

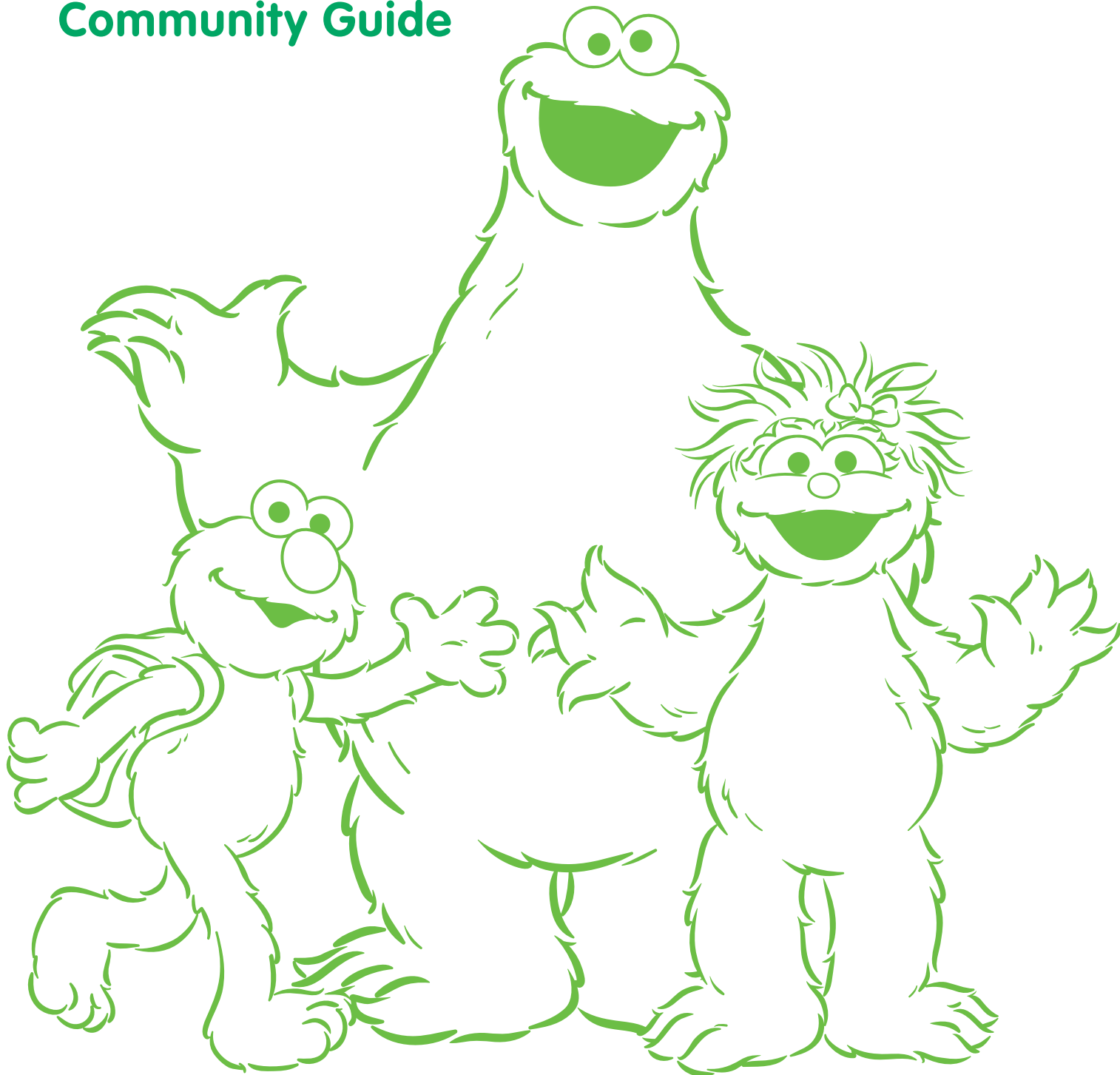
# Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Here for Families and Communities



## Community Guide



### ADVISORS

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[sesamestreet.org/ready](http://sesamestreet.org/ready)

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## Hello, Community Leaders!

### Welcome to the Let's Get Ready Community Guide.

As a community leader or volunteer, you guide families to keep their children safe. Getting ready for emergencies is yet another way to plan for safety. This community guide will help you empower families with simple tools to prepare for the unexpected—together.

### Inside, You Will Find:

- » **Family Workshops** to help families learn and remember important information and begin working on their emergency plans.
- » **Helpful Handouts** to use with children and families in your workshops, and to support your emergency preparedness programs.
- » **Community Event Ideas** to celebrate and connect with the many helpers in our neighborhood, and to motivate community members to plan for safety.

These resources are flexible and work with small and large groups. You know your community best; find the activities that meet your needs and adapt them to your setting. No matter what type of event or workshop you host, you are playing an important role in helping families get prepared!



## Family Workshop: It's Me!

Join the Sesame Street friends in exploring the importance of knowing personal information in an emergency.

### Families Will Learn:

- » how knowing the first and last names of family members helps them locate one another and get help in an emergency
- » strategies for remembering key personal information

### What You'll Need

- » "The Name Song" ([sesamestreet.org/ready](http://sesamestreet.org/ready), or download on app)
- » "All About Us" handout (one per child)
- » Crayons and markers

### Engage Families

- 1. Ask children**, "Why do you think it is important to know your name and your parents' names in an emergency?"
- 2. Play** one of these name games as a group:
  - » Gather in a circle and toss a ball. Have participants say their first and last names when the ball comes to them.
  - » Have children gather with their parents to learn their first and last names. Invite children up to "introduce" their parents to the group (this can be done in small or large groups). Encourage them to say, "My name is \_\_\_\_\_. My parents' names are \_\_\_\_\_."
- 3. Now ask children**, "Who knows their phone number by heart? Who knows their parents' or caregivers' cell phone numbers by heart? How about your address?" Ask them to raise their hands if they know them (but do not have them share the actual numbers or addresses with the large group).
- 4. Distribute** the "All About Us" handout and crayons or markers, and encourage participants to complete the pages together as a family.

### Wrap-Up

Share any age-appropriate materials, resources, or links your own organization may have on emergency preparedness.

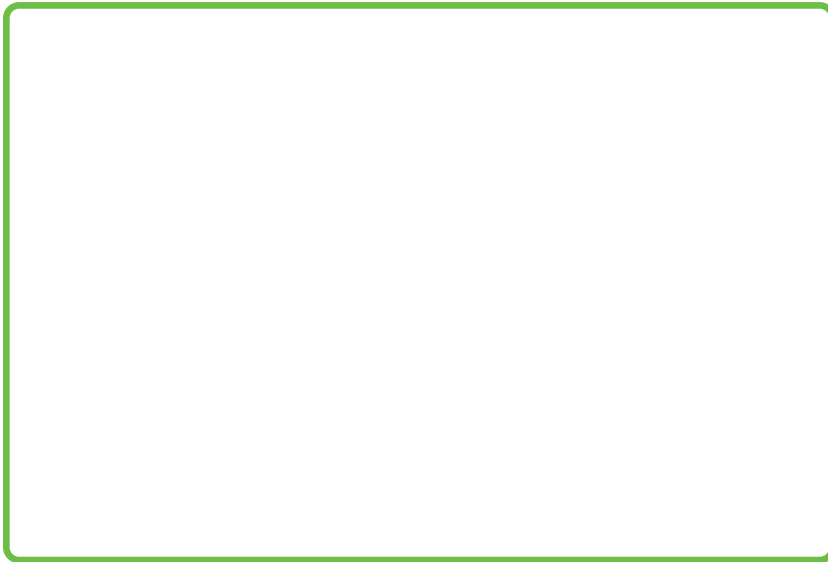


## All About Us

Learning and remembering basic information, such as parents' and caregivers' first and last names, phone numbers, and addresses, is an important way to prepare for emergencies. If children are separated from their families, this information may help them reunite.

### My Family Picture

Draw a picture of your family. Write the full name of each person in your family.



\_\_\_\_\_  
WHOLE NAME

\_\_\_\_\_  
WHOLE NAME

**DOWNLOAD THE FREE APP** for tools that help children to remember their family members' full names and addresses.

### Important Phone Numbers

Use your finger to practice pressing the numbers. Pretend you are calling your family.



\_\_\_\_\_  
PHONE NUMBER

\_\_\_\_\_  
PHONE NUMBER

On the back of this page, write your address and read it aloud. Your family can help you.

## Family Workshop: Our Family Emergency Plan

Get the whole family involved in developing an emergency plan: identifying trusted adults, deciding on a meeting place, and putting together an emergency kit.

### Families Will Learn:

- » who can help them in an emergency
- » why deciding on a meeting place is important
- » what should be in an emergency kit

### What You'll Need

- » "Our Meeting Place," "Helpers," and "Let's Pack an Emergency Kit" handouts
- » Crayons and markers



### Engage Families

- 1. Ask children**, "What is an emergency? How do we prepare for an emergency?" Discuss the importance of having a family meeting place.
- 2. Distribute** the "Our Meeting Place" handouts. Explain, "A meeting place is the safe place where your family will meet if you can't get home during or after an emergency. Pick a child-friendly place that's open late, such as a grocery store. If your child is with a caregiver during an emergency, it is safest for him to stay with that person until you can get to him." Have families decide on a meeting place and draw it together.
- 3. Next, ask**, "Who are some people who have helped you?" Explain that after an emergency, there are people to keep them safe, like their families, neighbors, firefighters, police officers, and so on. Distribute the "Helpers" handout and have children identify and color in two trusted adults that can help them. Write in their contact information, if applicable.
- 4. Finally, ask**, "What is an emergency? What things do you think are important for your family to have in an emergency kit?" Distribute the "Let's Pack an Emergency Kit" handout, review the list together, and answer any questions families may have.

### Wrap-Up

Share any age-appropriate materials, resources, or links your own organization may have on emergency preparedness.

## Our Meeting Place

After an emergency, it's important for the family to get together to stay safe. Decide on a family meeting place in case you can't get home.

- » Choose a place you visit regularly with your family, such as a local sandwich shop, so everyone is familiar with it and young children are comfortable being there.
- » Talk to your child's caregivers: Is there an evacuation place where they'll meet up with parents?
- » Remind your child of your meeting place. From time to time, you might say, "Look, there's the store we'll take you to if there's an emergency. We'll all meet there."

### Our Meeting Place

Draw a picture of your family's meeting place.

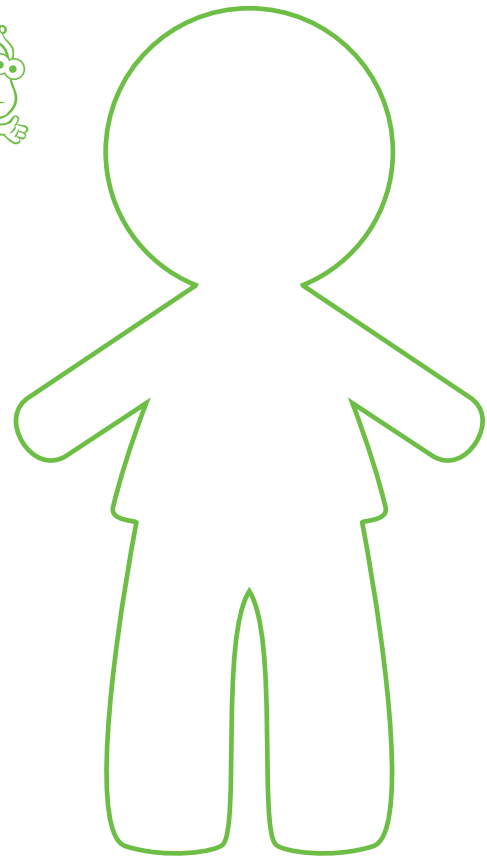
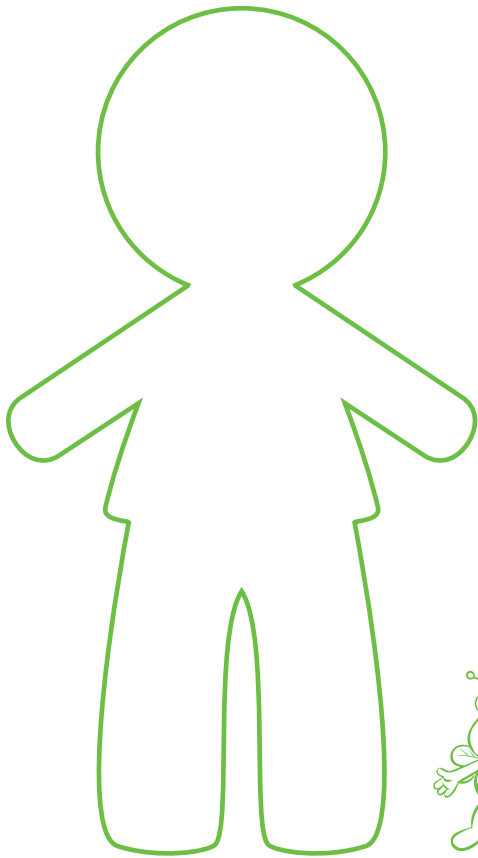


ADDRESS \_\_\_\_\_

## Helpers

After an emergency, remember, you are never alone. Look for the helpers all around you. They are there to keep you safe. Think of someone who has helped you—your family, a neighbor, firefighter, police officer, nurse, emergency responder, or teacher.

 **Draw a picture** of two of these people.



\_\_\_\_\_  
WHOLE NAME

\_\_\_\_\_  
PHONE NUMBER
















\_\_\_\_\_  
WHOLE NAME





\_\_\_\_\_  
PHONE NUMBER

## Let's Pack an Emergency Kit




**Create a family emergency kit.** Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. **Remember to review your kit's contents regularly** (for instance, you check your smoke alarms once a month; that would be a good time to check your kit) to make sure items are up to date.

### Recommended Items:

-  2 COPIES OF YOUR FAMILY EMERGENCY PLAN
-  \$20 MINIMUM CASH AND COINS
-  EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
-  FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
-  3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
-  3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
-  BATTERY-POWERED OR HAND-CRANKED RADIO
-  MOBILE PHONE AND CHARGERS FOR CAR AND HOME
-  FLASHLIGHT AND EXTRA BATTERIES
-  TOOLS (WRENCH OR PLIERS) TO TURN OFF UTILITIES
-  ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
-  PET SUPPLIES
-  SPARE SET OF CAR AND HOUSE KEYS
-  BLANKETS OR SLEEPING BAGS
-  PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

-  PLASTIC TRASH BAGS
-  MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
-  CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
-  SUNSCREEN AND INSECT REPELLENT

### Important Items for Children:

-  1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY) Ask what your child would like to include, such as a doll that's not often used.
-  ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
-  SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

### AND REMEMBER...

- » Keep your kit handy.
- » Keep items in airtight plastic bags.
- » Refill your kit with fresh water, batteries, and right-size clothes every 6 months.
- » Don't forget to keep emergency supplies in your car and at work!





## Community Events

These events can connect families directly to the community helpers who are there to support them in an emergency. Most can be done inside or outside. At each event, providers can discuss emergency preparation and motivate families to create emergency preparedness plans.

### Play Ball!

Host a community t-ball, softball, or soccer game. Invite community helpers such as police officers, firefighters, and health workers to play along with community members. Children can get to know these special helpers as they get active together!

### VIVs [Very Important Vehicles]

Gather emergency vehicles—and the community helpers who operate them—together in one location, like a parking lot or field. You might include police cars, fire trucks, repair vehicles and an ambulance. Invite families to explore the vehicles and talk to the community helpers to learn about what they do in the event of an emergency.

### Thank-You Supper

Host a community potluck supper to thank local community helpers for the important work they do. As families eat alongside police officers, firefighters, hospital workers, and other emergency responders, they can build a sense of connection and familiarity.

### INFORMATION STATION

At each of these events, you might include a table or booth at which families can receive information on emergency preparedness. Invite local community helpers and emergency response organizations to sit at this table and answer questions.



## Community Events (continued)

### Community Fair

Host a fair! Set up stations at which families can play games to get to know their community helpers:

**Dress Up:** Have community-helper uniforms available for children to try on.

**Mural:** Set out a large sheet of paper where families can draw pictures of community helpers and the places in which they work.

**Ball Toss:** Set out several buckets, with a picture of a different kind of community helper on each (firefighter, police officer, and so on). Challenge children to toss a ball into a bucket and then name the helper on that bucket and where that worker might help.

### Meet & Greet Corner

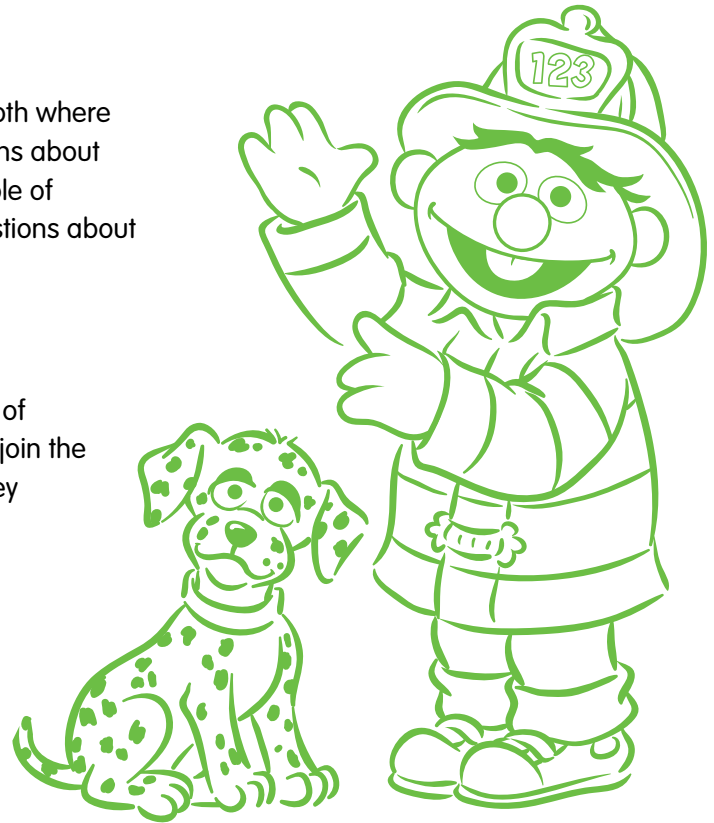
At a local supermarket or shopping center, create a booth where families can talk to community helpers and ask questions about emergency preparedness. You might include an example of an emergency kit so that families can see and ask questions about the items they should have in their kit.

### Community Screening

At a local library or community center, host a screening of Sesame Street's "Let's Get Ready." In this video, viewers join the Sesame Street friends—along with real families—as they take simple steps to prepare for an emergency.


#### INFORMATION STATION

At each of these events, you might include a table or booth where families can receive information on emergency preparedness. Invite local community-helpers and emergency-response organizations to sit at this table and answer questions.



## Hello, My Name Is

Print these nametags on sticker paper and cut them apart. Use them to help people introduce themselves.

 My name is: _____	 My name is: _____	 My name is: _____
 My name is: _____	 My name is: _____	 My name is: _____
 My name is: _____	 My name is: _____	 My name is: _____
 My name is: _____	 My name is: _____	 My name is: _____

You're Invited to a Special Community Event!

# Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

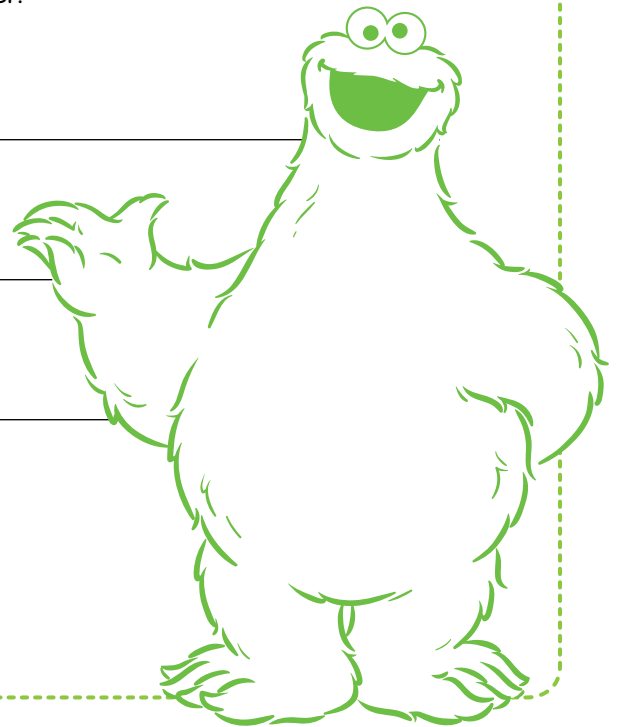
## Join us!

**Let's Get Ready** is a bilingual (English and Spanish), multimedia outreach program that teaches simple steps we can all take to prepare for emergencies. Come enjoy video clips, games, and hands-on activities that will help you connect and get prepared. You'll also take home handouts full of tips and activities. Getting ready is something we can all do together!

WHEN

WHERE

RSVP



## Hello, everybodyee!

I, your furry, blue friend Grover, am getting ready for emergencies! Did you know that an emergency is something that happens that we do not expect? Families can get ready for emergencies by making an emergency plan together. And you can also get ready by practicing your name, your phone number, and your address. Will you practice with me? You will? Oh, I am so pleased!

### Parents and Caregivers

Young children can help! Through simple activities and games, you can discover how to get ready for emergencies together. Everyday moments you share, such as passing by a police officer, are great opportunities to talk about the people, places, and things that will help keep your family safe if an emergency happens.

Guide your child through the activities on this page to help him practice important personal information. If he's not with you during an emergency, he can share this information with trusted adults. To view the "Let's Get Ready" video and access more downloadable materials, visit [sesamestreet.org/ready](http://sesamestreet.org/ready). You'll find activities, tips, and other easy ways to help the whole family prepare for emergencies—together!

### Sing Your Name With Rosita

Now try it with your parents' first and last names.

**My first name is Rosita; I'll sing it loud.  
My last name is de las Cuevas; it makes me proud!  
I'm Rosita de las Cuevas; now I bet—  
That's a name you'll never forget!**

### Practice Your Address

On a sheet of paper, draw a picture or paste a photo of your home. Ask a grown-up to help you write your address on the picture.

### Dial Your Number

Ask a grown-up to help you write your phone number on the line.

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MY PHONE NUMBER



## Let's Get Ready Certificate

# Congratulations!

\_\_\_\_\_  
CHILD'S NAME

### has prepared for emergencies!

