Photo: Floodwater.

What is a flood?

- **A flood is an overflow of water on to land that is usually dry.**

- **A flood can start for many reasons, including heavy rainfall, melting snow or as a result of tropical storms in coastal areas.**

Investigate

Some of the things we see or hear in the news are upsetting. It's normal to feel upset or worried about the news. Adults do as well.

Talking to a trusted adult can help you to feel safe and help you think of things you can do if you feel worried or upset in the future.

Explore

What are floods? Use this <u>fact file</u> to help you learn about what floods are different types of floods.

Once you have finished, can you create your own fact file to explain to other people how floods occur?

Make sure you use diagrams to help make your explanations clear.

Reflect

This news story features different people who help. Who has helped you?

It could be people in your home, school, community or country.

How have they helped you?

What have they done?

Write a letter thanking them for their help.

Make sure you describe how they have helped you, how you felt about it and how it has improved or changed your life.