

# Cicadas

## FACTS AND SUPPORT



The cicadas are coming, here is what I need to know.

Cicadas are divided into 2 different groups:

### Annual Cicada



- Annual cicadas come out at different times each summer
- They are dark with green markings

### Periodical Cicada

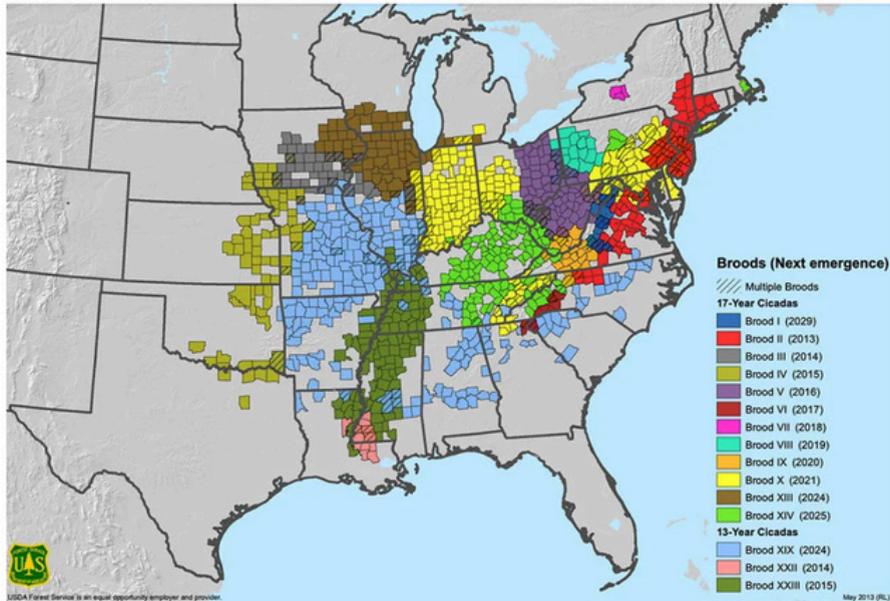


- Periodical cicadas emerge from the ground every 13 or 17 years
- They have black backs, orange bellies and red eyes
- Millions of them all come out at once

Cicadas in the ground at first are dormant, which means they are in a deep sleep for a long time!



Here is a map of where the periodical cicadas come out and when.



A map of periodical cicada broods in the United States shows Brood X in yellow. USDA Forest Service

We will soon be seeing the periodical cicadas and here is what I need to know:

1. Cicadas shed their skin as they come out. I will see their skin on the ground and on trees.



### **What can I do?**

I can look at them and touch them. They will not hurt me.  
I can also ignore them.

2. They are loud. Cicadas can be as loud as a chainsaw!



### **What can I do?**

I can put on headphones to block some of the noise if they bother me. I can also go inside and they will not be as loud.

3. There will be lots of cicadas at the same time. They survive by having a large population so that their predators cannot eat them all at once.



### **What can I do?**

The cicadas will not hurt me. They may be annoying because there are so many, but I am ok. I can try to move around them to get where I need to go.



Although the idea of the cicadas coming can sound scary, these bugs will not hurt me. They do not attack, bite or sting people.

**I will try to enjoy the sights and sounds of what happens only every 13 to 17 years! Watch a video about periodical cicadas by [clicking here](#).**

# Color Me!

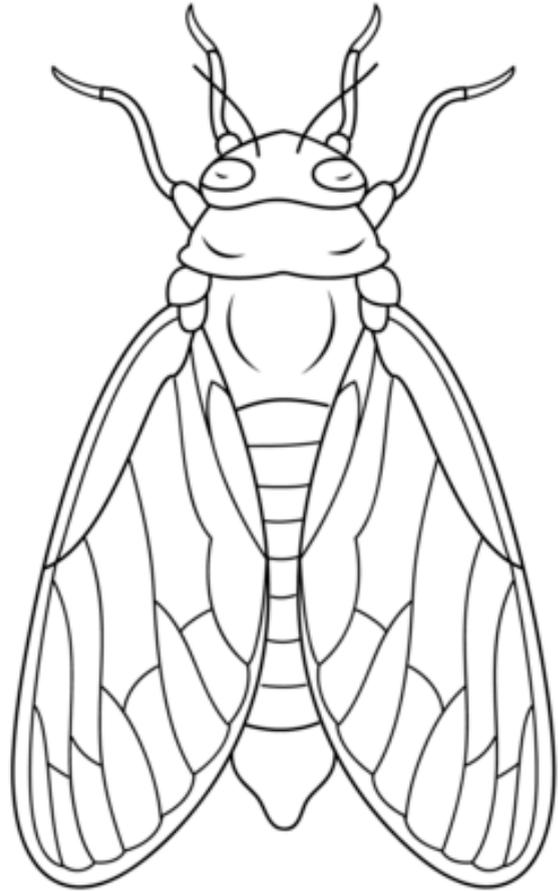
Color this cicada like  
one of the cicadas I  
see.

Which one is it?

**Annual Cicada**

or

**Periodical Cicada**



# Mindfulness

## BUG BREATHING CARDS

I can print and cut these breathing cards to practice being mindful. If I keep one in my pocket, I can use it when the cicadas are bothering me.

