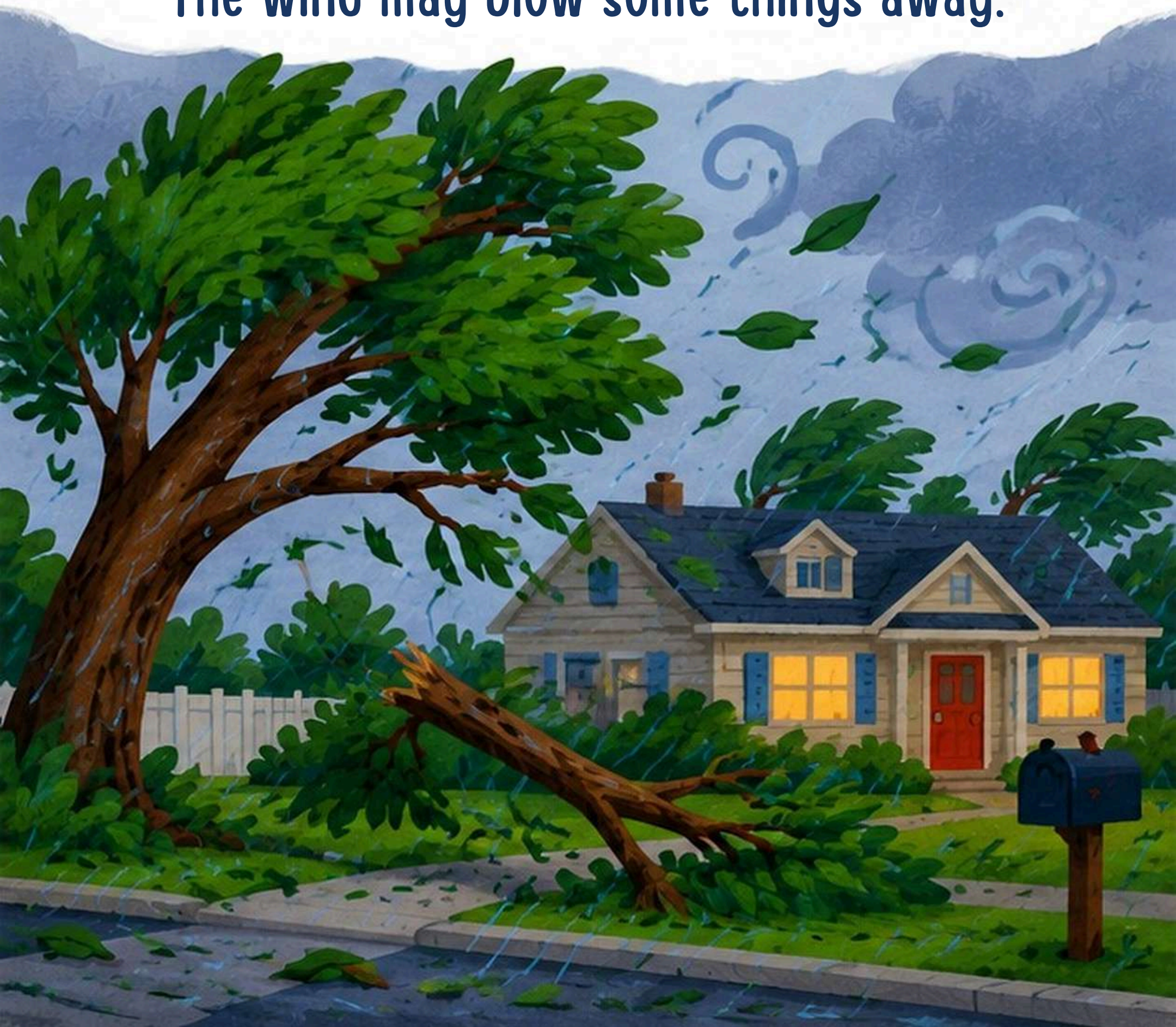
Grown-ups follow local safety guidance and decide when it is safe to go outside. Children help only with small, safe tasks chosen by an adult. Adults handle storm debris and other hazards.



The wind blows hard. The rain comes down.
A hurricane is coming to town!



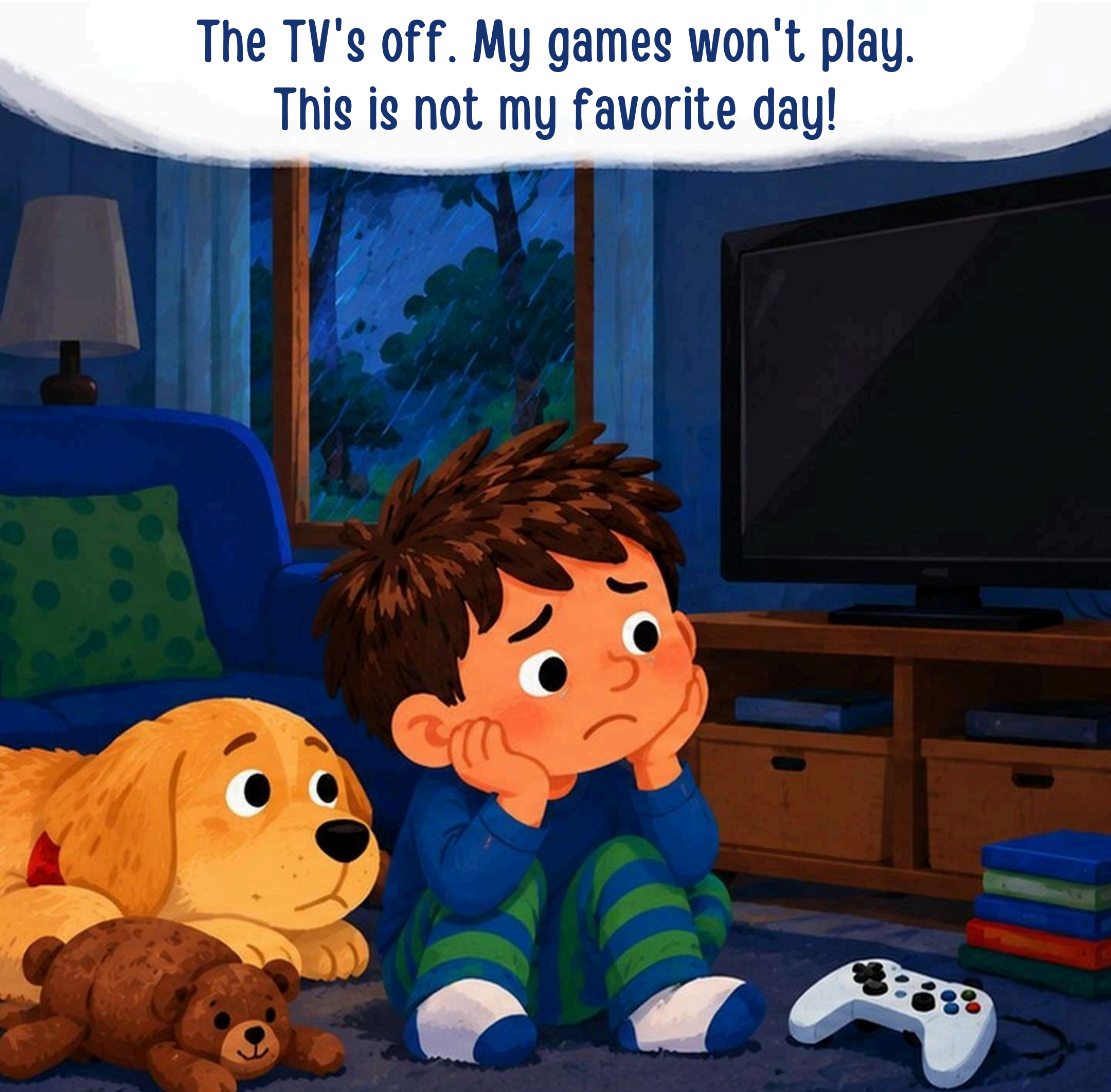
The trees may bend. The branches sway.
The wind may blow some things away.



The lights may flicker, then go out.
"Where is the power?" I might shout!



The TV's off. My games won't play.
This is not my favorite day!



The water might stop running, too.
Now what am I supposed to do?



I might feel sad. I might feel mad.
It's okay to feel a little bad.



But while the wind and rain are here,
my family helps me feel less fear.



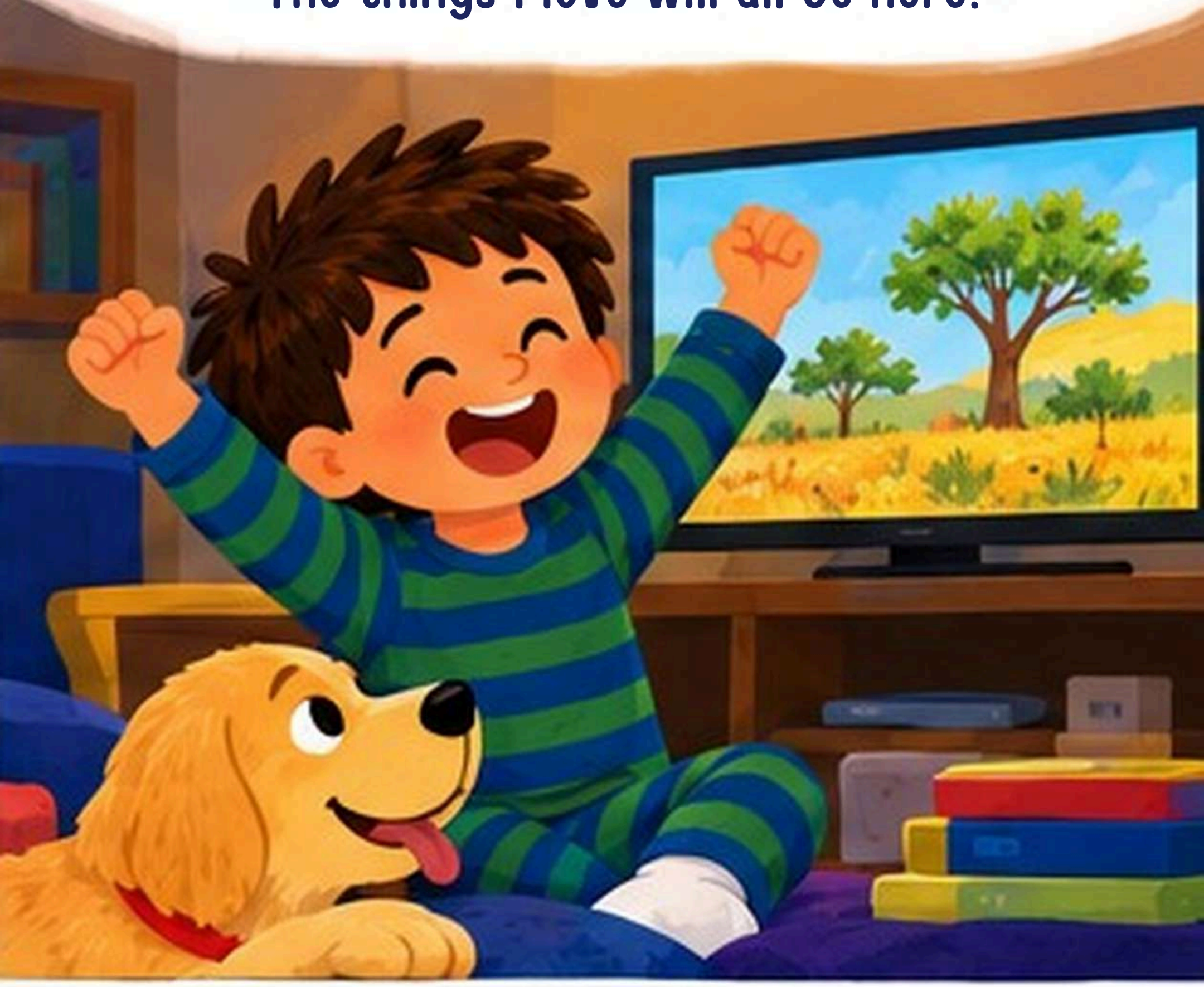
I find a book and look inside.
My favorite stories are by my side.

We play some games. We smile and laugh.
We find some fun to help the time pass.



I know the lights will shine again.
I just don't know exactly when.

And when they do, I'll jump and cheer!
The things I love will all be here!



But even when things don't go my way,
I can find something fun to do today.

The storms will pass,
and the skies will turn blue.
I'll get back to the things I love to do.

When storms are gone and skies are clear,
I can help clean up with grown-ups near.



I'm safe. I'm loved. And come what may,
I am going to be okay!



I Spy a Cozy Day

Find and count each picture. Point to it or circle it.



How many did you find?

				
Stars	Hearts	Books	Bears	Blanket

A grown-up can help me count.

From Storm to Sunshine

Use your finger to follow the maze to a sunny day.







One little turn at a time.

Big storms. Big feelings. Little moments of comfort.

Hurricane Season is a gentle, rhyming story that helps children explore stormy days, changes in routine, and the feelings they bring.

With familiar comforts and grown-ups near, children can find little ways to play, connect, and feel supported.

Every feeling has a place in this story.



Proud Moments ABA
1.877.PMT.ABA1 (1.877.768.2221)
info@proudmomentsaba.com
www.proudmomentsaba.com

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