



Be Prepared Cycle

Page 1 of 2

Name _____

Directions: Below is a picture of a girl who got caught in the rain on the way to school. Cut out the pictures from the second page. Place them in a circle between the arrows to show how the girl did one thing after another to prepare for rain on her way to school. When you have your “Be Prepared Cycle” in place, glue the cutouts to the page.

K-2 Lesson Plan 1 Graphics Descriptions

1

[Layout Note: directions, first illo and arrows on page one. Page two has the other pictures in boxes for cutting out. Please place four arrows on page one with room for the other pictures to be glued between them.]

I

[new illo—at the top of the page (not as a cut-out) a girl wearing a sweater and running into the school building, drenching wet from rain; teacher standing ready with a towel to help dry off]

These need to be in boxes to make cutting easier for students.

[—cut out of girl all dry; clothes dry; hair dry, etc.]

[—cut out of girl watching weather report that predicts rain

[—cut out of girl checking to see if rain coat and boots are ready by the door and getting an umbrella]

[—show girl wearing a raincoat, rainboots and using an umbrella running into the school building, drenching wet from rain; teacher standing ready to greet the child and help with coat and things.]





Be Prepared Cycle

Page 2 of 2



Visit the American Red Cross Web site
at www.redcross.org/disaster/masters

BE PREPARED CYCLE
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Talk About Safety

Page 1 of 1

Name _____

Dear Parent or Guardian,

Talk about safety with your family now to help everyone learn to prepare and be safe during a disaster.

Here are some words you can use. Talk with one another about what the words mean and how they are connected to disaster safety. Put a check next to the word every time you hear someone in the family use it correctly.

It's good to talk together. It's the first step in taking action.

Thank you.

safe
recover
protect
harmful
prepare
danger
careful
prepare

respond
disaster
ready
unsafe
better
plan
risky
react





Be Prepared

Page 1 of 1

Name _____

Directions: Each of us must prepare to complete any job. Work with your team to show how to prepare for a special task like making a sandwich, getting ready for bed or cleaning your room.

Decide on the task.

What are all the things you need to have with you to complete the task?

What are the steps you need to take? Make sure the steps are in the correct order.



Now, practice acting out your task for the class.





What If...?

Page 1 of 3

Name _____

Directions: Look at each picture to answer the questions.

What is the problem?

How can you be prepared?



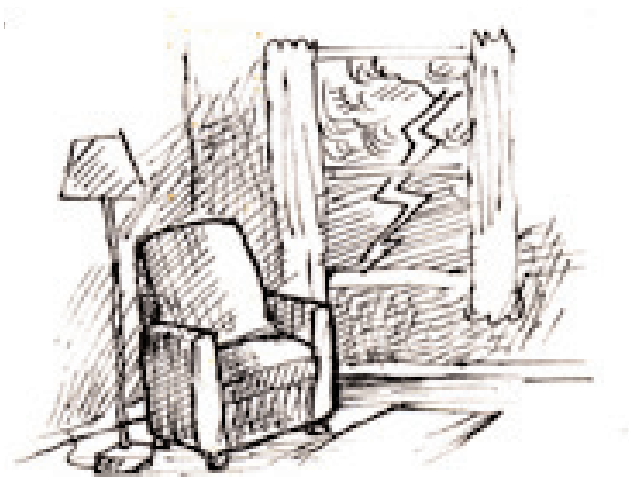


What If...?

Page 2 of 3

What is the problem?

How can you be prepared?



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What If?

Page 3 of 3

What is the problem?

How can you be prepared?



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Who Can Help?

Page 1 of 1

Name _____

Directions: Draw a line from each picture to the person who can help.



An ambulance



A firefighter





Call 9-1-1

Page 1 of 2

Name _____

Directions: Practice making emergency calls and giving the correct information with play phones or disconnected phones. Keep this information to use in case of an emergency.

In most places, if you need a police officer, a firefighter or an ambulance, you need to call just one phone number: 9-1-1. If your community does not have 9-1-1 access, please use the correct number for emergency response:

_____.

Tell the emergency dispatcher three things.

Your name: _____

Your address: _____

(Or, describe where you are if you're not at home.)

The emergency:





Call 9-1-1

Page 2 of 2

Now, use a play phone or a phone that is disconnected to practice making the call with a friend or family member:

- Dial 9-1-1.
- When the dispatcher answers, say your name and address clearly.
- Describe the emergency.
- Listen for instructions.
- Do not hang up the phone until the dispatcher tells you to.

Be sure you know how to dial 9-1-1 from any phone in your home, including cell phones.

Important Information:

If the electricity is out, portable handsets will NOT work. It is important to have one “plug-in” phone in case of emergency.



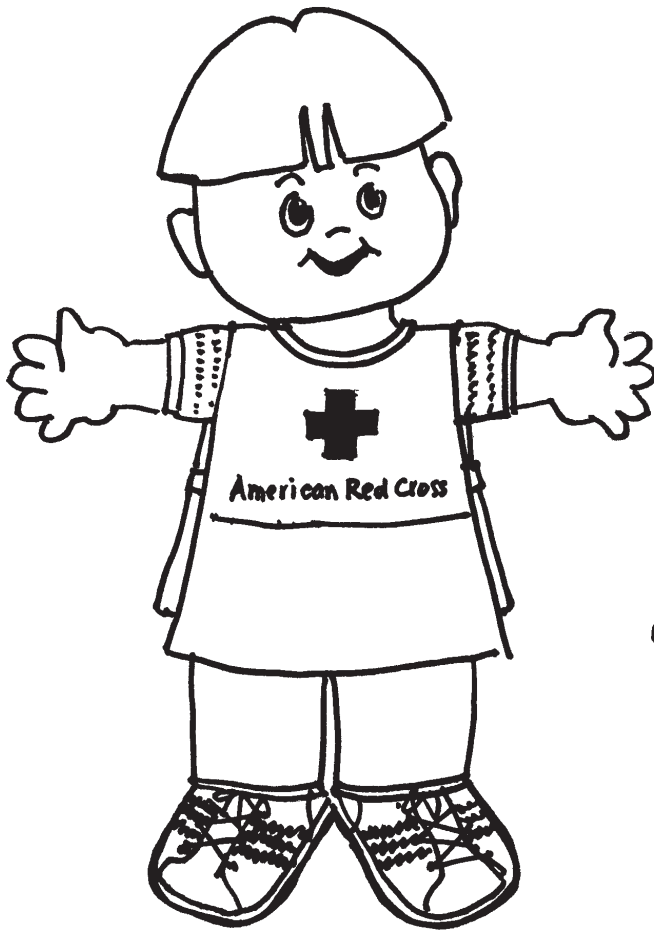


Who Helps Us?

Page 1 of 5

Name _____

Directions: Color and cut out each community helper. Glue each puppet to a craft stick. Now, use the puppets to show how people in our community help all of us.



Red Cross Disaster Relief Volunteer



EMT



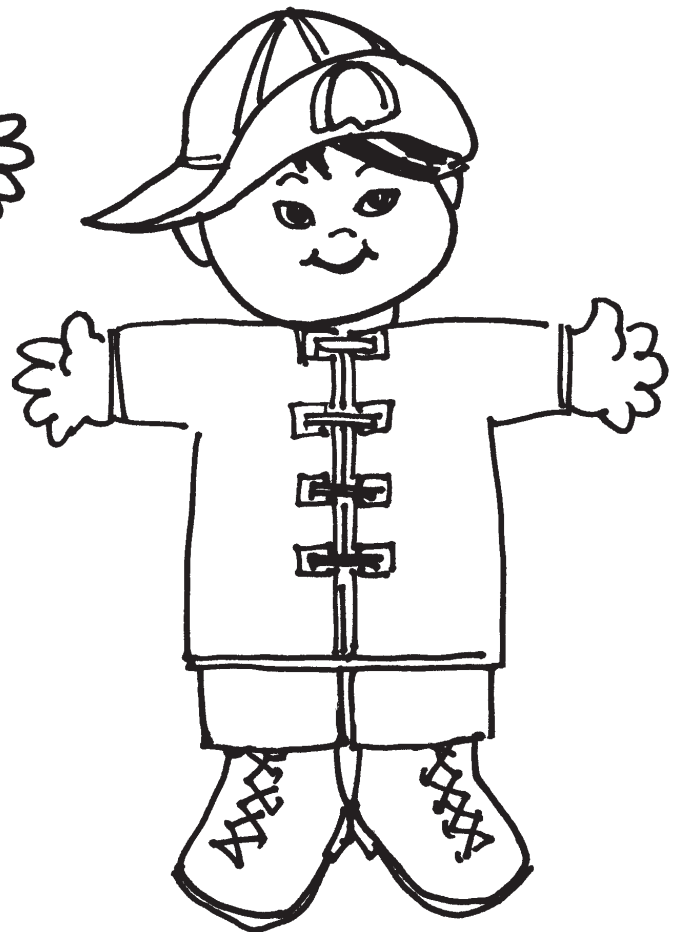


Who Helps Us?

Page 2 of 5



Police Officer



Firefighter





Who Helps Us?

Page 3 of 5



Road Worker



Utility Worker



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WHO HELPS US?
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Who Helps Us?

Page 4 of 5



TV News Reporter



Weather Forecaster





Who Helps Us?

Page 5 of 5



Humane Society Worker





Emergency WATCHES and WARNINGS

Page 1 of 1

Name _____

It is important to understand the meanings of emergency bulletins on radio and television and whether or not they apply to you.

WATCH

A severe weather WATCH means—

Severe weather may be on the way. Be ready to take steps to get to safety if conditions worsen.

WARNING

A severe weather WARNING means—

Severe weather is happening right now. Get to safety right away.

What kinds of severe weather or other emergencies might you experience near your home?

Where do you live?

City or Town: _____

County: _____

State: _____

Area in the State:

North

South

Central

East

West





The Little Red Hen

Page 1 of 2

Name _____

The Little Red Hen lived on a farm. She had many friends—the Little Black Dog, the Big Orange Cat and the Tiny Yellow Duck.

One day, while scratching for her food, the Little Red Hen found some grains of wheat. “I can make bread for my friends and me,” thought the Little Red Hen.

So, she asked, “Who will help me plant the wheat?”

“Not I,” said the the Little Black Dog. “I’m busy playing.”

“Not I,” said the Big Orange Cat. “I’m busy sleeping.”

“Not I,” said the Tiny Yellow Duck. “I’m busy swimming.”

“Then, I’ll do it myself,” said the Little Red Hen. And she did, without any help at all.

When the wheat grew tall and yellow, the Little Red Hen asked, “Who will help me harvest the wheat?”

“Not I,” said the Little Black Dog. “I’m busy chasing the squirrels.”

“Not I,” said the Big Orange Cat. “I’m busy eating the grass.”

“Not I,” said the Tiny Yellow Duck. “I’m busy watching the swans.”

“Then, I’ll do it myself,” said the Little Red Hen. And she did, without any help at all.





The Little Red Hen

Page 2 of 2

After harvesting all the wheat, the Little Red Hen asked, “Who will help me take the wheat to the mill and grind it into flour?”

“Not I,” said the Little Black Dog. “I’m busy wagging my tail.”

“Not I,” said the Big Orange Cat. “I’m busy twitching my ears.”

“Not I,” said the Tiny Yellow Duck. “I’m busy flapping my wings.”

“Then, I’ll do it myself,” said the tired Little Red Hen. And she did, without any help at all.

Coming back from the mill with her big bag of flour, the Little Red Hen asked, “Who will help me make this flour into bread?”

“Not I,” said the Little Black Dog. “I’m busy keeping watch.”

“Not I,” said the Big Orange Cat. “I’m busy counting butterflies.”

“Not I,” said the Tiny Yellow Duck. “I’m busy preening my feathers.”

“Then, I’ll do it myself,” said the very tired Little Red Hen. And she did, without any help at all.

When the bread finished baking and the wonderful smell floated over the farmyard, the Little Red Hen asked, “Who will help me eat this bread?”

“I will!” said the Little Black Dog.

“I will!” said the Big Orange Cat.

“I will!” said the Tiny Yellow Duck.

“No, no!” said the Little Red Hen. “I will do that without any help at all.”





Danger Signs

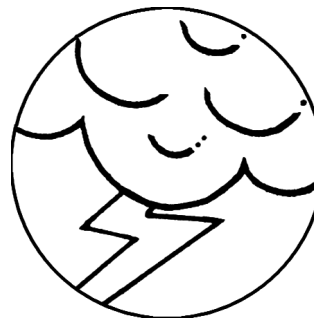
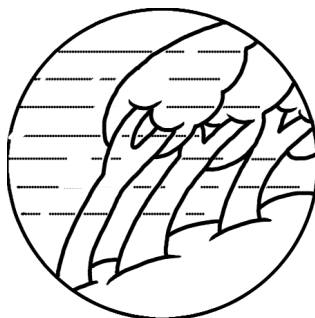
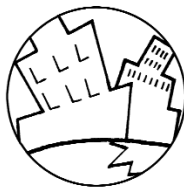
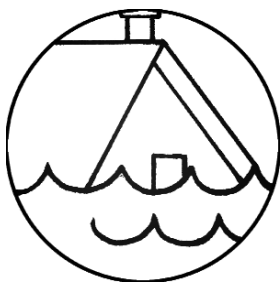
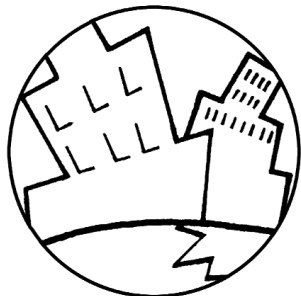
Page 1 of 1

Name _____

Directions: There are many dangers that can affect our community. Look at each of these symbols to talk about the following questions:

- What is it?
- Does it happen here?
- Do we know what to do?

new illo Tsunami





Help Reduce Hazards

Page 1 of 2

Name _____

Making your home safer is a key part of any family disaster plan. During a disaster, objects in your home can cause injury or damage. Anything that can move, fall, break or cause a fire is a home hazard.

Consider these points as you walk around your home and reduce the hazards:

Secure items that can shift or fall

- ☐ Look in every room to see what could tip over or fall during an earthquake or if a child climbs on it.
- ☐ Attach tall furniture like bookcases and cabinets to wall studs.
- ☐ Secure televisions, computers and other heavy items to shelves or walls.
- ☐ Hang heavy objects, such as large pictures or mirrors, away from beds and chairs.
- ☐ Make sure that the water heater is strapped to studs.
- ☐ Install secure latches or locking devices on all cabinet doors.

Check for fire hazards.

- ☐ Keep lighters, matches and candles out of the reach of children.
- ☐ Keep space heaters and candles away from curtains and furniture.
- ☐ Never leave a lighted candle unattended or with children.
- ☐ Make sure that flammable items are away from heat sources—fireplaces, stovetops or lamps.
- ☐ Store hazardous and flammable materials on low shelves in locked cupboards, away from heat sources and children.





Help Reduce Hazards

Page 2 of 2

General safety:

- ☐ Keep hallways and stairs clear of obstacles to prevent tripping and to ensure easy evacuation.
- ☐ Keep electric cords and other obstacles away from evacuation paths.
- ☐ Make sure that there are two clear and safe exits from every room in your home.
- ☐ Place and maintain smoke alarms on each level of your home, inside and outside each bedroom and right outside the kitchen.
- ☐ Identify and secure any areas in your home that should be off limits to children.
- ☐ Identify any areas outside your home that should be off-limits to children because of the danger of flood, flash flood or other hazards.

Keep this sheet as part of your family disaster plan.





Family Contact Plan

Page 1 of 2

Name _____

Staying in contact is part of any good family disaster plan. Go through the checklist below to make sure your family has correct information. Then, fill in *My Yellow Pages* with the names and numbers your family needs.

I know and can tell you—

- ☐ My name, complete address and phone number and the nearest cross street to my home.
- ☐ The full name of my parent, guardian and/or caretaker.
- ☐ My family's meeting places:
Outside our home (by a tree or streetlight)

Outside our neighborhood (at friend's or relative's home)

- ☐ If there's an emergency, _____ will pick me up from school.
- ☐ Where I keep *My Yellow Pages*, all the important numbers I need to stay in contact. (backpack, school bag)





Family Contact Plan

Page 1 of 2

I understand—

- ☐ How to call 9-1-1 in an emergency. I know what a real emergency is. If there is a fire, I get out of the building **BEFORE** we call 9-1-1.
- ☐ Our family has a landline touch-tone phone that does not require electricity, in case the power is out.
- ☐ If there is an emergency while I'm at school, I will wait until I can be picked up. I know that could be quite a long time. The school will let me go only with adults my family lists on the school's emergency information sheet.
- ☐ If local phones don't work, our family will call our out-of-town emergency contact:

- ☐ If phones are not working, I can try to e-mail emergency contacts that are listed on *My Yellow Pages*.
- ☐ If the phones don't work, I need to be patient.
- ☐ My family and I must keep *My Yellow Pages* information up-to-date.

Keep this sheet as part of your family disaster plan.





My Yellow Pages

Page 1 of 2

Name _____

These are important phone numbers that all my family knows.

My emergency information:

Name: _____ Phone: _____

Address: _____

Nearest cross street to my home: _____

Local emergency number is 9-1-1 or _____

Family members' contacts when I'm at school:

Name: _____ Daytime Phone _____

Cell: _____ E-mail: _____

Name: _____ Daytime Phone: _____

Cell: _____ E-mail: _____

Name: _____ Daytime Phone: _____

Cell: _____ E-mail: _____





My Yellow Pages

Page 2 of 2

Neighbor's, friend's or relative's contact information:

Name: _____ Daytime Phone: _____

Cell: _____ E-mail: _____

Name: _____ Daytime Phone: _____

Cell: _____ E-mail: _____

Out-of-town contact's information:

Name: _____ Daytime Phone: _____

Cell: _____ E-mail: _____





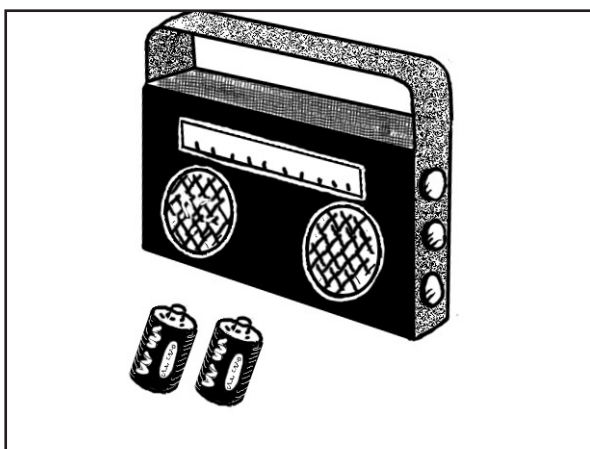
What Do We Need?

Page 1 of 4

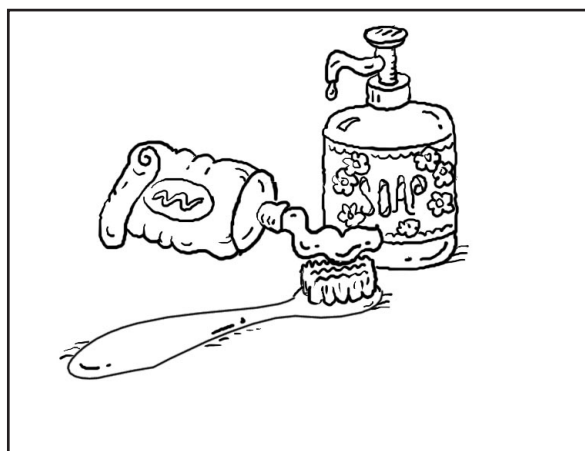
Name _____

If there is no electricity, no running water and stores are closed, there are many items every family will need in an emergency. These items belong in a family disaster supplies kit. Some items, however, are things we might want, but do not need.

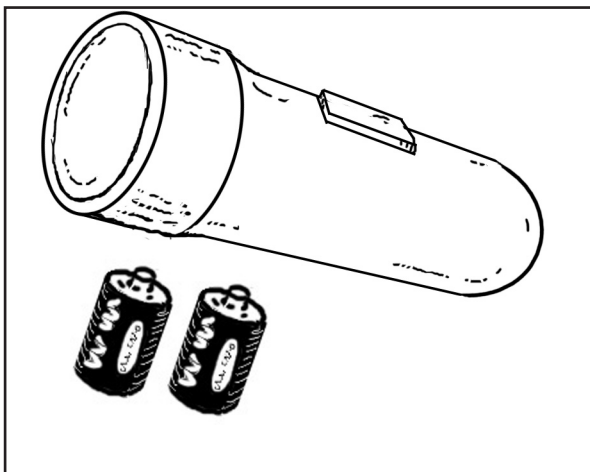
Needed Items



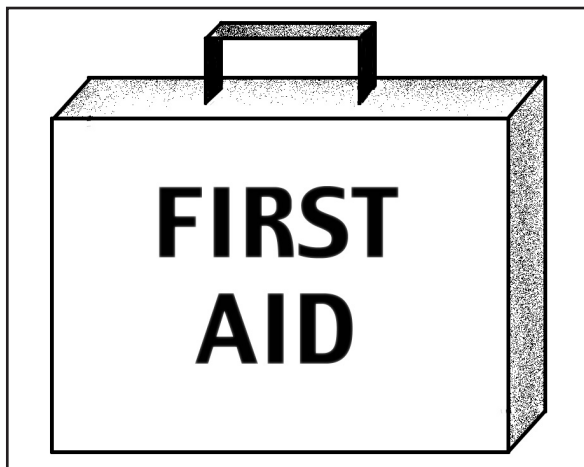
Portable, battery-powered radio or TV



Toothbrush, toothpaste, soap



Flashlight and batteries



First aid kit





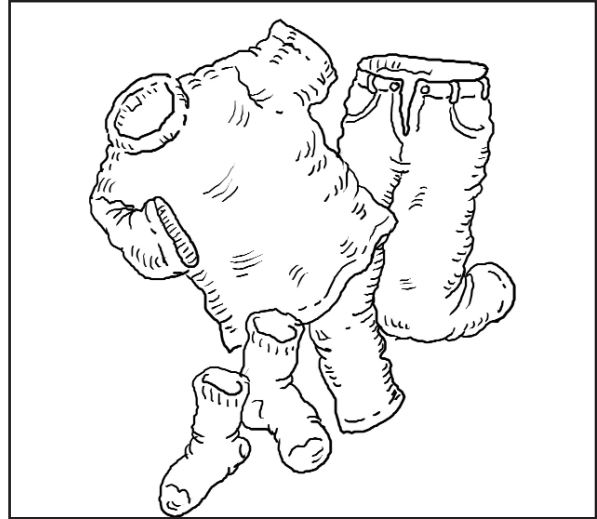
What Do We Need?

Page 2 of 4

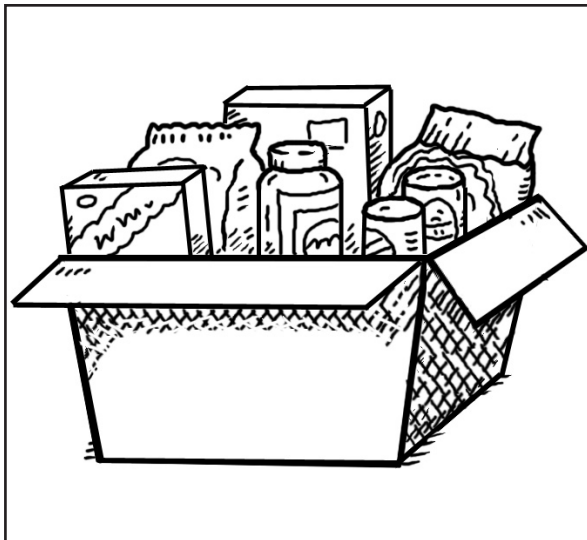
Needed Items



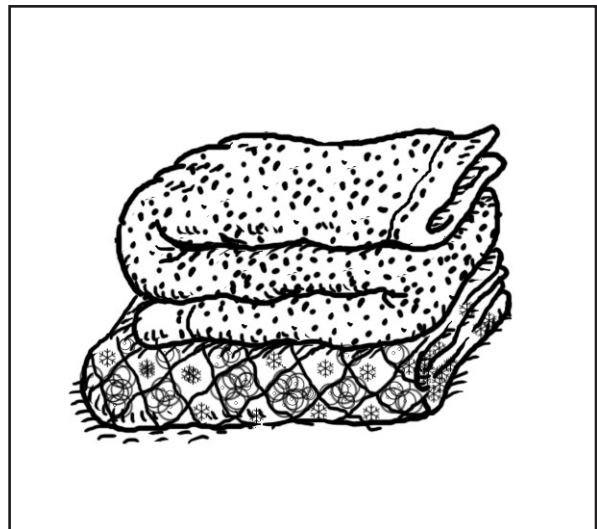
Water



Change of clothes



Food



Blankets

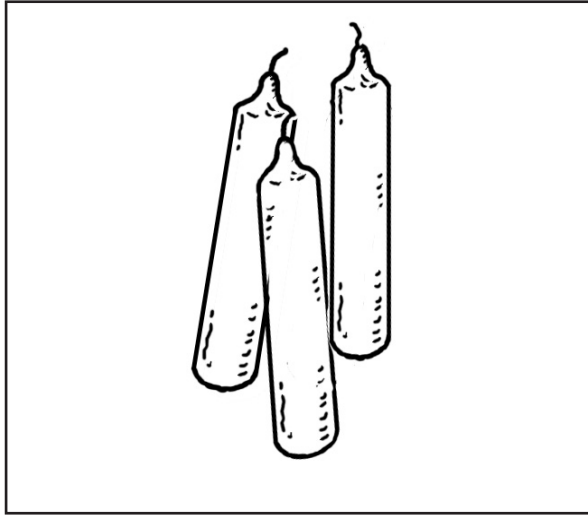




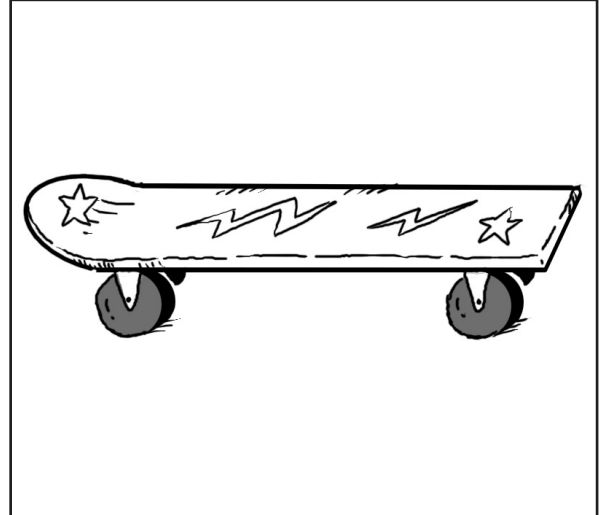
What Do We Need?

Page 3 of 4

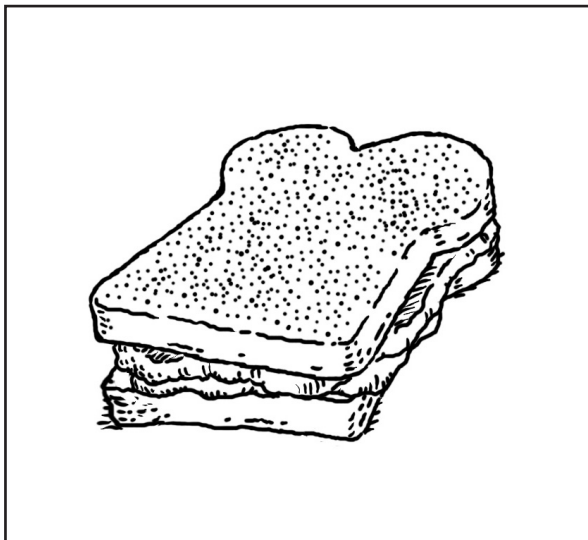
Unneeded Items



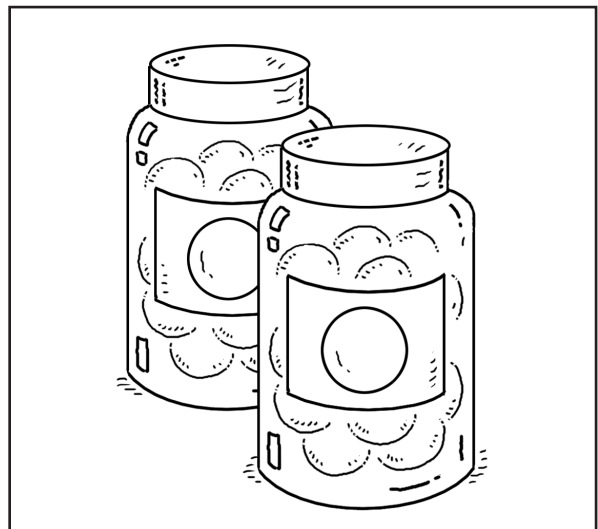
Candles



Skateboard



Meat sandwich



Glass jars of food



**American
Red Cross**

Visit the American Red Cross Web site
at www.redcross.org/disaster/masters

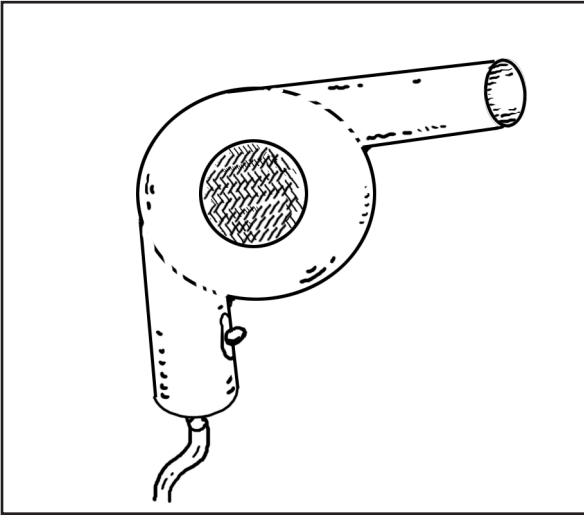
WHAT DO WE NEED?
Masters of Disaster® Be Disaster Safe, At Home, Lesson Plan 10/*Plan Ahead*
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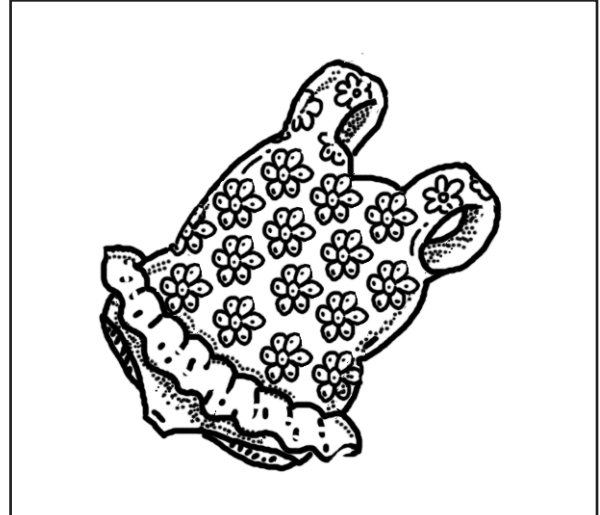
What Do We Need?

Page 4 of 4

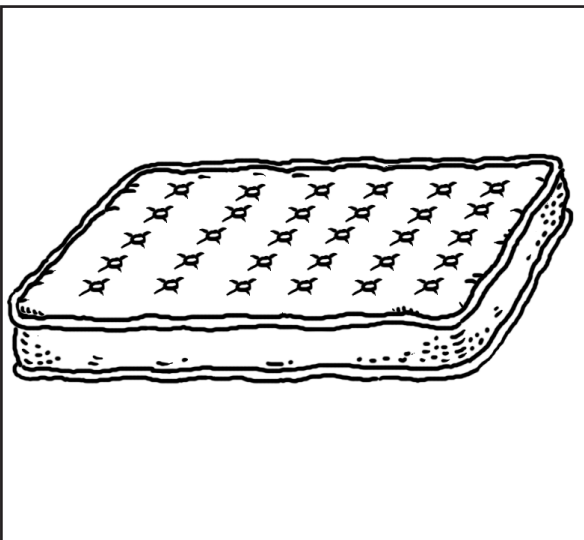
Unneeded Items



Hair dryer



Bathing suit



Mattress



DVDs





Family Disaster Supplies Kit

Page 1 of 2

Name _____

One important step in any family disaster plan is to have needed supplies ready. It's a good idea to prepare to be on your own, without power or running water, for three days or more. Any extra supplies will help, so do the best you can.

Complete this list as a family. Put a check mark by those items you already have and leave the check box blank by those items you plan to get.

Water (1 gallon [4 liters] per person per day for drinking and washing)

☐ We need _____ gallons (liters) for _____ people.

Food (packaged, canned or dried foods that will not spoil, plus serving utensils and a nonelectric can opener)

☐ We have enough food for _____ days.

☐ We have food for special diets (babies, elderly or infirm).

☐ We have utensils.

Medical Needs

☐ Extra supplies of essential medications and a list of medicines, including dosage

☐ First aid kit and handbook

☐ Extra eyeglasses

☐ Other needs, such as hearing aid batteries _____

Tools

☐ Battery-powered radio or weather radio with extra batteries

☐ Flashlights with extra batteries

☐ Tool kit

☐ Duct tape and heavy plastic sheeting to cover windows and doors





Family Disaster Supplies Kit

Page 2 of 2

Sanitation Supplies

- ☐ Soap or hand cleaner and cleaning supplies
- ☐ Plastic bags
- ☐ Bleach
- ☐ Toilet paper and other essential paper goods

Special Supplies

- ☐ For baby or other family members _____
- ☐ Emergency kit in the car (water, food, first aid supplies and walking shoes.)
- ☐ Pet supplies (food, carrier or leash, and extra water for a large animal)

Check your family disaster supplies kit regularly to replace items that become out-of-date, replace batteries or update special needs. For a more detailed list, check the American Red Cross at http://www.redcross.org/images/pdfs/code/disaster_supplies_kit.pdf

Keep this sheet as part of your family disaster plan.



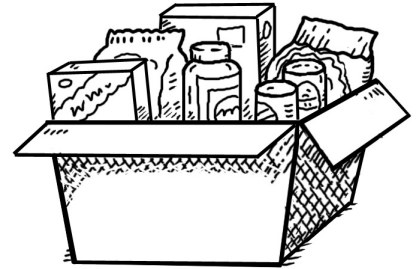
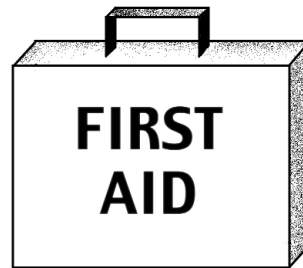


Disaster Supplies Kit Math

Page 1 of 2

Name _____

To prepare for a disaster, your family needs a disaster supplies kit. Answer the questions to figure out how much you need of each item in your kit. You can draw pictures to help you solve these problems. Write your answers in the boxes.



1. You need 1 gallon (or two 2-liter bottles) of water per day for 3 days. How much water will you need?

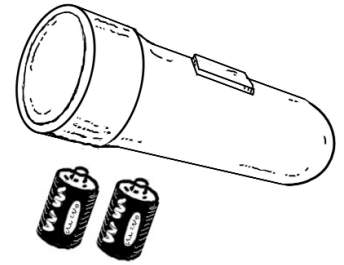
2. You need 4 batteries for your radio, 2 batteries for the flashlight, and 1 battery for a clock. How many batteries will you need?





Disaster Supplies Kit Math

Page 2 of 2



3. You have 3 flashlights. Each one needs 2 batteries. How many batteries will you need?

4. Each person in your family will need a blanket. How many blankets will your family need?

Challenge: How much water will your family need?



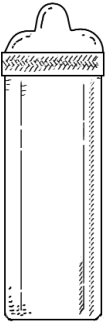


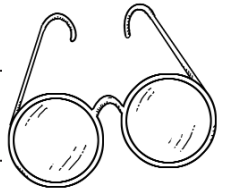
Plan for Special Needs

Page 1 of 1

Name _____

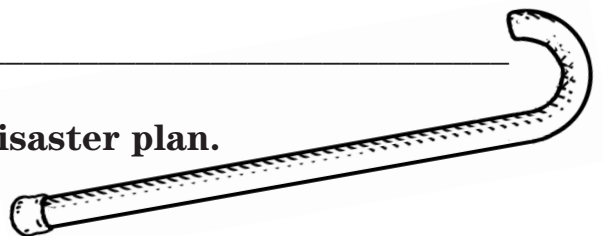
Every disaster plan must include planning and supplies for people who might have special needs. Some family members might need special medication; infants need special food and diapers; someone with reduced vision may need help reaching safety. What are some of the special needs of the people in your home?





Now, think about your neighbors. Is there someone in your neighborhood who might need extra help in an emergency? How can your family help?

Keep this sheet as part of your family disaster plan.





Plan for Your Pets

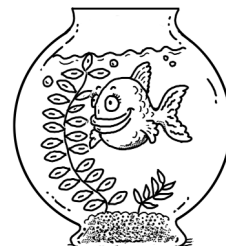
Page 1 of 1

Name _____

Every disaster plan must include planning and supplies for pets. Talk about your pet(s). What will each animal need in an emergency?

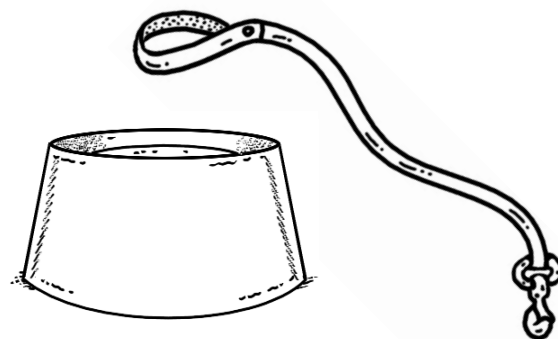
Name(s):

Type(s) of Animal:



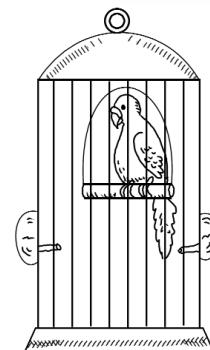
Living Space(s) and Transportation Needs:

Food and Water:



Special Needs:

ID Tags and Vaccination Information:



Telephone Numbers:

Veterinarian _____

Kennel _____

Animal-loving Friend _____

Keep this sheet as part of your family disaster plan.





Family Disaster Plan

Page 1 of 2

Name _____

Your family disaster plan includes ways to reduce hazards, a family contact list and a supplies kit to meet the needs of everyone in case of a disaster or emergency situation. Here are some final points to consider, including plans to get to safety and stay safe.

It is most important to discuss all the steps in your disaster plan and to practice safe actions for different types of emergency. Planning and practicing will keep your family safe.

Be familiar with the school's plan—

- ☐ Students and parents know the school's emergency plan.
- ☐ If an emergency happens while children are at school, they must follow the direction of the teachers, principal or emergency teams.
- ☐ Students know to stay at school or with school personnel in the event of a disaster.

Neighbors helping neighbors

- ☐ Meet with your neighbors to plan how the neighborhood could work together after a disaster.
- ☐ Agree to check on each other in the event of an emergency. Form a "tree" where everyone checks on one or two other neighbors.
- ☐ Determine where children might go for help in the neighborhood.

If a disaster happens, we plan to—

- ☐ Drop, Cover and Hold On if there is an earthquake or explosion.
- ☐ Move to a safe place, in the basement or away from windows, and Drop, Cover and Hold On if there is a tornado.
- ☐ Get out and get help if there is a fire.
- ☐ Get to higher ground if there is danger of a flood.
- ☐ Stay inside if there is danger outside.
- ☐ Follow our family contact list.





Family Disaster Plan

Page 2 of 2

After the emergency passes—

- ☐ Check everyone around you; give first aid when possible and get help for seriously injured people.
- ☐ Wear protective clothing and sturdy shoes to avoid injury from debris.
- ☐ If the building is unsafe for any reason, get everyone outside quickly.
- ☐ Sniff for gas leaks. If you smell gas or suspect a leak, get everyone outside quickly, and turn off the main gas valve.

Next steps to take—

- ☐ Listen to radio and television reports for instructions. Follow the directions of local emergency officials.
- ☐ Carefully confine or secure your pets with a carrier or leash. Remember, they may be frightened and might bite or scratch.
- ☐ Check on your neighbors.
- ☐ Stay away from fallen power lines.
- ☐ Following an earthquake, expect aftershocks that might cause more damage. Stay where nothing can fall or cause injury.

For more detailed information about a family disaster plan, check the American Red Cross Web site at http://www.redcross.org/images/pdfs/code/family_disaster_plan.pdf

Keep this sheet as part of your family disaster plan.

