

# MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

## Emergency Preparedness School Video

### Lesson Plan



**Subject Area:** Health; Family and Consumer Sciences; or Science

**Grade Range:** 4th through 8th

**Grade Best Taught:** 6th through 8th

**Materials Needed:**

- *Ready in 3* School Video available in VHS/DVD.
- *Ready in 3* Family Safety Guide that includes a Family Plan / Emergency Kit Checklist.
- See Class Activities section below.

**Objective:** To inform students about the importance of emergency preparedness. Students will take an active role in helping their families get *Ready in 3* by creating a plan, assembling an emergency kit, and (identifying local media networks for) listening to the news for important information during an emergency.

**Show-Me Standards:** HPE (Healthy/Physical Education) standard #7 (responses to emergency situations)

**Time Allowance:** An additional 15-20 minutes after viewing the 15-minute video on Day 1 and 20-25 minutes for students to discover media sources and share their family plans and kits with their groups on Day 2.

**Description:** Students work with classmates and their families or whom ever they live with to determine a plan of action and supplies that are needed in an emergency situation.

**Comments:** Many students live with others besides their family. Also recognize that it might be an older sibling or a neighbor that the student works with if a parent is not available.

**Instructional Strategy:** Cooperative learning (think, share-pair, and square-share) - have all students think about the questions posed before watching the video. Then share with a partner. Then partners share with another set of partners to expand their thoughts about being prepared for an emergency. One person from each group of four can share the highlights of their discussion with the entire class. This gives everyone a chance to discuss while taking less time. Each group will select one student to summarize the thoughts from their group with the entire class.

**Video Overview:** The *Ready in 3* classroom video is designed for, and features, middle school students. The energetic video is divided into three sections: Create a Plan, Prepare a Kit, and Listen for Information.

## **Sample Talking Points for Class Discussion**

- No matter how old or young, we all need to do our part in making sure our families are ready if something unexpected happens. Think about what you can do to help in an emergency situation – jot down an idea or two.
- Getting ready for something in our homes is just like what we do at school when we plan and practice for fire drills. None of us really think anything bad will happen at school, but it makes us feel a lot better knowing what to do if something does happen. Think about why emergency drills are so important – jot down an idea or two.
- Sometimes our parents need some help planning for these unexpected things, like tornados. While they probably won't happen, we need to be prepared for these events - just to be safe. You can play an important role in this planning and preparation process. List as many things as you can think of that would require some advanced planning and what could you do to help.
- Having a plan and a ready-to-kit can help your family through an emergency. It is very easy to get Ready in 3, and you can help your parents learn more and get ready. (Show Video: Create a Plan and Prepare a Kit segments.)

### **Classroom Component - Day 1**

**Steps for Implementation:** Students watch the *Ready in 3* School Video and based on which activity they choose to implement, move forward with completing the three simple steps encompassing *Ready in 3* to prepare them and their families for emergency situations of all kinds.

**Homework Component:** Students will share the "Family Safety Guide" with an adult family member at home and use it to create a Family Plan. They will also use the "Emergency Kit Checklist" to create a real or virtual emergency kit.

### **Class Activities to Support Video**

#### **Create a Plan**

- After viewing the "Create a Plan" segment of the video, invite students to talk about their family's plan. Spark a discussion among the class about the types of plans their families already have in place, what they have done to prepare for emergencies, and what they did to help. Have the students get in groups of four (two of the share-pairs from before) and talk about the kinds of family plans they may already have. Have one person from each group of four share the ideas from their group.
- Discuss your school's emergency plan, and give students important school phone numbers that parents should call in an emergency. Post plans for school emergencies in an easily viewed place in the room.

#### **Prepare a Kit**

- After viewing the "Prepare a Kit" segment of the video, have students use the **EMERGENCY KIT CHECKLIST** that accompanies the Family Safety Guide to determine the supplies they already have on hand at home, and what additional supplies would be the most critical to purchase for their kit. It's important to emphasize the use of existing items to keep costs low.
- You could prepare a kit as a class - this can be done with actual items, or could be a virtual kit. Cut pictures out of catalogs, magazines, and newspapers – or browse the Internet for photographs or each student can prepare a kit at home in conjunction with the "Create a Plan" assignment.

- Ask students to share the “Family Safety Guide” with their parents for homework that night and use the accompanying **FAMILY PLAN** to develop a plan as a family. Ask them to be sure to write down their parents’ contact information as well as contact information for their family’s secondary contact to include in the school’s emergency plan.
- Discuss their plans the next day in class.
- Put together your Class Emergency Plan. Include contact information for your students.
- Create a plan with your family and discuss it with students as well, to show them that emergency preparedness is everyone’s responsibility.

## Day 2

### Show the Video (Listen for Information segment)

- Talk about the news sources in your area – primarily television and radio, but newspaper as well. If students aren’t aware of news radio station frequencies or TV stations, list local stations and encourage students to add them to their Family Plan. Consider tuning a portable radio to a news station.
- Conduct a scavenger hunt online for helpful emergency preparedness web sites for families. Ask students to identify web sites with tips for various emergencies, such as a tornado, flood, fire, or terrorist attack. For example, <http://ready.gov/kids> has several links for kids that give information and provide workbook activities for them to measure what they’ve learned.

### Emergency Preparedness Quiz

- If you have the DVD version of the video, there is an interactive quiz about emergency preparedness. Consider using this section as a class.
- The **STUDENT QUIZ** includes questions if you would like to host a live quiz with your class. Consider hosting a live quiz show, with students taking turns serving as host and players.

### Answer Key to Student Quiz

- |  |   |
|--|---|
| 1. b. All the same person.                     | 8. 1. Close windows, air vents and fireplace dampers.   |
| 2. d. One gallon.                              | 2. Turn off the air conditioning, forced-air heating systems, exhaust fans, and clothes dryers. |
| 3. b. Three days.                              | 3. Seal doors and air vents with heavy-duty plastic sheeting and heavy-duty tape.               |
| 4. b. Two weeks.                               | 9. True.  |
| 5. c. Every six months.                        | 10. False.  |
| 6. Battery-powered radio with extra batteries. | 11. True.   |
| 7. 1. Create a Plan.                           | 12. False.  |
| 2. Prepare a Kit.                              |   |
| 3. Listen for Information.                     |   |

## **Additional Activities for School Students**

- Adopt a needy family and put together an emergency kit for them to use. Make sure to have enough food and water for each family member and for pets, if they have them.
- Conduct scavenger hunts for items that would be included in an emergency kit, such as a flashlight, batteries, battery-powered radio, canned or dried food, water, a first-aid kit, medicines (for the scavenger hunt, empty medicine bottles will do), toilet paper, and rain gear.
- Write and perform a skit for the school on emergency preparedness during school. The skit should have a problem (for example, someone isn't sure how to prepare for an emergency) and a solution (a friend tells him/her about the Ready in 3 program and where to go for information.)
- Hold a poster contest with the theme "Helping others prepare for emergencies." Have other members of the staff serve as judges.
- Hold a video contest in which students create a commercial or television show telling the audience how to prepare for an emergency.
- Tour a fire department or any other emergency-service provider.
- Create content for the school's website telling students how to prepare for an emergency, and provide them with other resources. This could direct others to visit [health.mo.gov/emergencies/readyin3](http://health.mo.gov/emergencies/readyin3) for more information.



Missouri Department of Health and Senior Services  
Center for Emergency Response and Terrorism

**Ready in 3**

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#120 - 10/05

Emergency Preparedness  
School Video  
**Student Quiz**



Circle the Correct Answer

1. If an emergency happens and you are not with your family, how should you plan to connect with one another?
  - a. Each call a different friend or family member.
  - b. All the same person.
2. How much water does one person need each day?
  - a. One Pint
  - b. Two Pints
  - c. One Quart
  - d. One Gallon
3. At a minimum, how many days worth of food and water should you store in case of an emergency?
  - a. One day
  - b. Three days
  - c. One week
  - d. Six days
4. How many days worth of food and water should you store if you have extra room?
  - a. One week
  - b. Two weeks
  - c. Two months
  - d. One year
5. How often should you change your stored water supply?
  - a. Every week
  - b. Every six weeks
  - c. Every six months
  - d. Once a year

Fill in the Blanks

6. In order to listen for information, you should have a \_\_\_\_\_ on-hand in case of a power outage.

7. The three steps you need to take to be ready for an emergency are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

8. In an emergency where poisons are in the air, list three steps you can take to help seal a room.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Circle True or False

9. Families are responsible for their own safety during an emergency. **TRUE** **FALSE**
10. Planning for a fire is the same as planning for a tornado. **TRUE** **FALSE**
11. During an emergency, it is sometimes easier to make a long-distance phone call instead of a local call. **TRUE** **FALSE**
12. During an emergency, you should go to a room with windows so you can see what is happening outside. **TRUE** **FALSE**

Name: \_\_\_\_\_

Date: \_\_\_\_\_