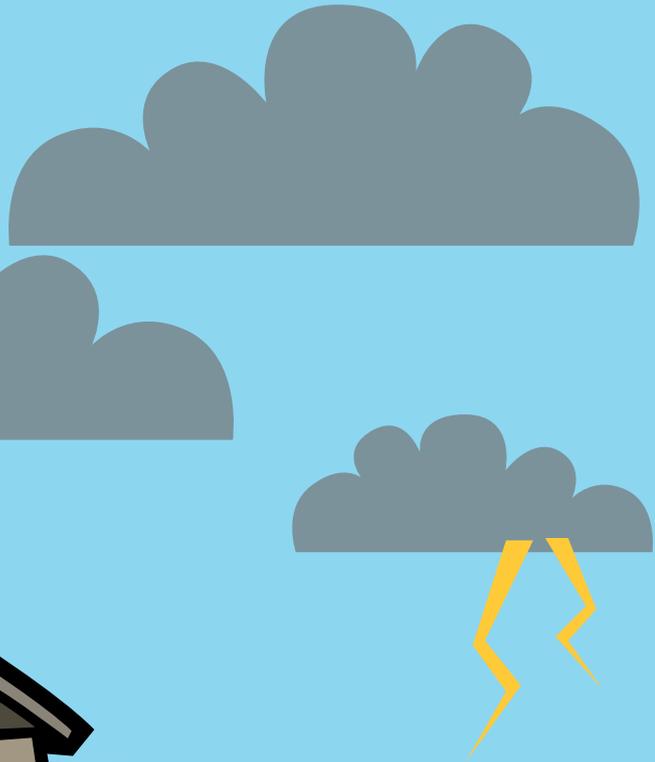


the  
power of  
humanity



# Get ready!



**Dear Parent or Guardian,**

Emergencies can happen anywhere at any time. This activity book is designed to help lower primary school-aged children learn about emergencies and the things they can do to be prepared.

You can also help your children to be prepared by including them when talking about emergency plans for your household—it will help them know what to do and respond more calmly in an emergency. It will also help them to manage anxiety they may have about emergencies from past experiences or television reports.

Visit [redcross.org.au](http://redcross.org.au) for more information on preparing your household or talking to your children about emergencies. You can contact a Red Cross office or visit our website for a copy of Red Cross' household preparedness guide, RediPlan.

# Hey Kid



# y ds



## **Welcome to Get ready! The book to help you get ready for an emergency.**

An emergency is something that happens which can cause damage to things like houses and cars, or sometimes hurt people. Floods, storms and bushfires are all examples of emergencies, which can do things like cut off the power and phones, flood roads or make trees fall down.

Emergencies can happen at any time, and there are lots of things you can do to be prepared and stay safe. This book has fun activities to help you get ready for an emergency.

## **Let's get started!**

# prepare your mind

Emergencies can be scary. Preparing your mind helps you to stay calm, think clearly and make better decisions before during and after an emergency.

## Breathing with Colour

One good way to prepare your mind is by learning to breathe with colour. It helps you to slow down your breathing and stay calm. First, you need to think about your favourite colour. Then you need to think about your least favourite colour.

Take a long, slow breath in through your nose. Imagine breathing in your favourite colour. Let it fill you up with happy, positive thoughts. Now slowly blow out your least favourite colour, getting rid of any negative thoughts or feelings you have today. To really slow down your breathing, practise this three or four times with your eyes closed.

What's your favourite colour? Fill today's circle with that colour. Then colour a circle for every day of the week. Remember, you can change your favourite colour to suit your mood.

Sunday

Monday

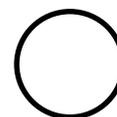
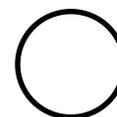
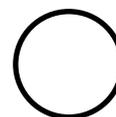
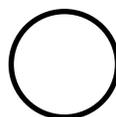
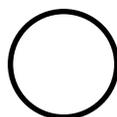
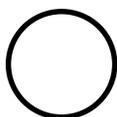
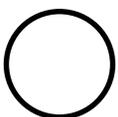
Tuesday

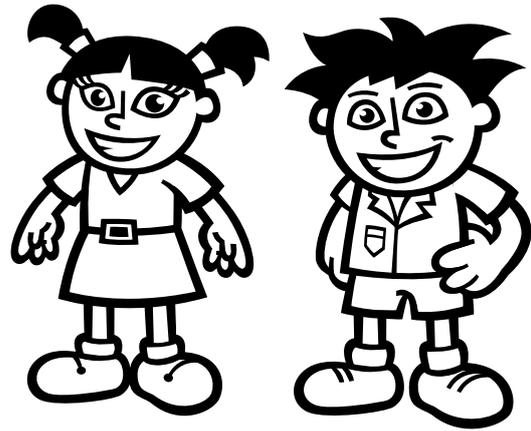
Wednesday

Thursday

Friday

Saturday



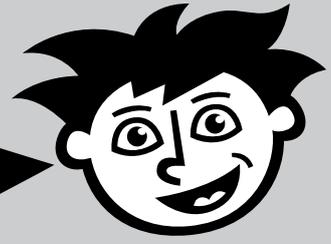


## Yes You Can!

Think about how you coped with a tough situation in the past.  
Maybe you talked with a grownup or told yourself a happy story.  
Write down what you did.



To get in the know,  
find out what emergencies  
might happen in your area.  
This will help you to plan for them  
and stay safer if they happen.



# get in the know

## Word search

Can you find these emergencies hidden in the grid? You can look down, across or on an angle.

storm

tsunami

cyclone

hurricane

earthquake

bushfire

accident

drought

E	O	X	L	G	D	J	I	R	O	T	E
P	S	O	S	C	C	M	N	Y	L	N	N
S	Q	D	I	O	A	E	C	U	O	X	I
N	N	O	B	N	E	E	O	L	E	I	E
D	R	O	U	G	H	T	C	N	O	P	A
M	E	S	S	S	S	Y	A	T	Y	D	F
S	T	K	H	A	C	C	I	D	E	N	T
W	T	T	F	M	I	R	I	N	P	I	J
F	T	O	I	R	B	I	O	K	A	Q	D
Q	E	A	R	T	H	Q	U	A	K	E	X
Q	M	U	E	M	N	O	O	E	M	B	E
P	H	S	L	I	F	U	S	Z	E	R	N

Could any of these emergencies happen where you live?

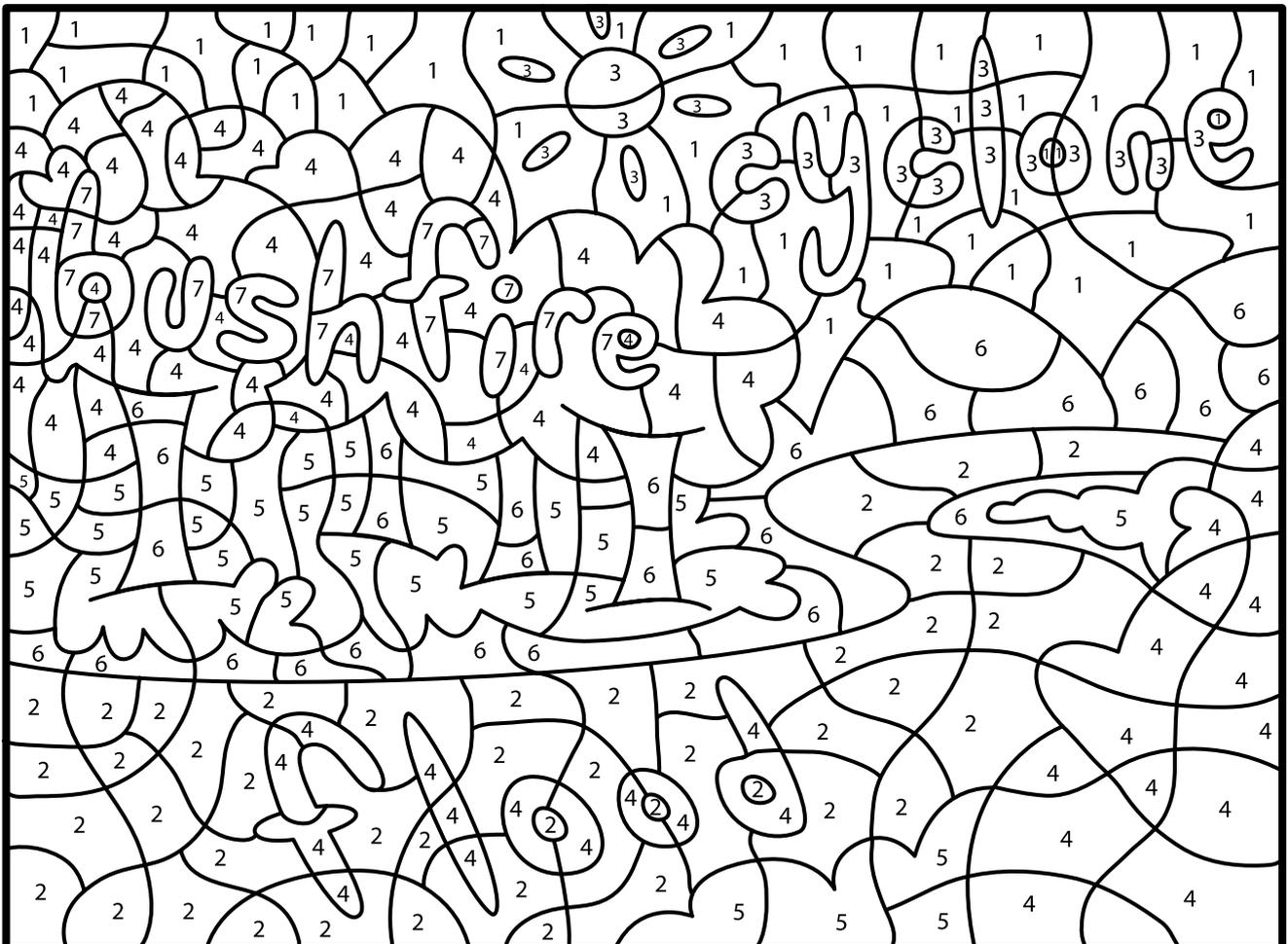
Write them in a list here: \_\_\_\_\_

\_\_\_\_\_

# Colour by numbers

Match the numbers with the colours.

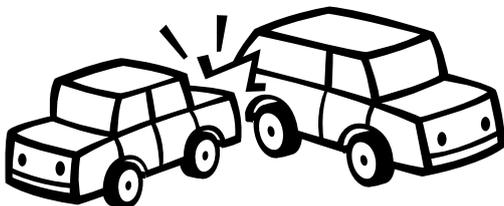
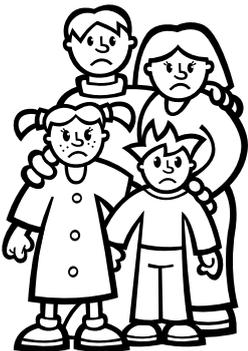
- 1** Light blue   **2** Dark blue   **3** Yellow   **4** Light green  
**5** Dark green   **6** Brown   **7** Red



# get connected

## Match the emergency with the person who can help

Which emergency workers can help you? Match the emergencies on the left with the emergency workers on the right.



SES volunteer



Ambulance officer



Fire fighter



Police officer



Red Cross volunteer

Knowing people in your community can be a big help in an emergency. You can all help one another. At other times you might need help from emergency workers.

If someone is in danger, and there are no grown ups around to help you, you can call 000 for police, fire or ambulance. Remember though – only call this number when there is a real emergency.



## Spot the emergency workers

When we work together, our communities are stronger. Colour in the community below. Can you find these emergency workers?

- Red Cross volunteers
- Fire fighters
- Police officers
- SES volunteers
- Ambulance officers





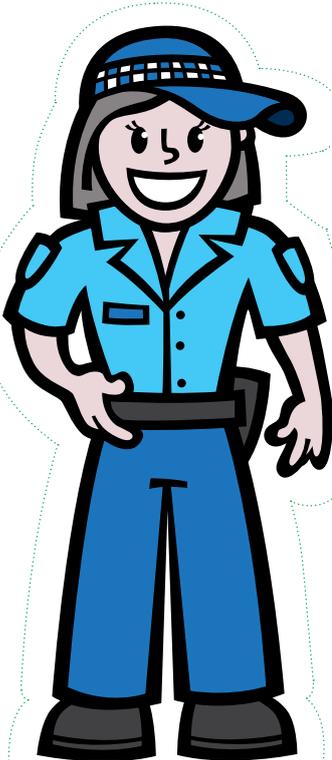




## PUPPET SHOW

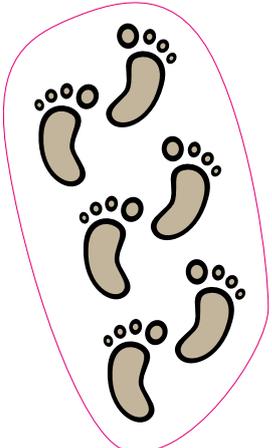
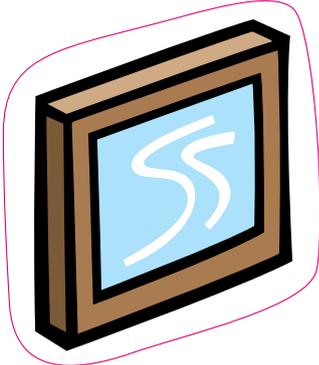
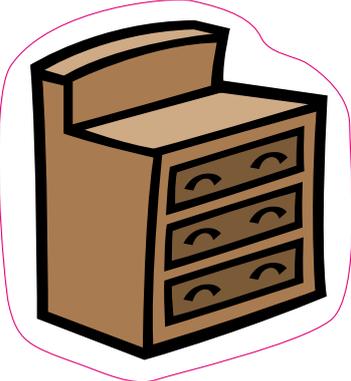
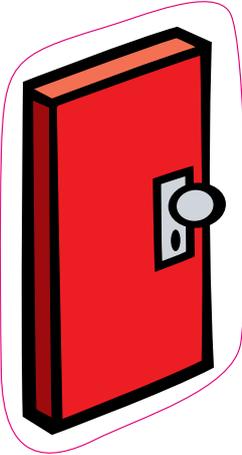
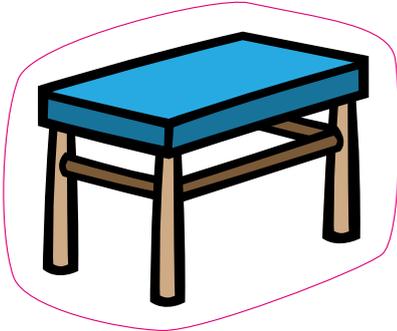
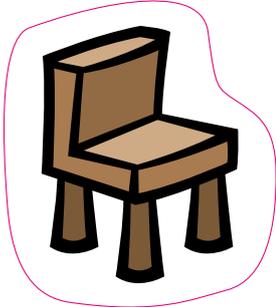
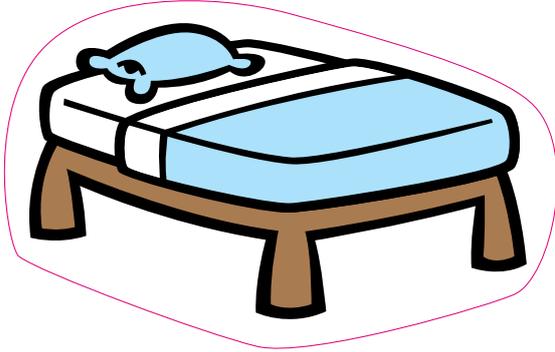
These people are all able to help you in an emergency.

You can push them out, glue them to a craft stick and create a puppet show.

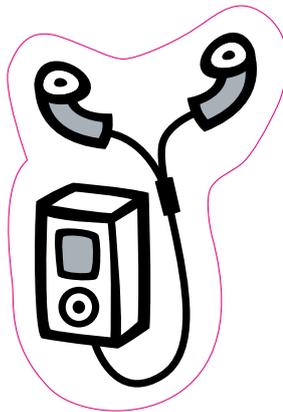
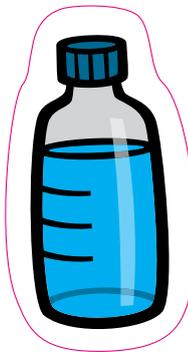
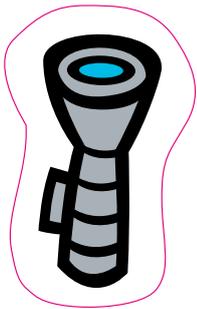
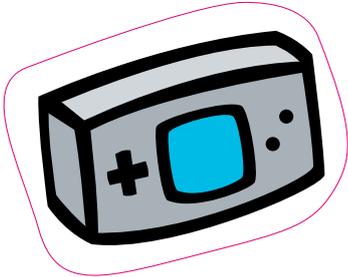




Use these stickers to help you draw your bedroom on page 10.



**Use these stickers to help you pack your *Emergency kit* on page 20.**





# Emergency card

If there's an emergency, it's good to have all of your important telephone numbers with you. That way you can ring anyone you need.

Get a grown-up to help you fill in your details on the card below, then push it out and keep it in your school bag or emergency kit.



CRISIS CARE COMMITMENT

Kids Help Line: 1800 551 800  
Poisons Information Line: 13 11 26  
Police Fire Ambulance: 000 (112 from mobiles)

## MY NUMBERS

Australian Red Cross  
THE POWER OF HUMANITY



FOLD

### My details

FOLD

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

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Blood type: \_\_\_\_\_

Allergies: \_\_\_\_\_





Telephone numbers:	Work	Mobile
Mum:		
Dad:		
Neighbours:		
If I can't get hold of mum or dad, ring (out-of-town contact):		
In case of emergency and we can't contact each other, meet at:		

 **Australian Red Cross**  
THE POWER OF HUMANITY

If there's an emergency, it's good to have all of your important numbers with you. Fill out the emergency contact card in the middle of this book, and keep it in your emergency kit or school bag.

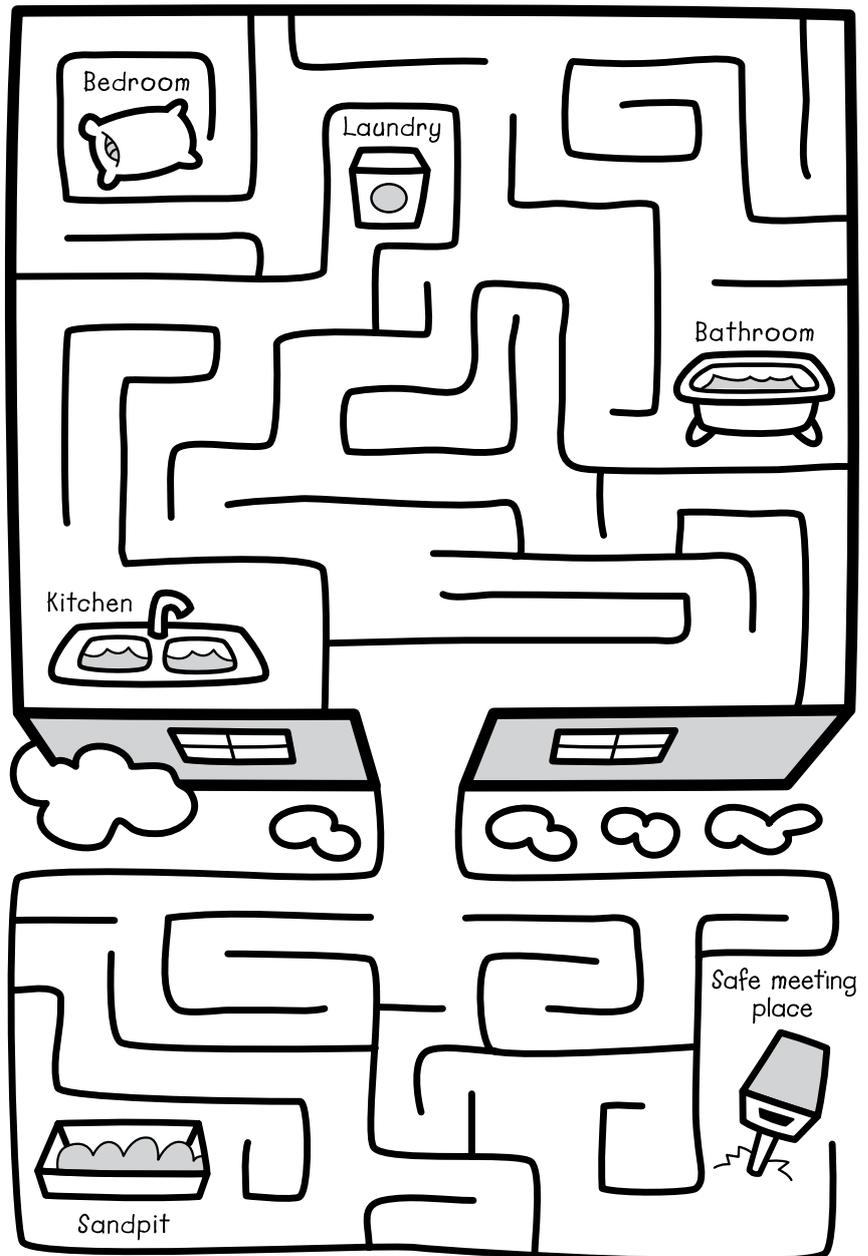


## Maze

In some emergencies you might need to leave your house quickly, like a house fire. In other emergencies, like a storm, it is important to stay inside your house. Decide with a grown-up when you will stay and when you will leave.

It's also a good idea to have a safe meeting place outside your house, like a letterbox.

Find the path from your bedroom to your safe meeting place outside your house.



Where would your household's safe meeting place be?

---

# get packing

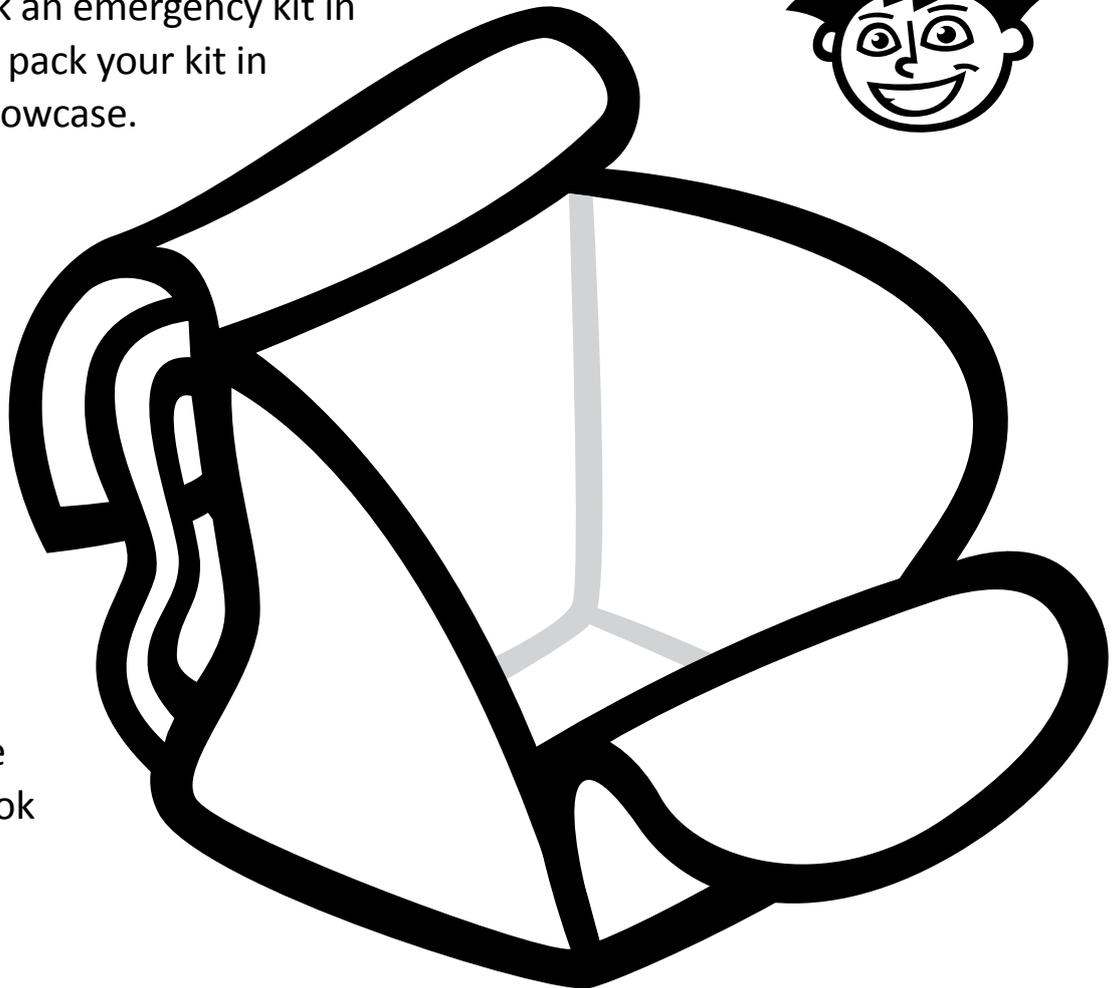
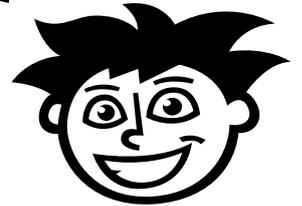
## Things to pack in your Emergency kit

In an emergency, you often don't have time to think, let alone pack. That's why it's important to pack an emergency kit in advance. You can pack your kit in a backpack or pillowcase.

What would you put in your emergency kit? Remember to pack items that are special to you too.

You can draw pictures or use the stickers in the middle of this book to help you.

*Pack an emergency kit with all of the things you would need in an emergency, and keep it somewhere handy in case you need to leave your house in a hurry.*





# Emergency kit code cracker



What things should you have in an emergency kit? Crack the codes to find out. Each number matches up with a letter. Fill in the letters that match the numbers and use the circled letters to spell out the secret word.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1  — 8 — 15 — 14 — 5

2 — 20 — 15 —  — 3 — 8

3 — 13 —  — 4 — 9 — 3 — 9 — 14 — 5

4  — 5 — 20 — 6 — 15 — 15 — 4

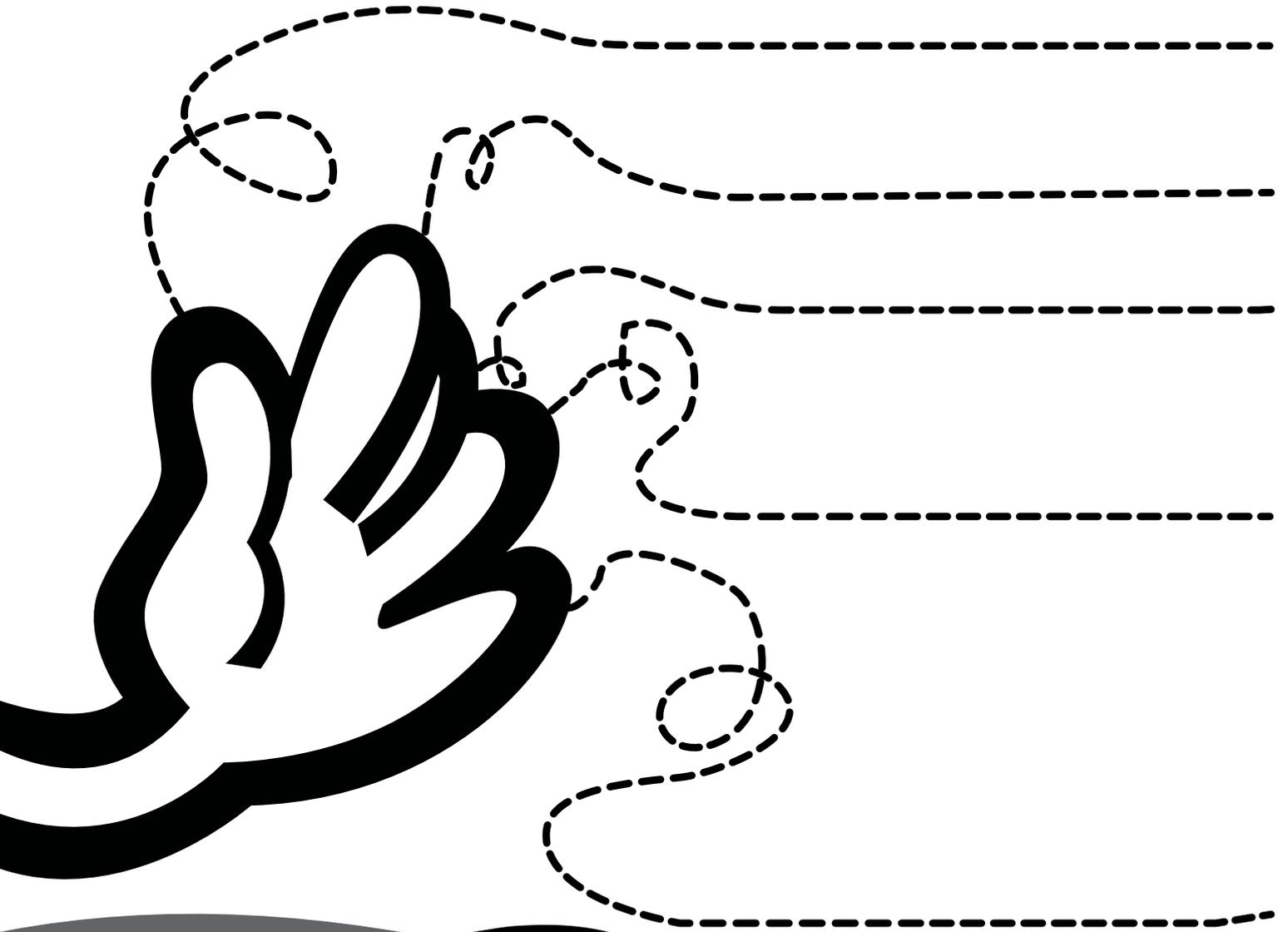
5 — 6 — 9 — 18 — 19 — 20 —  — 9 — 4 — 11 — 9 — 20

6  — 1 — 4 — 9 — 15

7 — 6 — 15 — 15 — 4 — 1 — 14 — 4 — 23 — 1 — 20 —  — 18

Secret word \_\_\_\_\_

# start a conversation

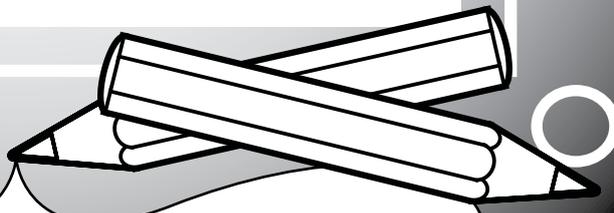
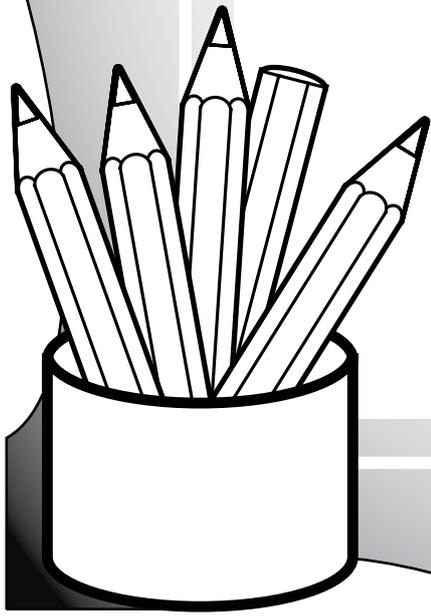
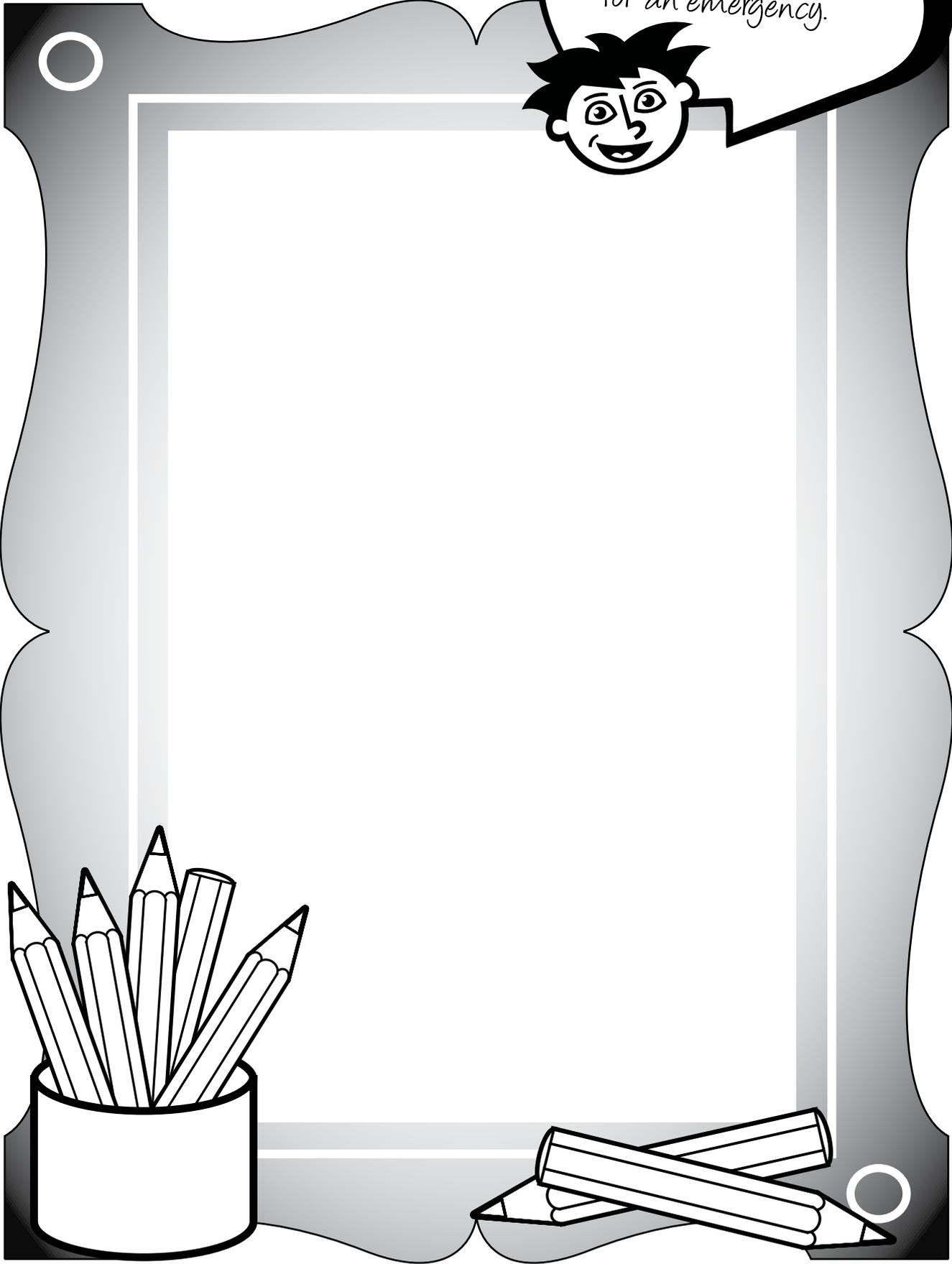
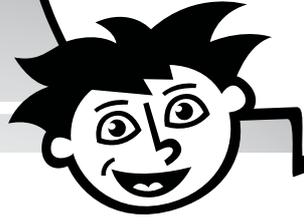


Write the names of people  
you could talk to about getting  
ready for an emergency.



# The future

*Draw a picture of  
your community ready  
for an emergency.*



## The storm

Read this story about an emergency and fill in the missing words.

The missing words:

- Tree • Radio • Water
- Neighbour • Jeans
- Cat • Torch • Books
- Food • Storm

There was a big thunder clap and Shan's mum came outside. 'They've said on the radio there's going to be a big \_\_\_\_\_ this afternoon, so we should all get ready', she said. We helped Shan's mum take the washing off the line and put our bikes away in the shed.

When we were inside, Shan's mum rang my dad and told him about the storm. He was in the city for work. 'It's OK, Jack can stay with us', she said. 'If you can't contact us call my sister.'

Shan's mum checked the cupboards. 'We've got enough \_\_\_\_\_ here for a few days, kids!' She filled up some jugs of \_\_\_\_\_ just in case and then rang her sister to let her know about the storm.

'I'd better go and check on Maria', she said, and ran next door.

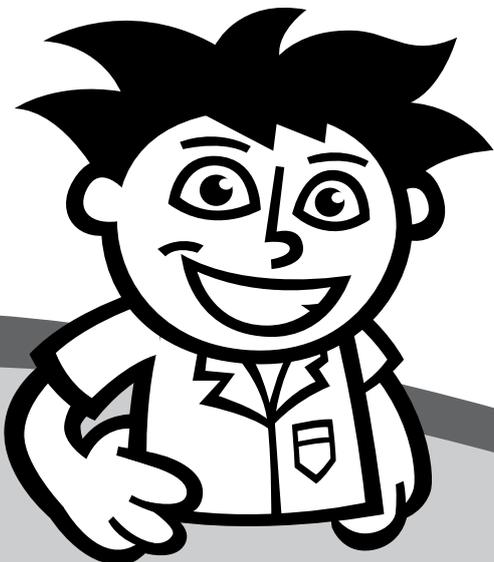
'Maria is our 91-year-old \_\_\_\_\_', Shan told me. 'She lives on her own and we take her rubbish out for her.'

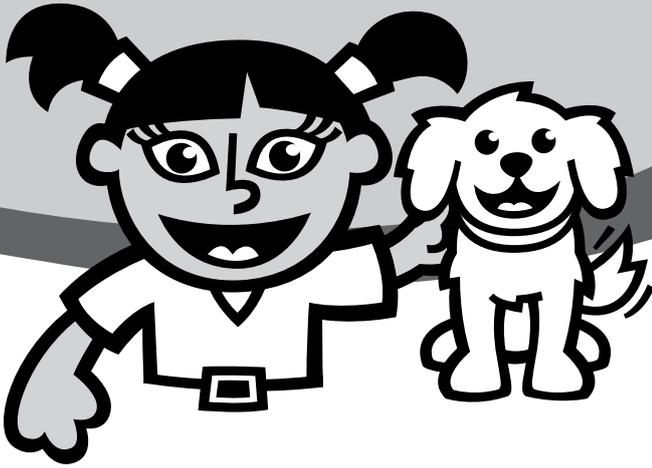
Shan's mum came back and said Maria was going to come over during the storm, so we all went over to help. She brought a bag with her tablets, warm clothes and some photos of her family, and we helped her bring in her bag and her \_\_\_\_\_, who was meowing very loudly.

Shan's mum asked if we could get their emergency kit out of the cupboard.

'What's that?' I asked.

'It's our box with important things in it; I'll show you', said Shan.





We ran to the cupboard by the front door and took out the box labelled Emergency kit. Shan opened the lid and inside was a torch, a \_\_\_\_\_, a first aid kit and a book from Red Cross about preparing for emergencies.

It started raining heavily and the wind was blowing around the house. There was a loud bang – the lights went off and Shan turned on the \_\_\_\_\_.

‘Now kids, our house is pretty safe, but we should think about what we would take in case we had to leave. Shan, could you pack a bag of your clothes for yourself and Jack and put in a couple of your favourite things?’

We went to her room and Shan packed a jumper, \_\_\_\_\_, runners, t-shirts and a rain jacket for both of us. I helped her pack her favourite \_\_\_\_\_, a gameboy, Lego racers and a picture of her dad.

As the storm blew, we sat in the lounge room with Maria playing card games. We turned on the radio to find out more about what was happening and what we should do to look after ourselves. It was a bit scary, but Shan’s mum told jokes, gave us cuddles and smiled a lot. When a branch from a \_\_\_\_\_ crashed down outside, she got up to look. ‘It’s OK everyone’, she called from the front door, ‘The branch has just fallen in the front yard.’

Soon, the storm passed and the power came back on. When we helped Maria go back to her house, there were lots of branches across the road and there were emergency workers out cleaning up.

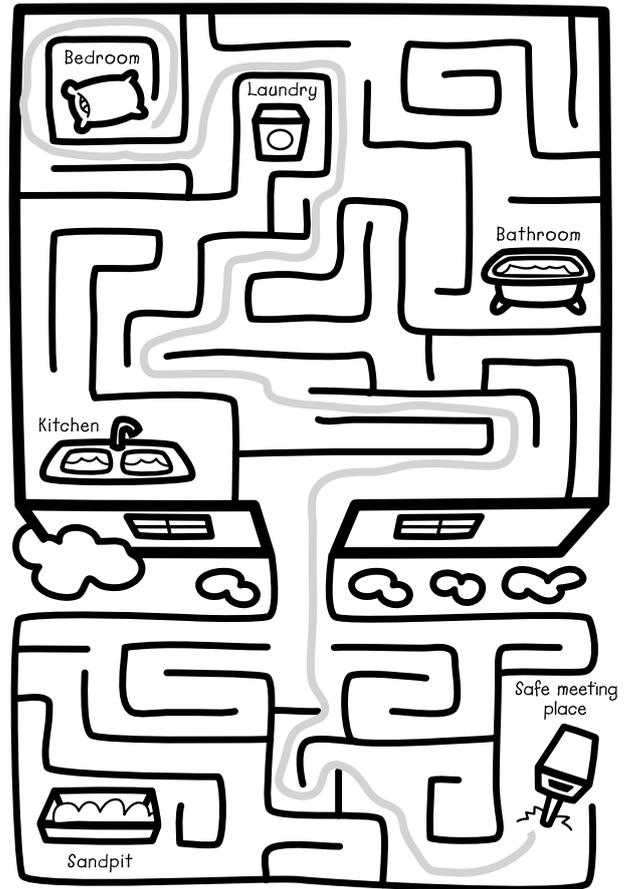
Shan’s mum rang dad and he came to pick me up. ‘It was pretty scary, but we were lucky we were prepared for the storm’, I told him.

# Answers

## Page 19

### Page 6

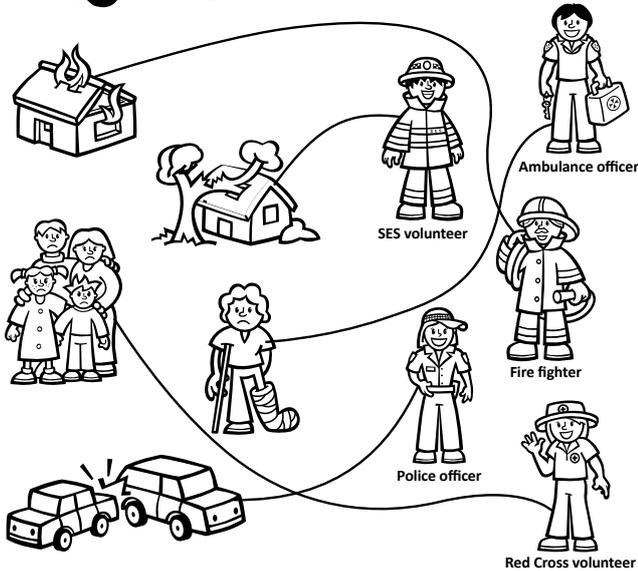
E	O	X	L	G	D	J	I	R	O	T	E
P	S	O	S	C	C	M	N	Y	L	N	N
S	Q	D	I	O	A	E	C	U	O	X	I
N	N	O	B	N	E	E	O	L	E	I	E
D	R	O	U	G	H	T	C	N	O	P	A
M	E	S	S	S	S	Y	A	T	Y	D	F
S	T	K	H	A	C	C	I	D	E	N	T
W	T	T	F	M	I	R	I	N	P	I	J
F	T	O	I	R	B	I	O	K	A	Q	D
Q	E	A	R	T	H	Q	U	A	K	E	X
Q	M	U	E	M	N	O	O	E	M	B	E
P	H	S	L	I	F	U	S	Z	E	R	N



### Page 21

- 1 P H O N E      2 T O R C H
  - 3 M E D I C I N E
  - 4 P E T F O O D
  - 5 F I R S T A I D K I T
  - 6 R A D I O
  - 7 F O O D A N D W A T E R
- Secret word P R E P A R E

## Page 8



## Page 9



## Page 24-25

There was a big thunder clap and Shan's mum came outside. 'They've said on the radio there's going to be a big S T O R M this afternoon, so we should all get ready', she said. We helped Shan's mum take the washing off the line and put our bikes away in the shed.

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Shan's mum checked the cupboards. 'We've got enough F O O D here for a few days, kids!' She filled up some jugs of W A T E R just in case and then rang her sister to let her know about the storm.

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Shan's mum rang dad and he came to pick me up. 'It was pretty scary, but we were lucky we were prepared for the storm', I told him.

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## How can I become a supporter?

Red Cross relies on committed volunteers, members and donors.

You can support Red Cross by:

1. *giving* monthly, leaving a bequest in your will or making a one-off donation to Disaster Relief and Recovery
2. *visiting* your local Red Cross store
3. *donating* blood

[redcross.org.au](http://redcross.org.au) or call **1800 RED CROSS**

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### National Office

155 Pelham St  
Carlton VIC 3053  
T +61 3 9345 1800

### Supporter Services Centre

GPO Box 2957  
Melbourne VIC 8060  
T **1800 811 700** (free call)  
F 1800 855 240  
E [donorinfo@redcross.org.au](mailto:donorinfo@redcross.org.au)

### ACT

3 Dann Cl  
Garran ACT 2605  
T +61 2 6234 7600

### SA

212 Pirie St  
Adelaide SA 5000  
T +61 8 8100 4500

### NSW

St Andrews House  
Level 4, 464 Kent St  
Sydney NSW 2000  
T **1800 812 028** (free call)

### TAS

40 Melville St  
Hobart TAS 7000  
T +61 3 6235 6077

### NT

Level 1, 13 CASCOM Centre  
Scaturchio Street  
Casuarina NT 0810  
T +61 8 8924 3900

### VIC

23-47 Villiers St  
North Melbourne VIC 3051  
T **1800 810 710** (free call)

### QLD

49 Park Rd  
Milton QLD 4064  
T +61 7 3367 7222

### WA

110 Goderich St  
East Perth WA 6004  
T +61 8 9225 8888

JANUARY 2018

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 [linkedin.com/company/australian-red-cross](https://linkedin.com/company/australian-red-cross)

[redcross.org.au](http://redcross.org.au)

