

Student Tools for Emergency Planning (STEP) Program

Student Activity Book

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FEMA



1. BASE LESSON HANDOUTS

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

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.

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]*

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: 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.

4. STEP CERTIFICATE OF COMPLETION

5. EMERGENCY PREPAREDNESS RESOURCES FOR PARENTS AND CAREGIVERS



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