

Mapping activity handout

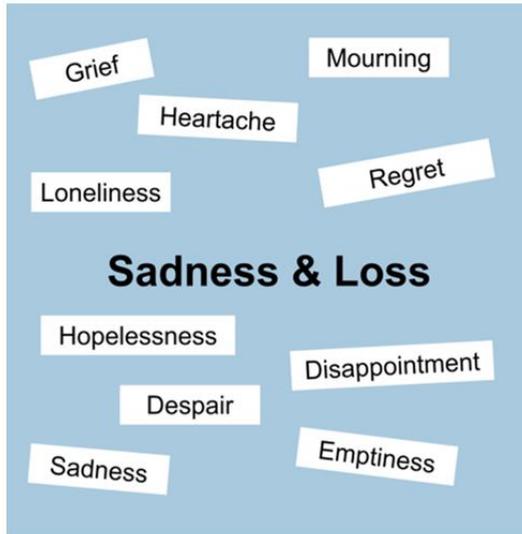
Cut out each quote, then sort them into **before**, **during**, and **after** the flood. Use your own words to describe how people might have felt and star quotes where you notice resilience.

<p>“We came together and worked as a community, and I think we started seeing that there are a lot of people in this town that show up for each other.”</p>	<p>“Just because someone seems to handle it doesn’t mean they necessarily are.”</p>
<p>“So many houses and cars and lives were just totally left wasted that night.”</p>	<p>“There was a lot of almost—not anxiety, but like, you know, worrying that, okay, it’s a red one [warning] and we’ve not really had a red one before.”</p>
<p>“I remember getting woke up about, between 2 and 3 am, to hear this massive whoosh noise, and I jumped out of my bed and opened the curtains, and it was just water running.”</p>	<p>“They had the flood defence systems... I’ve driven past these; they were erected over the past few years.”</p>
<p>“Recovering from an event like that isn’t short term. The effects of that are still in place two years later.”</p>	<p>“Seeing the boats going in and getting everybody out as well was like shock and I just can’t actually believe this is happening.”</p>
<p>“We opened up a tree nursery in the Angus Glens... let’s get kids involved in every step of the growing process.”</p>	<p>“My friend lost all his possessions. Everything he had—his phone, his car, his house—everything was just destroyed.”</p>
<p>“We did have warning... mostly by messages, and then we saw on the news and obviously in your weather apps.”</p>	<p>“Surely, it can’t be as bad as they’re going to say it is.”</p>
<p>“Everyone helped each other out, so it’s just been a big community effort to be honest.”</p>	<p>“I remember checking the Facebook page and seeing that the flood defences had been breached. It was heartbreaking.”</p>
<p>“The flood defence systems were supposed to account for a once in a 100-year event.”</p>	<p>“I knew one of my friends, she was evacuated from her house at 3am in the morning.”</p>

Mapping activity

If you're unsure how to describe a feeling, you can use the emotion key for ideas or examples.

Mapping emotions (before-during-after)



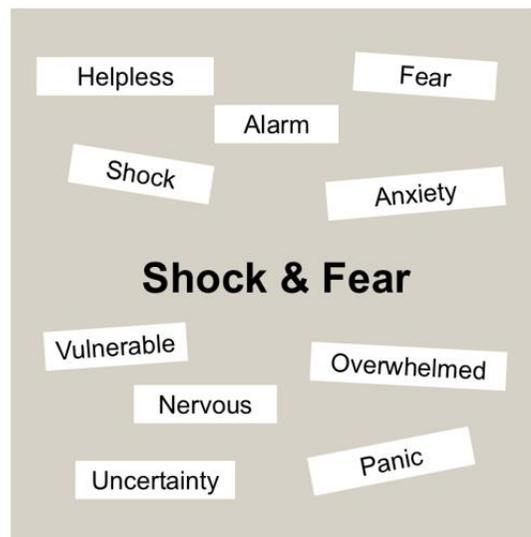
Sadness & Loss

- Grief
- Mourning
- Heartache
- Loneliness
- Regret
- Hopelessness
- Disappointment
- Despair
- Sadness
- Emptiness



Action & Determination

- Determination
- Strength
- Courage
- Motivation
- Confidence
- Initiative
- Readiness
- Responsibility
- Resilience
- Persistence



Shock & Fear

- Helpless
- Fear
- Alarm
- Shock
- Anxiety
- Vulnerable
- Overwhelmed
- Nervous
- Uncertainty
- Panic



Anger & Frustration

- Anger
- Resentment
- Irritation
- Frustration
- Rage
- Empathy
- Injustice
- Powerlessness
- Bitterness
- Annoyance



Hope & Care

- Kindness
- Relief
- Support
- Hope
- Compassion
- Empathy
- Optimism
- Gratitude
- Comfort
- Solidarity

Answer Key

Before	“Surely, it can't be as bad as they're going to say it is.”	“We did have warning... mostly by messages, and then we saw on the news and obviously in your weather apps.”
	“There was a lot of almost—not anxiety, but like, you know, worrying that, okay, it's a red one [warning] and we've not really had a red one before.”	“The flood defence systems were supposed to account for a once in a 100-year event.”
	“They had the flood defence systems... I've driven past these; they were erected over the past few years.”	
During	“I remember checking the Facebook page and seeing that the flood defences had been breached. It was heartbreaking.”	
	“My friend lost all his possessions. Everything he had—his phone, his car, his house—everything was just destroyed.”	“Seeing the boats going in and getting everybody out as well was like shock and I just can't actually believe this is happening.”
	“So many houses and cars and lives were just totally left wasted that night.”	“I was just watching the water slowly creep up, creep up, creep up until it eventually burst over the flood defences.”
	“I remember getting woke up about, between 2 and 3 am, to hear this massive whoosh noise, and I jumped out of my bed and opened the curtains, and it was just water running.”	“I knew one of my friends, she was evacuated from her house at 3am in the morning.”
After	“Recovering from an event like that isn't short term. The effects of that are still in place two years later.”	“We came together and worked as a community, and I think we started seeing that there are a lot of people in this town that show up for each other.”
	“We opened up a tree nursery in the Angus Glens... let's get kids involved in every step of the growing process.”	“It's really important that as a group, we always look at what we gain from things as well as what we lose.”
	“Everyone helped each other out, so it's just been a big community effort to be honest.”	“Just because someone seems to handle it doesn't mean they necessarily are.”