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 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.
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!
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.
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.

Remember, if it helped once, it can help again.
Word search
Can you find these emergencies hidden in the grid? You can look down, across or on an angle.

storm
P S O S C C M N Y L N N
S Q D I O A E C U O X I

tsunami
N N O B N E E O L E I E

cyclone
D R O U G H T C N O P A

hurricane
M E S S S S S Y A T Y D F
S T K H A C C I D E N T

earthquake
W T T F M I R I N P I J

bushfire
F T O I R B I O K A Q D

accident
Q E A R T H Q U A K E X

drought
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
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.

- Ambulance officer
- SES volunteer
- Police officer
- Fire fighter
- Red Cross volunteer
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
- Firefighters
- Police officers
- SES volunteers
- Ambulance officers

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.
Draw your bedroom

Draw your bedroom on the grid and mark where you keep items that are special to you. Use the stickers in the middle of this book to help you.

Getting organised means knowing where things are, having a plan and practising that plan. Talk to a grown up about making a plan for your household.
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.

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**My details**

- Name: 
- Address: 
- Phone: 
- Blood type: 
- Allergies: 

**My numbers**

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

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**Crisis Care Commitment**

Australian Red Cross
<table>
<thead>
<tr>
<th>Telephone numbers:</th>
<th>Work</th>
<th>Mobile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mum:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dad:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neighbours:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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:
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?
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.
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.

Remember, you might not always have time to get your emergency kit. At the first sign of smoke or fire in your house, get out as quickly as you can.
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.

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 6

Page 19

Page 21

1. PHONE
2. TORCH
3. MEDICINE
4. PET FOOD
5. FIRST AID KIT
6. RADIO
7. FOOD AND WATER

Secret word: PREPARE
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 STORM 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 FOOD here for a few days, kids!’ She filled up some jugs of WATER 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 NEIGHBOUR’, 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 CAT 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 RADIO, 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 TORCH.

‘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, JEANS, runners, t-shirts and a rain jacket for both of us. I helped her pack her favourite BOOKS, 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 TREE 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.
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 or call 1800 RED CROSS

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