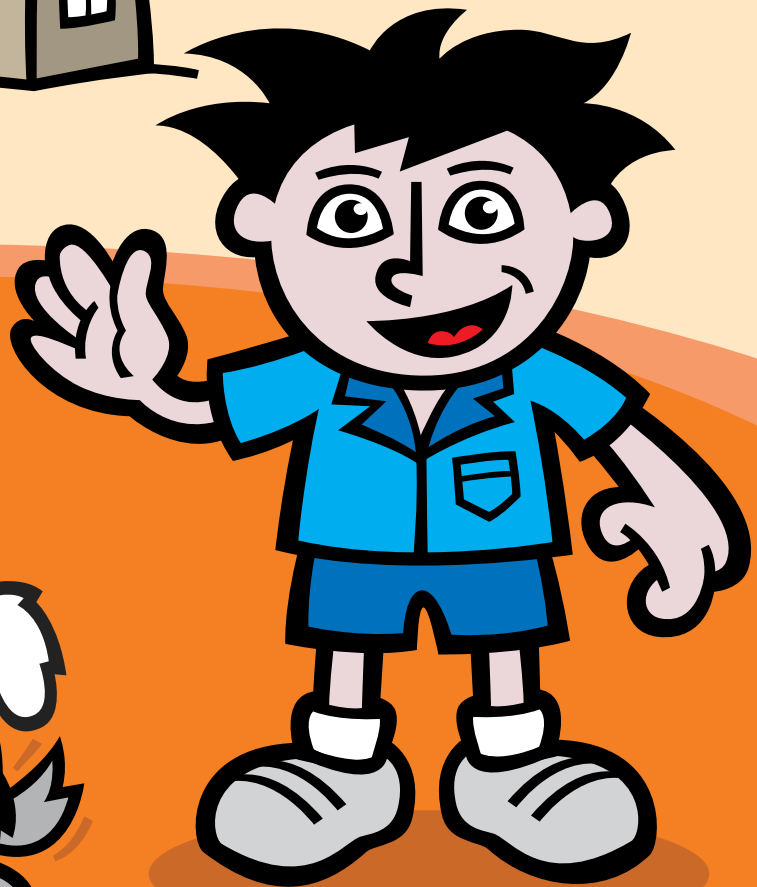
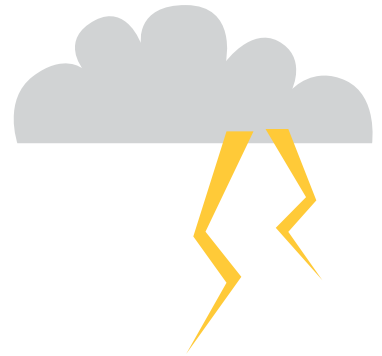


# emergency REDiPlan

# Get ready!



Proudly supported by



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 house and family – 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 [www.redcross.org.au](http://www.redcross.org.au) for more information on preparing your household or talking to your children about emergencies. You can also contact a Red Cross office or participating First National Real Estate office to get a copy of the book *Four steps to prepare your household*.

Emergency REDiPlan is a community information program to help people prepare for, respond to and recover from emergencies. It is proudly supported by the First National Foundation.

# Hey kiddo



# Words



## **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.

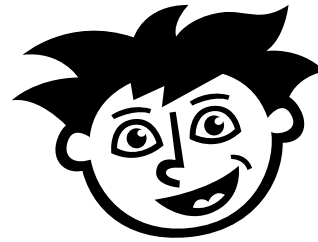
Emergencies can happen at any time, and there are lots of things you can do to be prepared and stay safe. This book has fun activities to help you learn the four steps so that you will be ready if an emergency happens:

- 1** Find out
- 2** Make a plan
- 3** Get an *Emergency kit*
- 4** Know your neighbours

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

# step 1 find out

The first thing you can do to get ready is find out what emergencies might happen in your area. This will help you to plan for them and stay safer if they happen.



## 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

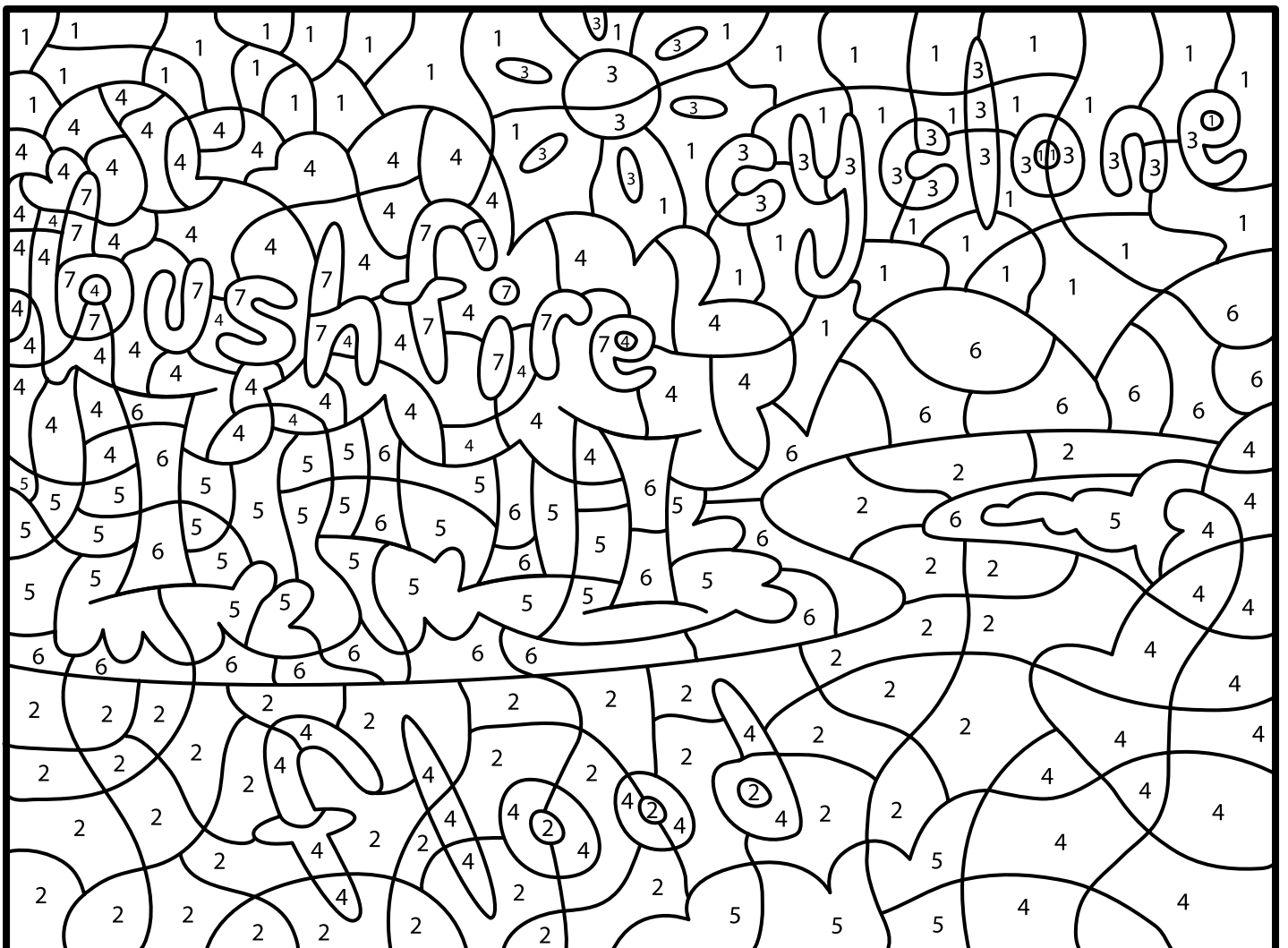
**3** Yellow

**4** Light green

**5** Dark green

**6** Brown

**7** Red



# step 2

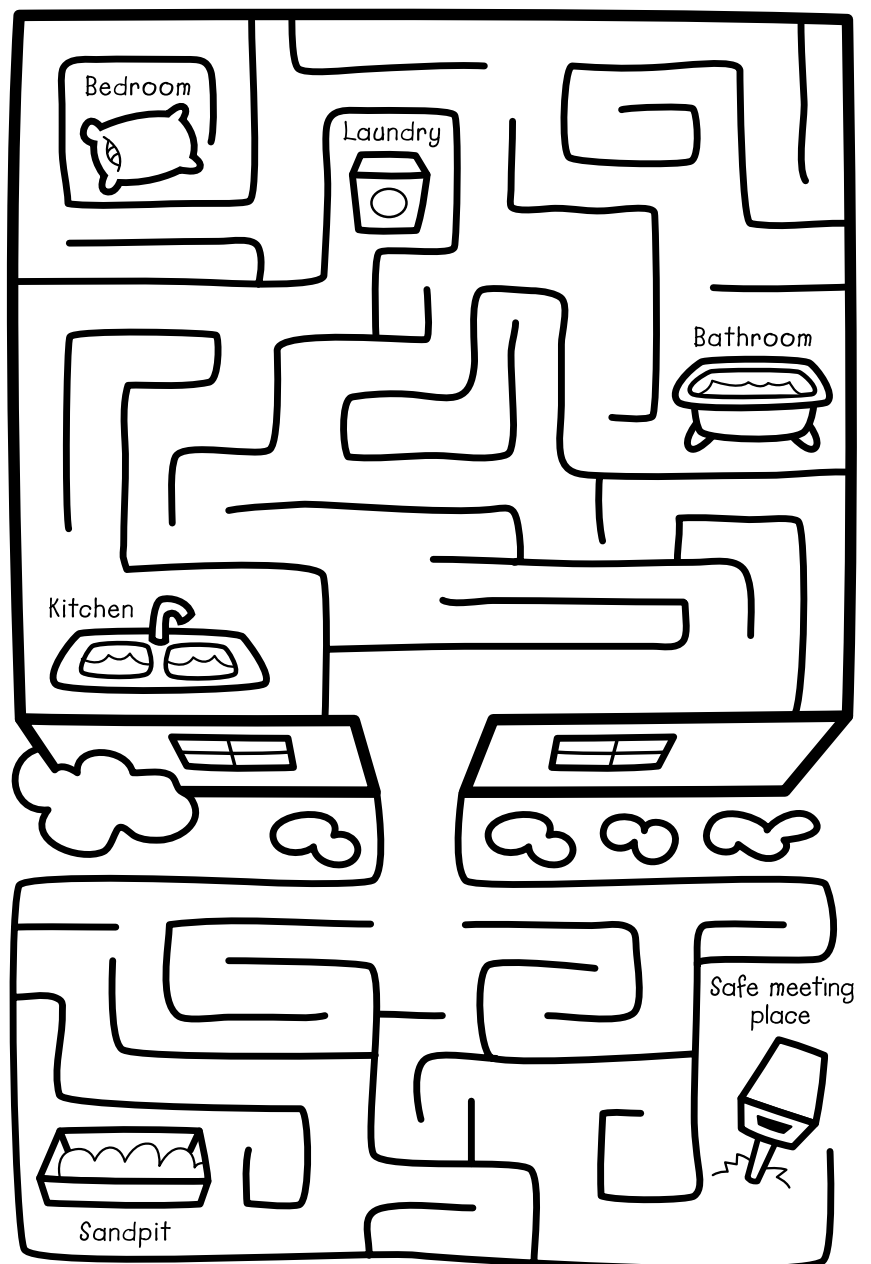
## make a plan

### Maze

In some emergencies you might need to get outside your house quickly. In other emergencies it is important to stay inside your house. Grown-ups will be able to help you decide what to do if an emergency happens.

If there were a fire in your house you would have to get outside quickly. Find the path from your bedroom to your safe meeting place outside your house.

It's a good idea for your family to choose a safe meeting place, like your letterbox.



Where would your family's safe meeting place be at your home?:

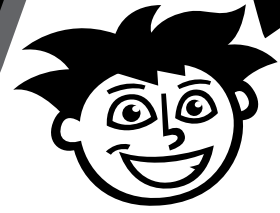
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# step 3

## Get an emergency kit

Get 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.

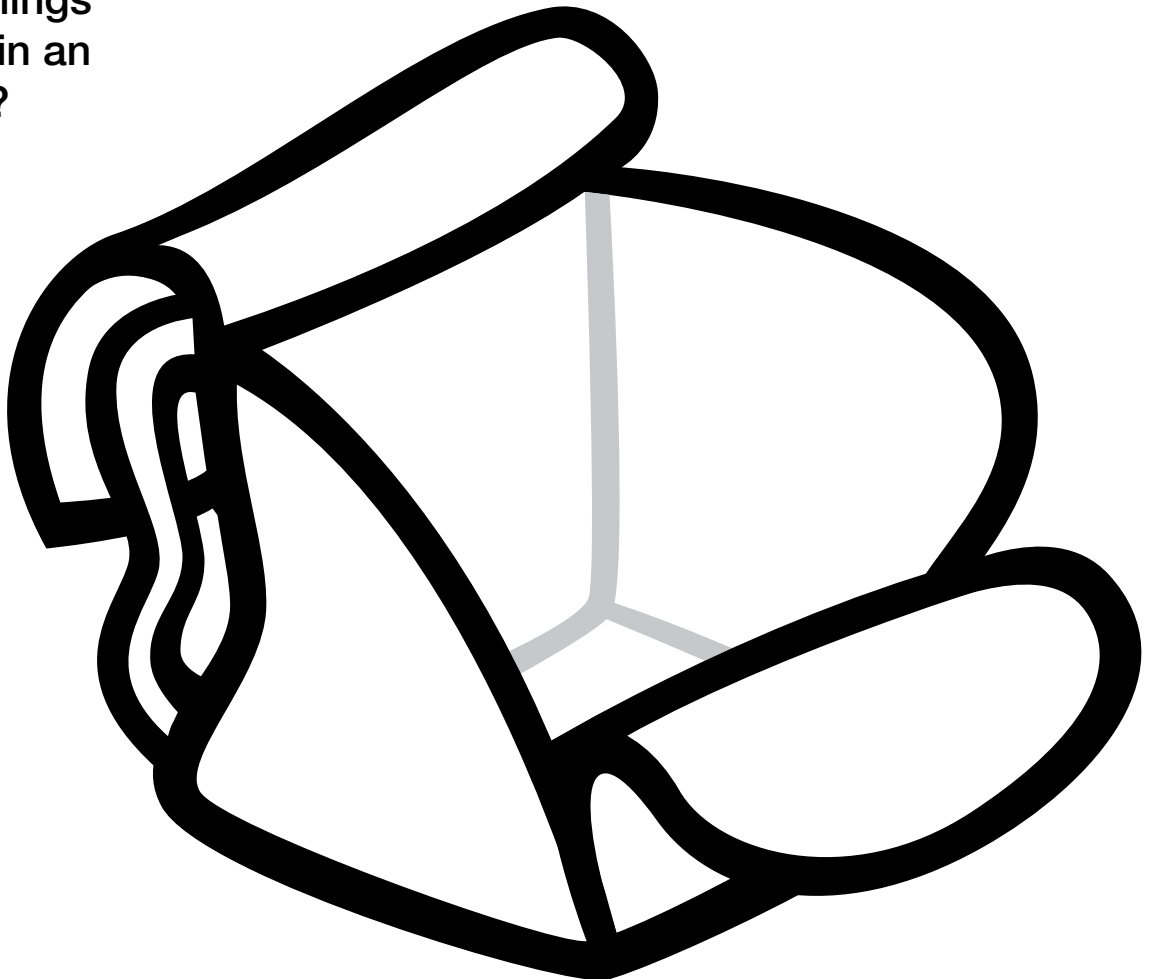


### Things to pack in your *Emergency kit*

It's important to think about things that are special to you when planning for an emergency. You can even make a backpack with some of your things so you can get them easily if you need to leave your house.

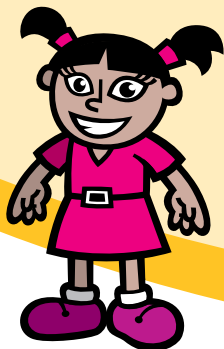
What special things would you put in an *Emergency kit*?

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



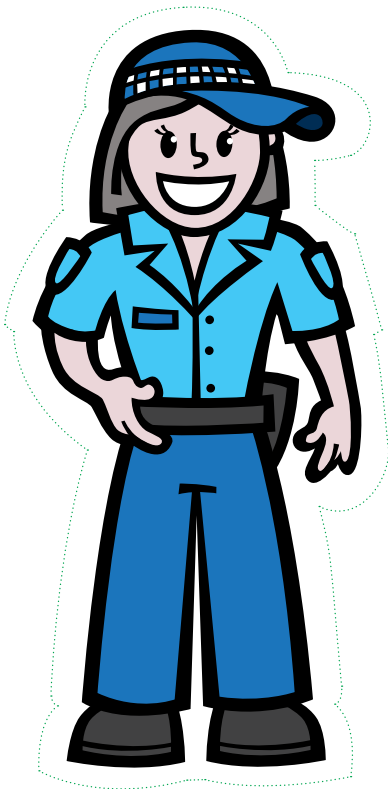
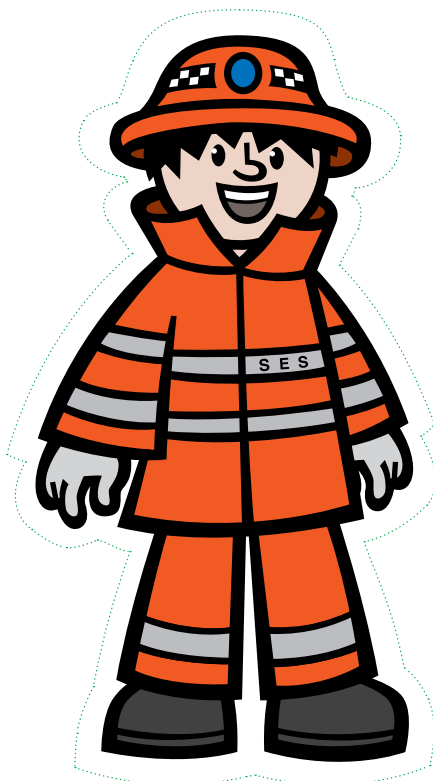






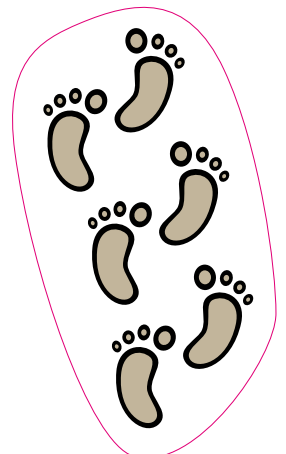
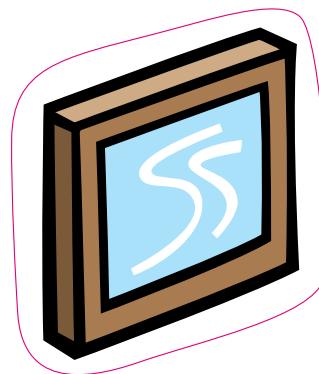
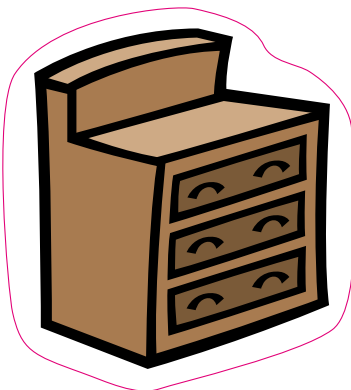
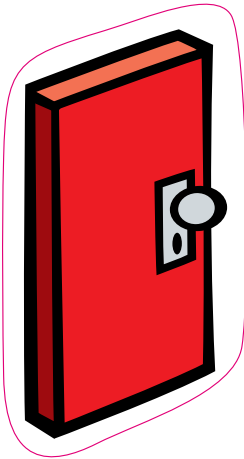
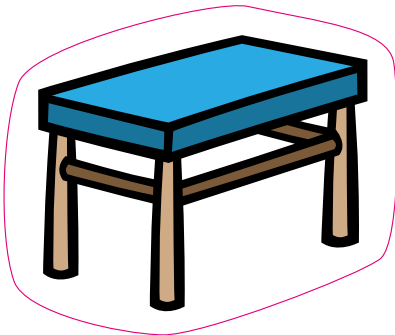
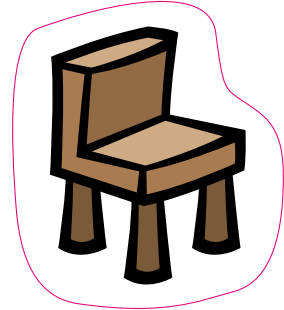
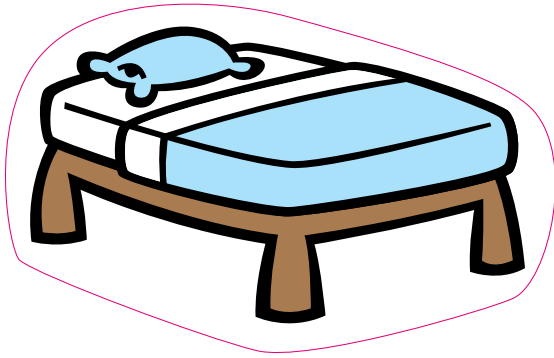
# PUPPET show

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.

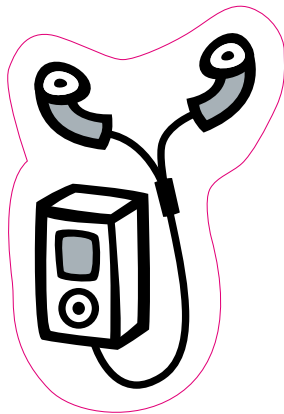
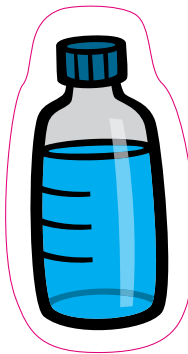
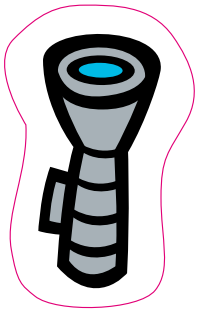
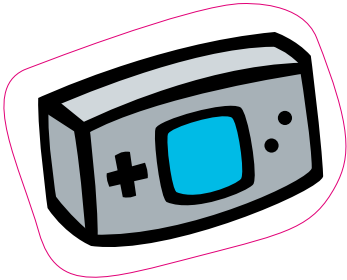




**Use these stickers to help you draw your bedroom on page 7.**



**Use these stickers to help you pack your *Emergency kit* on page 8.**

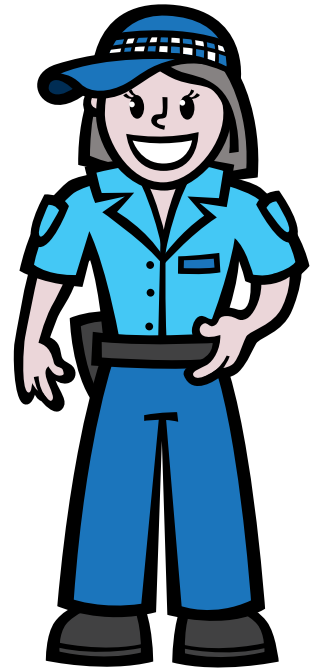




# Emergency card

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 wallet.



CRISIS CARE COMMITMENT

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

**MY numbers**

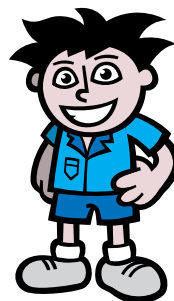
Australian Red Cross   
THE POWER OF HUMANITY

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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





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.



## ***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 16 — 8 — 15 — 14 — 5

2 — 20 — 15 — 18 — 3 — 8

3 — 13 — 5 — 4 — 9 — 3 — 9 — 14 — 5

4 16 — 5 — 20 — 6 — 15 — 15 — 4

5 — 6 — 9 — 18 — 19 — 20 — 1 — 9 — 4 — 11 — 9 — 20

6 18 — 1 — 4 — 9 — 15

7 — 6 — 15 — 15 — 4 — 1 — 14 — 4 — 23 — 1 — 20 — 5 — 18

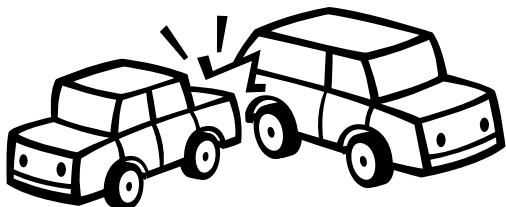
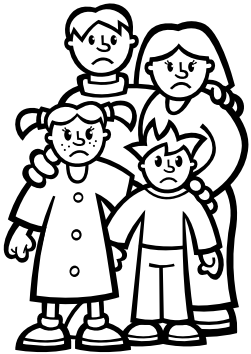
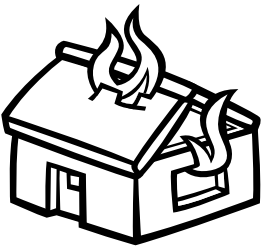
Secret word \_\_\_\_\_

# step 4

## know your neighbours

### 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



Police officer



Ambulance officer



Fire fighter



Red Cross volunteer

Knowing people in your area can be a big help in an emergency. Sometimes people in your street may help you and at other times you might need help from emergency workers.



## Spot the emergency workers

Colour in the picture and see how emergency workers are helping in the community.

Can you find these emergency workers?

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



**The missing words:**

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

# 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.

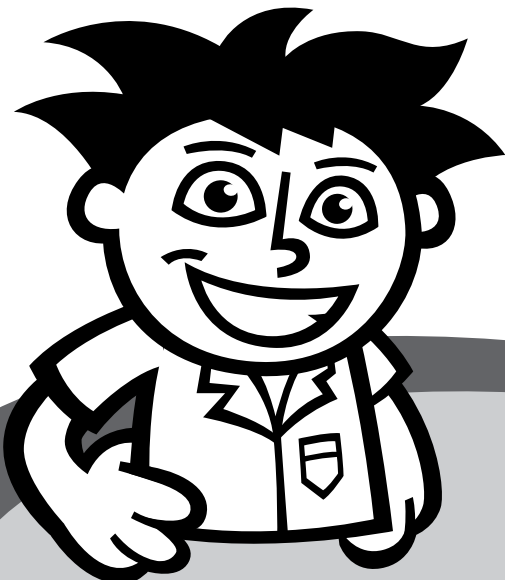
'Maria is our 91-year-old \_\_\_\_\_', Shan told me. 'She lives on her own and we take her rubbish out for her.'

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.’

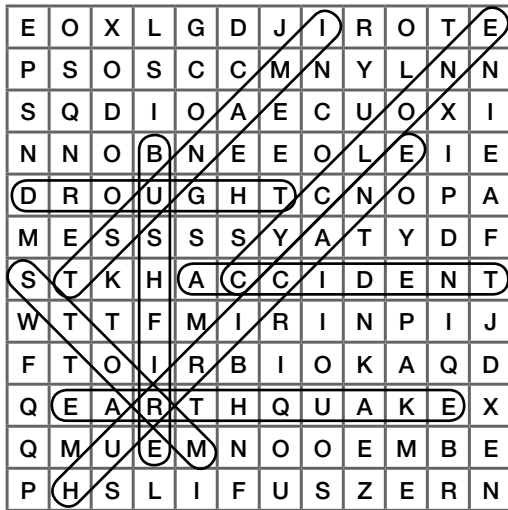
Soon, the storm passed and the power came back on. When we helped Maria go back to her house, there were lots of branches across the road and there were emergency workers out cleaning up.

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.

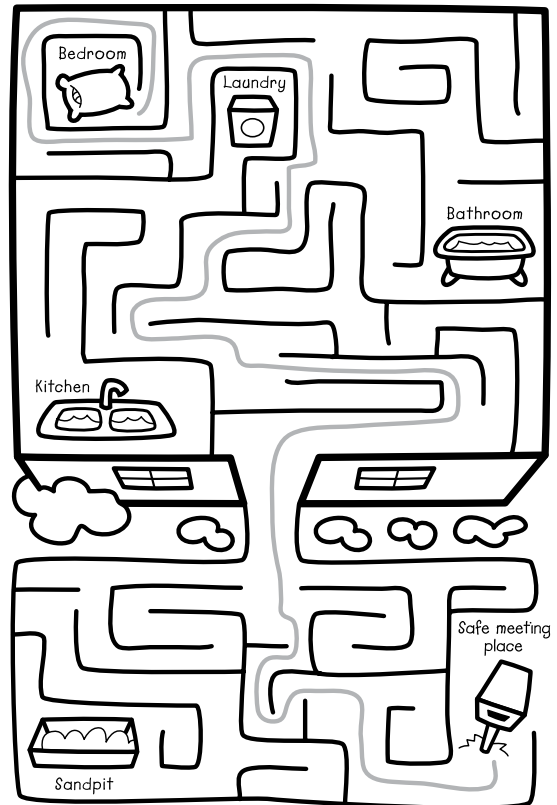
# Answers

Check below to see if you answered correctly.

## Page 4



## Page 6

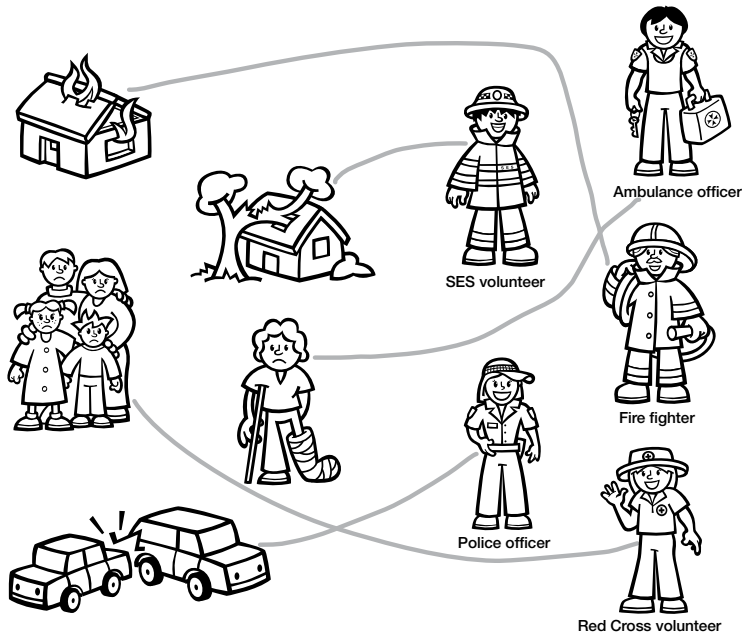


## Page 9

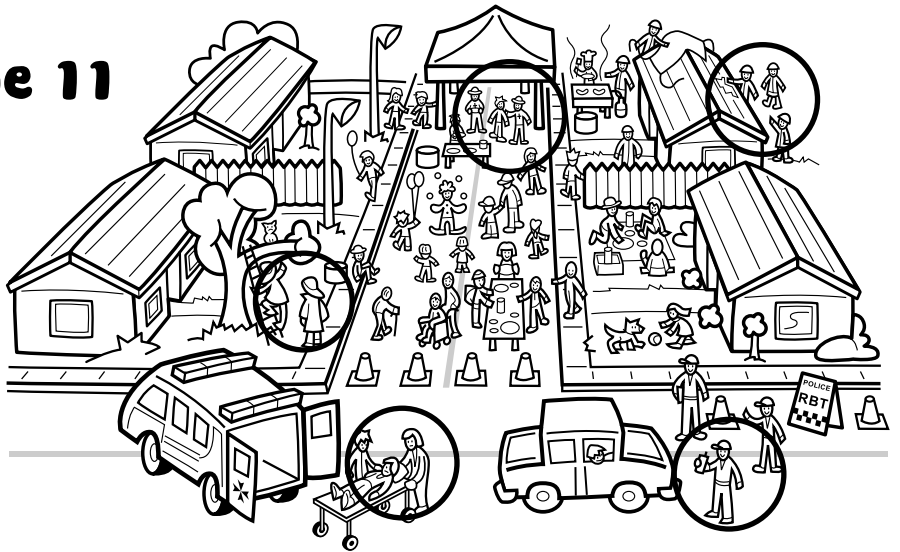
- 1 P H O N E      2 T O R C H
- 16   8   15   14   5                      20   15   18   3   8
- 3 M E D I C I N E
- 13   5   4   9   3   9   14   5
- 4 P E T   F O O D
- 16   5   20   6   15   15   4
- 5 F I R S T   A I D   K I T
- 6   9   18   19   20   1   9   4   11   9   20
- 6 R A D I O
- 18   1   4   9   15
- 7 F O O D   A N D   W A T E R
- 6   15   15   4   1   14   4   23   1   20   5   18

Secret word P R E P A R E

## Page 10



## Page 11



## Page 12-13

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.

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 **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.

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

'Maria is our 91-year-old **N E I G H B O U R**', 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 **C A T**, who was meowing very loudly.

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'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, **J E A N S**, runners, t-shirts and a rain jacket for both of us. I helped her pack her favourite **B O O K S**, a gameboy, Lego racers and a picture of her dad.

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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.

*Emergency REDiPlan  
is made possible by the  
generous support of*



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Fax +61 3 9348 2513  
[www.redcross.org.au](http://www.redcross.org.au)

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Garran ACT 2605  
Tel 02 6234 7600  
Fax 02 6234 7650

NSW  
159 Clarence Street,  
Sydney NSW 2000  
Tel 02 9229 4111  
Fax 02 9229 4244

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Schultze Street,  
Larrakeyah NT 0820  
Tel 08 8924 3900  
Fax 08 8924 3909

QLD  
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Milton QLD 4064  
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Fax 07 3367 7444

SA  
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Adelaide SA 5000  
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Fax 08 8100 4501

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Hobart TAS 7000  
Tel 03 6235 6077  
Fax 03 6231 1250

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North Melbourne VIC 3051  
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East Perth WA 6004  
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