

Student Tools for Emergency Planning (STEP) Program

Student Activity Book

FEMA P-1071 / January 2016



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1. BASE LESSON HANDOUTS

Preparing for Emergencies

Name: _____ Date: _____

You have the opportunity to help your family complete a family emergency communication plan and put together a disaster supply kit by following these easy steps:

STEP 1: Be informed. Learn about what kinds of disasters or emergencies can affect your area. Go to www.ready.gov/kids and click on the “See What’s Happening in Your State!” button. Some other sources for information include the National Oceanic and Atmospheric Administration (www.oceanservice.noaa.gov/kids) and the U.S. Geological Survey (www.earthquake.usgs.gov/learn/kids). And you can ask grown-ups you know to tell you what they have experienced.

List potential local disasters and emergencies here:

1. _____
2. _____
3. _____

Sign up for alerts and warnings. Be sure that each person in your family signs up for local weather alerts so they will be notified in the event of an emergency. To find out what alerts are available in your area, you can do an Internet search with your town, city, or county name and the word “alerts”; you can go to the website for your local emergency management or public safety office; or you can contact these offices by telephone.

STEP 2: Make a plan. Plan for how family members will communicate and reconnect if a disaster happens. Write this information on your Family Emergency Communication Plan Cards.

- Collect contact information for every member of your household. This information will help you get in touch with each other if there is an emergency.
- Identify a person who lives outside of the area and whom you can all text or call to help you reconnect. You might not be in the same place as the rest of your family when a disaster or emergency occurs.
- Decide where your family will meet after a disaster if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor’s house.
- Decide where your family will meet if a disaster happens when you’re not at home and you can’t get back to your home. This could be a library, community center, house of worship, or family friend’s home.
- You should also include other important information and phone numbers on your Family Emergency Communication Plan Card. Examples of important information are any

allergies or medications. Examples of other important phone numbers are your doctor's office or your pet's veterinarian.

- Make sure all family members keep a copy of their Family Emergency Communication Plan Card in their backpack, purse, or wallet. You should also hang a copy on the refrigerator, along with emergency phone numbers for police, fire, and poison control.

Family Emergency Communication Plan Cards

Every member of the family should carry a copy of this important information. To fill out your card online, go to: www.fema.gov/media-library/assets/documents/94715.



Write your family's name above

Family Emergency Communication Plan

HOUSEHOLD INFORMATION

Home #:

Address:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

FOLD HERE

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

Name: Mobile #:

Other # or social media: Email:

Important medical or other information:

FOLD HERE

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

Name:

Address:

Emergency/Hotline #: Website:

Emergency Plan/Pick-Up:

FOLD HERE

FOLD HERE

IN CASE OF EMERGENCY (ICE) CONTACT

Name: Mobile #:

Home #: Email:

Address:

OUT-OF-TOWN CONTACT

Name: Mobile #:

Home #: Email:

Address:

EMERGENCY MEETING PLACES

Indoor:

Instructions:

Neighborhood:

Instructions:

Out-of-Neighborhood:

Address:

Instructions:

Out-of-Town:

Address:

Instructions:

IMPORTANT NUMBERS OR INFORMATION

Police: Dial 911 or #:

Fire: Dial 911 or #:

Poison Control: #:

Doctor: #:

Doctor: #:

Pediatrician: #:

Dentist: #:

Medical Insurance: #:

Policy #:

Medical Insurance: #:

Policy #:

Hospital/Clinic: #:

Pharmacy: #:

Homeowner/Rental Insurance: #:

Policy #:

Flood Insurance: #:

Policy #:

Veterinarian: #:

Kennel: #:

Electric Company: #:

Gas Company: #:

Water Company: #:

Alternate/Accessible Transportation: #:

Other:

Other:

Optional: Draw a map that shows your neighborhood meeting place and out-of-neighborhood meeting place. Put a Δ to show your home. Put a O to show your neighborhood meeting place and label it. Put an X to mark your out-of-neighborhood meeting spot and label it.



A large empty rectangular box for drawing a map. In the bottom-left corner of this box, there is a legend:

- Δ Home
- O Neighborhood Meeting Place
- X Out-of-Neighborhood Meeting Place

STEP 3: Build a disaster supply kit. Work with your family to assemble and update the supplies you would need if you were home with no power or water for several days and the items you would need to take with you if you needed to evacuate. To be ready for evacuation, store basic emergency supplies in a “go bag” or other container that you can grab quickly, and plan in advance what other items you will need to take. Make sure you have items for family members with special needs, and don’t forget your pets! The handout “Disaster Supplies: At Home and Away” can help you come up with other ideas for what to include in your disaster supply kit. Remember to replace old food and water with newer items when necessary.

STEP 4: Practice your plan. Schedule regular times during the year to go over and practice your family emergency communication plan.

- Review contact information for family members and your out-of-town contact.
- Make sure all family members know how to text in case calls do not go through.
- Make sure everyone in the family knows how and when to call 9-1-1.
- Review the location of your neighborhood and out-of-neighborhood meeting place and practice going there.
- Review the location of your disaster supply kit and update the contents.
- Check to make sure your smoke detectors and carbon monoxide monitors are working and hold a family evacuation drill.

Option: In the box below, pick a date to practice your plan. After you practice, write a sentence or two about what went well and what your family can do better next time.

Practice date: _____

What went well:

What we can improve:

Disaster Supplies: At Home and Away

Name: _____ Date: _____

In some situations, the safest place to be is at home. But, because disasters can cause power and water outages, you may not have electricity for your lights, refrigerator, stove, air conditioning, or heat, and you may not be able to get any water from the tap. Disasters can also interrupt transportation, which means you may not be able to go to a store for food or water. In other disasters, the safest option is to leave your home and get outside of the area—this is called evacuating.

The Disaster Supplies Checklist below shows a list of items that are in many homes. Think about what your family would need if you had to stay inside your home for a week or more without power or running water. Think about family members, pets, and service animals that might need special food, extra water, or other special items.

Next, consider which of these items you would need to take with you if you had to evacuate. These are the items you should keep in a “go bag”—a bag you can carry easily. Keep your go bag in a place where you can easily grab it if you have to leave quickly.

Use this list to assemble a disaster supply kit and go bag with your family. And, remember to check your supplies periodically and keep them up-to-date.

Be prepared to discuss why these items are important in class.

DISASTER SUPPLIES CHECKLIST

Communication/Information

- Family emergency communication plan; emergency contact phone numbers and out-of-area contacts
- Cell phone, hand-crank charger or extra battery, car charger
- Radio (hand-crank or with extra batteries)
- Whistle to signal for help

Medical Needs

- Prescription and nonprescription/over-the-counter medicines (for at least one week)
- Extra eyeglasses/contact lenses and prescriptions
- Medical equipment/assistive technology with backup batteries
- First aid kit
(www.redcross.org/prepare/location/home-family/get-kit/anatomy)

Important Documents (stored in waterproof/fireproof container or electronically)

- Copies of the following: photo identification for all family members, pets, and service animals; passports; birth certificates
- Insurance policies
- Proof of address; deed or lease to home
- Bank account records
- Medical records, including copies of insurance cards, immunizations, and prescriptions
- Pet/service animal immunization records
- Family and household contacts (family, schools, employers, doctors, and medical service providers; home repair services)

Food and Water

- Water in the home—Store at least one gallon per person per day for at least three days
- Water for go bag—As much bottled water that can be reasonably carried or put in your vehicle
- Method to purify water (bleach, purification tablets, purification kit)
- Nonperishable or canned food for at least three days (food that doesn't need to be cooked is best)
- Special dietary needs for family members, such as baby food and food for pets/service animals
- Non-electric can opener
- Paper cups and plates, plastic utensils or mess kit, bowls for pets/service animals

Hygiene and Sanitation

- Plastic garbage bags and ziplock bags
- Soap/disinfectant/sanitizer
- Paper towels/moist towelettes
- Toilet paper (diapers, if needed)
- Feminine needs
- Toothbrush and toothpaste

Clothing and Bedding

- Extra clothes
- Sturdy shoes, dust mask, safety glasses, work gloves (for protection when cleaning up any damage)
- Rain gear
- Blanket or sleeping bag

Tools and Functional Items

- Cash (when power is out, ATMs and credit card readers do not work)
- Flashlight (hand-crank or with extra batteries)
- Smoke detector (with strobe light, if needed)/carbon monoxide monitor
- Fire extinguisher
- USB car charger and DC/AC adapter
- Wrench or pliers and multipurpose tool; scissors
- Matches in waterproof container or lighter
- Plastic sheeting; duct tape
- Local map
- Permanent marker, pens, and paper
- Pet/service animal carrier and leash

Special and Priceless Items

- Entertainment: cards, book, puzzle, or game
- Favorite stuffed toy
- Photo albums, pictures
- Valuables

2. HAZARD UNIT HANDOUTS

Home Safety Checklist



Smoke Alarms

- There is one smoke alarm on every level of the home and inside and outside each sleeping area.
- Smoke alarms are tested and cleaned monthly.
- Smoke alarm batteries are changed as needed.
- Smoke alarms are less than 10 years old.

Cooking Safety

- Cooking area is free from items that can catch fire.
- Kitchen stove hood is clean and vented to the outside.
- Pots are not left unattended on the stove.

Electrical & Appliance Safety

- Electrical cords do not run under rugs.
- Electrical cords are not frayed or cracked.
- Circuit-protected, multi-prong adapters are used for additional outlets.
- Large and small appliances are plugged directly into wall outlets.
- Clothes dryer lint filter and venting system are clean.

Candle Safety

- Candles are in sturdy fire-proof containers that won't be tipped over.
- All candles are extinguished before going to bed or leaving the room.
- Children and pets are never left unattended with candles.

Carbon Monoxide Alarms

- Carbon monoxide alarms are located on each level of the home.
- Carbon monoxide alarms are less than 7 years old.

Smoking Safety

- Family members who smoke only buy fire-safe cigarettes and smoke outside.
- Matches and lighters are secured out of children's sight.
- Ashtrays are large, deep and kept away from items that can catch fire.
- Ashtrays are emptied into a container that will not burn.

Heating Safety

- Chimney and furnace are cleaned and inspected yearly.
- Furniture and other items that can catch fire are at least 3 feet from fireplaces, wall heaters, baseboards, and space heaters.
- Fireplace and barbecue ashes are placed outdoors in a covered metal container at least 3 feet from anything that can catch fire.
- Extension cords are never used with space heaters.
- Heaters are approved by a national testing laboratory and have tip-over shut-off function.

Home Escape Plan

- Have two ways out of each room.
- Know to crawl low to the floor when escaping to avoid toxic smoke.
- Know that once you're out, stay out.
- Know where to meet after the escape.
- Meeting place should be near the front of your home, so firefighters know you are out.
- Practice your fire escape plan.

U.S. Fire Administration
www.usfa.fema.gov



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HAVE
A FIRE
DRILL

If you have children and want to make this a family activity:

- Make a map of your home. Mark a door and a window that can be used to get out of every room.
- Choose a meeting place outside in front of your home. This is where everyone can meet once they've escaped and where firefighters can see you and know you are out. Draw a picture of your outside meeting place on your escape plan.
- Write the emergency telephone number for the fire department on your escape plan.
- Sound the smoke alarm, and practice your escape drill with everyone in your home.
- Keep your escape plan on the refrigerator, and practice the drill twice a year or whenever anyone in your home celebrates a birthday.

If your family is all adults:

- Walk through your home, and identify two ways out of each room.
- Choose a meeting place outside in front of your home. This is where everyone can meet once they've escaped and where firefighters can see you and know you are out.
- Make sure everyone knows the emergency number for your local fire department.
- Practice your escape drill twice a year.



U.S. Fire Administration
www.usfa.fema.gov



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3. SUPPLEMENTAL HANDOUTS

Student Reading Resource List

The list below identifies several books related to disasters and emergency planning. This list is in alphabetical order by title. Age levels vary from 3 to 12 to ensure that books are available to students of varying reading abilities. Feel free to choose from this list or add your own books to this list.

You will want to refer to this list if you assign your students “Disasters Hot Off the Press: Newspaper-Style Writing Lesson.” You also might do the following:

- Have students design their posters or give brief presentations about their choice of book;
 - Ask the librarian to create a special section in the library featuring some of these books; and
 - Share this list with parents and guardians when you announce the STEP program.
1. *Blizzard: The Storm that Changed America*, by Jim Murphy. Ages 9–12. This book provides an historical account of the blizzard of 1888 that hit the East Coast and how people survived.
 2. *Day of Blizzard*, by Marietta Moskin. Grades 3–5. Katie braves New York City’s great 1888 blizzard.
 3. *Emergency Animal Rescue Stories: True Stories about People Dedicated to Saving Animals from Disasters*, by Terri Crisp. Unspecified reading level. A dedicated Emergency Animal Rescue Services team saves animals from well-known natural and manmade disasters.
 4. *Floods*, by Emma Durham and Mark Maslin (Restless Planet). Ages 9–12. This book includes colorful diagrams and fact boxes that highlight famous disasters throughout history.
 5. *Forest Fires: Natural Disasters*, by Luke Thompson. Ages 9–12. This fact-filled book explains how and why forest fires occur.
 6. *“Help!” Yelled Maxwell*, by James and Edwina Stevenson. Ages 9–12. When a flood threatens the town, third-grader Maxwell finds help in an unlikely place and becomes a hero.
 7. *Hurricane*, by David Wiesner. Ages 4–8. A giant storm is experienced through a child’s perspective. Two boys turn their hurricane-torn backyard into an adventure land.
 8. *I’ll Know What to Do: A Kid’s Guide to Natural Disasters*, by Bonnie S. Mark, Aviva Layton, and Michael Chesworth. Ages 9–12. This book provides facts about natural disasters, as well as tips on prevention, safety, and what to do in case disaster strikes.
 9. *No Dragons for Tea: Fire Safety for Kids and Dragons*, by Jean Pendziwol and Martine Gourbault. Ages 3–8. This book provides a low-key approach to fire safety for kids.
 10. *Rescue*, by Claire Watts (Dorling Kindersley Eyewitness Books). Ages 9–12. A reference book that teaches children about emergency rescues. It includes information on how to survive until help arrives.
 11. *Rising Waters*, by Rick Thomas. Ages 4–9. This book is about floods.

12. *Storm of Spirit*, by Nancy Martin-Rouse. Unspecified reading level. This is a tribute to children and families who have survived natural disasters.
13. *The Big Flood*, by Wendy Pfeffer and Vanessa Lubach. Ages 4–8. This is a story of how one community responded when the Mississippi River flooded in 1993.
14. *The Big Wave*, by Pearl S. Buck. Ages 9–12. This is the famous story of a Japanese boy who must face life after experiencing the tidal wave destruction of his family and village.
15. *The Blizzard Voices—Poems*, by Ted Kooser. Unspecified reading level. This is a collection of poetry about the blizzard of 1888.
16. *The Finches’ Fabulous Furnace*, by Roger W. Drury. Ages 9–12. This tells the story of a family whose home has a natural furnace—a volcano—that they must keep secret from their neighbors.
17. The Magic School Bus Series
 - a. *Inside a Hurricane*, by Joanna Cole and Bruce Degen. Ages 4–8. A tropical storm catches the Magic School Bus inside the eye of its hurricane, providing first-hand information on changes taking place in air, sea, and land.
 - b. Others from this series:
 - i. *To the Rescue: Blizzard*, by Judith Stamper. Grades 3–5. This is a fictional story about a science class and their teacher who help rescue survivors stranded during a blizzard.
 - ii. *Forest Fire*, by Anne Capeci. Grades 3–5. This is a fictional story of a class field trip to explore the effects of forest fires.
 - iii. *Earthquake*, by Gail Herman. Grades 3–5. This is a fictional story of a class that experiences an earthquake.
18. *Twister on Tuesday* (The Magic Tree House Series), by Mary Pope Osborne. Ages 6–8. This is a fictional story about two children who experienced a tornado in 1870.
19. The Wild Weather Series
 - c. *Blizzards!*, by Lorraine J. Hopping. Grades 2–3. This book describes the effects of and provides historical facts related to blizzards.
 - d. *Lightning!*, by Lorraine J. Hopping. Grades 1–4. This book gives details on lightning and the positive and negative effects it can have.
 - e. *Hurricanes!*, by Lorraine J. Hopping. Ages 4–8. This book explains what hurricanes are, how they form, and how they are studied.
 - f. *Volcanoes!*, by Eric Arnold. Ages 7–9. This book describes what volcanoes are and some of the famous eruptions in history.
20. *Tornadoes*, by Seymour Simon. Ages 4–8. This book explains how and why tornadoes form, how they behave, how scientists predict and track them, and what to do to protect yourself.

Newspaper Headlines—Student Handout

Stories about disasters and what disasters do to communities appear frequently in the newspaper. Reading these stories can encourage families to be prepared.

Read the story descriptions below and then write a headline for each. Remember that news items need a short but attention-grabbing headline. Your goal is to make people want to read your story by telling them in an interesting way what the story is about. **Try to write each headline in about four to five words.**

1. Last night, there was a fire in an apartment building. Several families had to leave their homes, but no one was hurt.

Headline: _____

2. The National Weather Service predicts a busy hurricane season. The Service also said that people who live near the water are coming up with ways to protect their homes and belongings.

Headline: _____

3. The owner of a nearby chemical plant wants to talk to the community about emergency planning. She has some items to hand out, and there will be fun things for kids to do.

Headline: _____

4. Last month's flooding caused a lot of damage and closed roads. The department of transportation had to do a lot of work to the road, but the road will reopen tomorrow. The community is invited to an emergency planning fair tomorrow night to learn about what the department did to fix the road and how to prepare for floods.

Headline: _____

Emergency Role Play Scenarios—Student Handout

Directions for Students

Plan how you could act out the following scenarios. Write an outline of a performance. Plan to demonstrate exactly what to do and possibly what not to do in each emergency situation. Practice and put on the performance skit for your classmates.

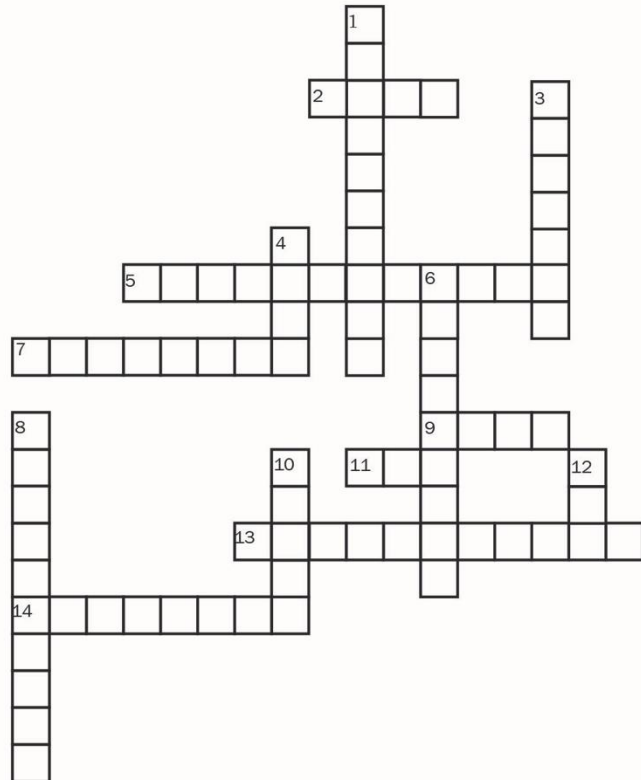
1. There is a soccer game in progress when thunder is heard in the distance. What do you do? *[Roles may include one to three soccer players, a coach, and a parent]*
2. A family is sleeping when the smoke detector goes off at 3 a.m. What do you do? *[Roles may include parents, siblings, and sleepover guests]*
3. It has been a stormy winter and big piles of snow are lying on the flat roof of an apartment building. A firefighter pounds on the door and says the building must be evacuated. What do you do? *[Roles may include parents, siblings, a firefighter, and neighbors]*
4. Freezing rain and ice caused tree limbs to fall and neighborhood electrical lines to break. The home has no power. What do you do? *[Roles may include parents, family members, and neighbors]*
5. The teacher is giving a history lesson when the room begins to shake. What do you do? *[Roles may include a teacher, a student teacher or aide, and students]*
6. The radio says a big, dangerous hurricane is heading toward your part of the state. What do you do? *[Roles may include a radio announcer, family members, and neighbors]*
7. It has been raining for days and there is water everywhere. Water is running swiftly down the street two blocks from your home and a police officer tells you that you cannot go any closer to your home. What do you do? *[Roles may include students, a police officer, neighbors, and family members]*

Planning Crossword—Student Handout

Name: _____ Date: _____

Down:

1. Instead of candles, which could be dangerous, add this item to your disaster supply kit.
3. This item is important in your disaster supply kit because you may need something to keep you warm in case the heat goes out.
4. In this emergency, you should immediately get outside when you smell smoke or hear an alarm.
6. This accompanies thunder in a large rainstorm.
8. When visiting the dentist, ask for an extra one of these for your disaster supply kit.
10. This emergency is caused by too much snow melting or too much rain falling for the rivers and ground to hold.
12. Every family should gather water, food, batteries, and other supplies for their disaster supply _____.



Across:

2. Family members can write contact numbers on a family emergency communication plan to carry around with them in a pocket or wallet.
5. Each family should designate a _____ outside the home in case of an emergency. (2 words)
7. If you have a pet at home, you should put pet food, extra water, a picture of you and your pet, and any pet _____ they may need in your disaster supply kit.
9. During a lightning storm, the worst place to stand is under a tall object, such as a _____.
11. To prevent spoiling in your disaster supply kit, look for food found in this.
13. It is important for family members to be able to _____ during an emergency.
14. This is a very strong and often long-lasting winter storm with snow, wind, and ice.

On the back of this sheet, rewrite each sentence using the correct punctuation.

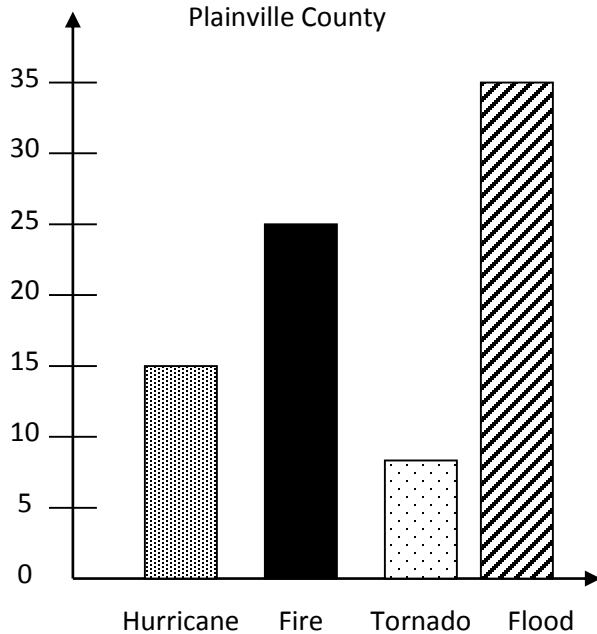
1. The boy put gauze Band-Aids and tweezers in his first aid kit.
2. Lizzy wrote down the phone numbers of her doctor, fire department, and school?

Circle the correct word to complete each sentence.

1. The teacher let (**we, us**) bring in pictures of our disaster supply kits.
2. Mom told us about the big storm and asked (**we, us**) to update our disaster supply kit.
3. It is not (**good, well**) to panic when an emergency occurs.
4. The batteries (**can, may**) run out. We should pack some extras in case they do.
5. The family's out-of-neighborhood meeting place was at the (**peak, peek**) of the hill.

Math Worksheet—Student Handout

Name: _____ Date: _____



The bar graph to the left shows the number of natural disasters that affected Plainville County over the last 50 years. Use this chart to answer the questions below.

1. What is the most common disaster for Plainville County?
2. How many hurricanes hit Plainville County?
3. How many tornadoes?
4. How many more fires than hurricanes hit Plainville County?

5. If you lived in Plainville County, what are some things you would want to do to prepare you and your family for a natural disaster?

Word Problems (use the back of this sheet if you have to)

1. The superintendent of the school district decided that it was important to order an emergency planning booklet for all of her students. She found out that the elementary school had 1,356 students. The middle school had 2,543 students and the high school had 4,320 students. How many emergency planning booklets should the superintendent order?

2. The chief of police met with the town officials to determine if the river would flood the town when the snow melted this spring. “The river is currently in normal range, measuring 32 inches,” said the director of public works. “For the river to flood, it will have to measure 38 inches or more.”

“By my estimation, we have about 25.4 centimeters of snow that will melt directly into the river,” said the meteorologist.

If 1 inch = 2.54 centimeters, will the river overflow?

If yes, how many inches will flood into the town?

Game Instructions

Question cards are red.  Answer cards are yellow. 

- 1. Form at least two teams.**
- 2. Take turns reading a red question card.**
- 3. Check the answer, using the yellow card with the same number.**
- 4. Keep track of the points you earn.**
- 5. Play the bonus challenge cards together. The team with the most points at the end of the game is the winner.**

Disaster: Earthquake

Value: 500 Points

Question: You are inside a building and begin to feel the shaking of an earthquake. What should you do?

1

Disaster: Tornado

Value: 500 Points

Question: You are riding in your car when you see the funnel shape of a tornado. It seems the tornado is coming your way. What should you do?

2

Disaster: Hurricane

Value: 500 Points

Question: You just heard that there is a hurricane warning for your area. What should you do?

3

Disaster: All Disasters

Value: 500 Points

Question: A disaster is coming to your area. You and your family have been told to evacuate your home. What should you bring with you?

4

Disaster: Fire

Value: 500 Points

Question: You wake up to find your room is full of smoke. What do you do?

5

Disaster: Tornado

Value: 500 Points

Question: You are at home when you hear a tornado warning. What should you do?

6

7

Disaster: Blizzard

Value: 500 Points

Question: It is snowing hard and you can't get home. You try calling your family but their cell phones are not working. What should you do?

8

Disaster: Thunderstorm

Value: 500 Points

Question: A bad thunderstorm results in loss of electricity. What items do you need?

9

Disaster: Flood

Value: 500 Points

Question: It rained nonstop for 4 days. All the roads to your home have been flooded and you can't get home from school. Where should you go?

10

Disaster: Tsunami

Value: 500 Points

Question: You are on the beach when you notice the waves pulling towards the ocean without rolling back out. What disaster might happen next and what do you do?

11

Disaster: Blizzard

Value: 500 Points

Question: During a blizzard, you are trapped in your car. Should you stay in your car or get out?

12

Disaster: Fire

Value: 500 Points

Question: You smell smoke and find a fire burning in the bedroom. What should you do?

Disaster: Flash Flood

Value: 500 Points

Question: It has been raining very hard for the last several days. As you are walking, you see water covering the road. What do you do?

13

Disaster: All Disasters

Value: 500 Points

Question: You are building a disaster supply kit with your family before a disaster happens. What things should you pack if there are babies or pets in your home?

14

Disaster: Fire

Value: 500 Points

Question: What can your family do to prepare for a fire in your home before it happens?

15

Disaster: All Disasters

Value: 500 Points

Question: How many gallons of water does 1 person need for 1 day (24 hours) in the case of an emergency?

16

Disaster: Thunderstorm

Value: 500 Points

Question: Name 3 things that you should NOT do during a thunderstorm because they could cause injury and harm.

17

Disaster: Flood

Value: 500 Points

Question: You are in the car with your Dad, who is driving. You see some water flooding the surface of the road. Your Dad thinks you can drive through it. What do you do?

18

Disaster: Earthquake

1

Answer: Drop, cover, and hold on. The safest thing to do is take cover where you are. Don't try to run out of the building because things could fall on you and hurt you.

Disaster: Tornado

2

Answer: Get out of the car, lie face down in a low area (ditch) and cover your head. You cannot outride a tornado! Tornadoes are unpredictable and can blow cars away.

Disaster: Hurricane

3

Answer: Leave if the warning tells you to do so and bring your disaster supply kit. Keep listening to the radio for instructions. Bring pets inside and stay away from windows and glass doors.

Disaster: All Disasters

4

Answer: Take your pets and disaster supply kit: food, water, blankets, flashlight, radio, extra batteries, whistle, first aid kit, toilet paper, wipes, spare clothes, important papers, and medicine.

Disaster: Fire

5

Answer: Crouch low to the floor (smoke rises). Take the fastest route out of the home. If the door to your room is hot, use another exit such as a window. Go to your family meeting place.

Disaster: Tornado

6

Answer: Go to the lowest level of your home. If you do not have a basement, go to a bathroom or closet near the middle of the lowest floor of your home.

Disaster: Blizzard

7

Answer: Use your family emergency communication plan. Call your out-of-state contact to tell him or her where you are and get any information about where your family is.

Disaster: Thunderstorm

8

Answer: You need a flashlight, extra batteries, warm blankets (if it is cold outside), and battery-operated radio. If you are there for more than a few hours, you need food and water as well.

Disaster: Flood

9

Answer: Go to your family's out-of-neighborhood meeting place such as a community center or library.

Disaster: Tsunami

10

Answer: A tsunami may occur next. Tell the people around you and run to higher ground or go inland. If you can't do either, go to the highest floor in a nearby building.

Disaster: Blizzard

11

Answer: Stay in your car. Stay warm with blankets. Use your car disaster supply kit. Keep snow away from the exhaust pipe. Hang a colorful distress flag from the antenna.

Disaster: Fire

12

Answer: Shut the bedroom door and get out of the house. Yell fire to any family members who might still be in the house. Call 9-1-1 once you are safely outside and away from the house.

Disaster: Flash Flood

13

Answer: Turn around and walk the other way. You won't be able to tell how deep the water is and it may be moving faster than it appears.

Disaster: All disasters

14

Answer: Take pet food, collars, leashes, and carriers for your furry friends and baby food, diapers, and blankets for small children. Bring medications that are needed for pets or babies.

Disaster: Fire

15

Answer: Install and regularly check smoke detectors. Plan an easy exit route from each room. Designate a meeting spot outside your house to go to when there is a fire.

Disaster: All Disasters

16

Answer: 1 Gallon. It is ideal to plan to have enough food and water in an emergency kit for each family member to last 3 days.

Disaster: Thunderstorm

17

Answer: Use computers, phones, or appliances that plug in the wall. Stand near large windows. Go outside and stand under a tree. Go swimming in a pool. These are all harmful activities!

Disaster: Flood

18

Answer: Tell the driver that you should "Turn around, don't drown!" Even 2 feet of rushing water can carry away most vehicles, even SUV's. Ask him to be safe and find another route.

 **BONUS CHALLENGE CARD**
1,000 points 

You notice the beginning of a brush fire in your neighborhood. With a pretend phone, practice what information you would relay to the fire department.

 **BONUS CHALLENGE CARD**
1,000 points 

Your older adult neighbor doesn't have a home disaster supply kit. Draw a picture of what his or her disaster supply kit should look like with labels on each item. Remember to take into account the fact that they may be on medications.

 **BONUS CHALLENGE CARD**
1,000 points 

A friend of yours says that hurricanes and earthquakes never happen here, so there is no need to prepare. Practice your argument to change his or her mind.

 **BONUS CHALLENGE CARD**
1,000 points 

Name some food items that would be good for a disaster supply kit and why. Name some foods that would NOT be good for a disaster supply kit and why. Make a diagram that organizes all these examples of food items.

 **BONUS CHALLENGE CARD**
1,000 points 

During a disaster, some people get anxious and panic. Brainstorm some strategies for staying calm. Make a poster telling your class why it is important to stay calm and directions on how to stay calm during a disaster.

 **BONUS CHALLENGE CARD**
1,000 points 

Make a list of adults who can provide help to you during a disaster. Make a chart of where you can find these people in your town.

4. STEP CERTIFICATE OF COMPLETION

CERTIFICATE OF COMPLETION

Issued to

*For Learning About Emergency Planning and Helping Our Community,
Family, and Friends Become Better Prepared*

Classroom Emergency Planning Instructor

Date



FEMA

5. EMERGENCY PREPAREDNESS RESOURCES FOR PARENTS AND CAREGIVERS

Resources for Parents and Caregivers

See the lists below for selected emergency preparedness resources from federal and other organizations. For a more detailed list, please see the FEMA *Youth Preparedness Catalogue: Disaster Preparedness Education Programs and Resources* at www.fema.gov/media-library/assets/documents/94775.

- America's PrepareAthon!: www.ready.gov/prepare
- American Academy of Pediatrics, Family Readiness Kit: www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/aapfrkfull.pdf
- American Red Cross, Prepare Your Home and Family: www.redcross.org/prepare/location/home-family
- FEMA Ready.Gov: www.ready.gov
- FEMA Ready.Gov for Parents: www.ready.gov/kids/parents
- DisasterAssistance.Gov: www.disasterassistance.gov
- FEMA and Red Cross, Helping Children Cope with Disaster: www.fema.gov/pdf/library/children.pdf
- The Weather Channel Family Emergency Plan: www.connectwithweather.com/create-your-plan



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