

Let's Get Ready for an Emergency!

Children's activity book.

Name:

Age:



Let's Get Ready for an Emergency!

Sometimes things happen that you don't expect.

Don't panic! Emergencies don't happen very often! But it is still a good idea to think about what you could do to get ready.

Has the electricity ever gone off in your house?
Or have you ever been snowed in at home?
Or have you ever seen houses flood?



REMEMBER!
Call 999 in an
emergency

Work through this booklet and put a tick in the box every time you complete a page.

Emergencies

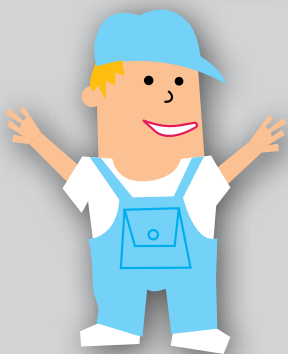
Some examples of emergencies are:

FIRE

FLOODING

POWER
CUT

Can you think of any more?



Tick when complete

Know what to do in an emergency!

Call 999

The emergency services are there to help us:

- ▶ **Police** (to stop crimes)
- ▶ **Fire and Rescue Services** (to put out fires and rescue people)
- ▶ **Ambulance** (to treat injuries and take hurt people to hospital)
- ▶ **Coastguard** (for emergencies at sea)

Examples of big accidents

- ▶ Falling from a tree and cannot move.
If a person says they cannot move **call 999**.
- ▶ Chest pains or trouble breathing.
If a person cannot talk or breathe **call 999**.
- ▶ There's a burglar in my house - **call 999**.



Examples of small accidents

- ▶ Falling over and hurting your knee
- tell a parent or carer
- ▶ Cut finger
- tell a parent or carer
- ▶ Had something stolen last week
- tell a parent or carer

Remember to only call the Emergency Services for real emergencies (like a fire or when somebody is badly hurt). **Never call 999 for fun.**

If you call 999, you will need to tell them where you are, if you are at home they will want your address. Do you know this? If so fill out below.

Address:

..... Postcode:

You might need to call your family and friends for help
- you could write their numbers here to help you remember.

Name: *e.g. Grandma*

Number: *07XXX XXI234*

Name:

Number:

Name:

Number:

Name:

Number:



How to make a 999 call

STEP 1 - Dial 999 and ask for which emergency service you require.

STEP 2 - Keep calm and take a deep breath.

STEP 3 - The person on the phone will now ask you some important questions. **Try to answer all the questions you can.**

STEP 4 - They may give you important instructions!

STEP 5 - Don't hang up the phone!

Tick when complete

Flooding

Sometimes the weather is so bad it can cause a flood.

It might rain so hard that water on the streets can't drain away quickly enough and water comes into houses.

Sometimes too much water goes into rivers and water comes over the top.

Sometimes the sea is so rough that waves cause flooding!

Ask your parent or carer if your house or roads nearby could flood. If they don't know, ask them to have a look at the flood maps on the internet at www.gov.uk/prepare-for-a-flood. Have a look to see if you are at risk of flooding from the rivers or sea, surface water from the rain, or even a local reservoir. Then see if you can find your school. Could that flood? Tell your teacher if it might. Your parent or carer and the school can sign up for the free flood warnings to let them know - by phone, email and text message too - if flooding from the rivers or sea is expected. This is easy to do. Call the Environment Agency on

0345 988 1188 or do it online at www.gov.uk/flood

If you were flooded what would you take?

.....

.....

.....

.....



TIPS!
Move things upstairs.
Turn off electrics!



Tick when complete

Fire Safety

Hunt through your house and see if you can find a smoke alarm on every floor. Tell a parent or carer if you can't!

Smoke alarms need to be checked once a week. Help your parent or carer press the button to test it, if you don't mind the loud noise!

Do you have candles in your house? Make sure they are in a place that can't easily be knocked over and are safely blown out if everyone leaves the room.

Ask a parent or carer which is the best way out of the house from your bedroom if there was a fire. Also ask them where your house door keys are kept when everyone goes to bed.



Have you found the smoke alarms in your house?

Upstairs

Downstairs

Tick when complete

Emergency wordsearch

Can you find the emergency words below?



Alarm
Coastguard
Fire
Insurance
Police
Warnings

Ambulance
Emergency
Flooding
List
Snow
Weather

Blankets
Environment
Forecast
Pets
Spade

Tick when complete



Spot the difference

Can you spot the 8 differences between the 2 pictures below?
Circle the differences and tick when complete

1



2



Power and water cuts

The lights, TV and internet won't work in a power cut and you might not be able to cook any tea.

If there is a water cut you won't be able to make any drinks or flush the toilet or have a bath.

What things should you keep in a cupboard or box if there is a cut? Fill out the empty spaces below with your suggestions.



Bottled
water



Torch



Candles
and
matches

Scarves
and
blankets



Ask your parents or carers for your utility providers' details and write them here:

Gas supplier:

Tel:

Web:

Electricity supplier:

Tel:

Web:

Water provider:

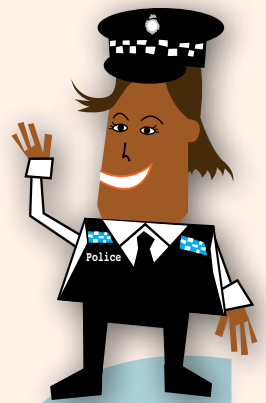
Tel:

Web:

Tick when complete

Let's get ready game!

Have fun playing this game with friends! You will need a dice and counters. Shake a 6 to start.



FINISH

25

What is the emergency telephone number for the police?

24

Stand on one leg

22

Sing or say your favourite rhyme

19

20

18

17

16

Go back to 8

15

14

13

12 Name something you would take with you if you had to leave your home

11

Fire

Make a sound like a fire engine

9

10

8

7

Go to 14

6

5

Count backwards from 10

4

3

Make a shape like a candle

2

1

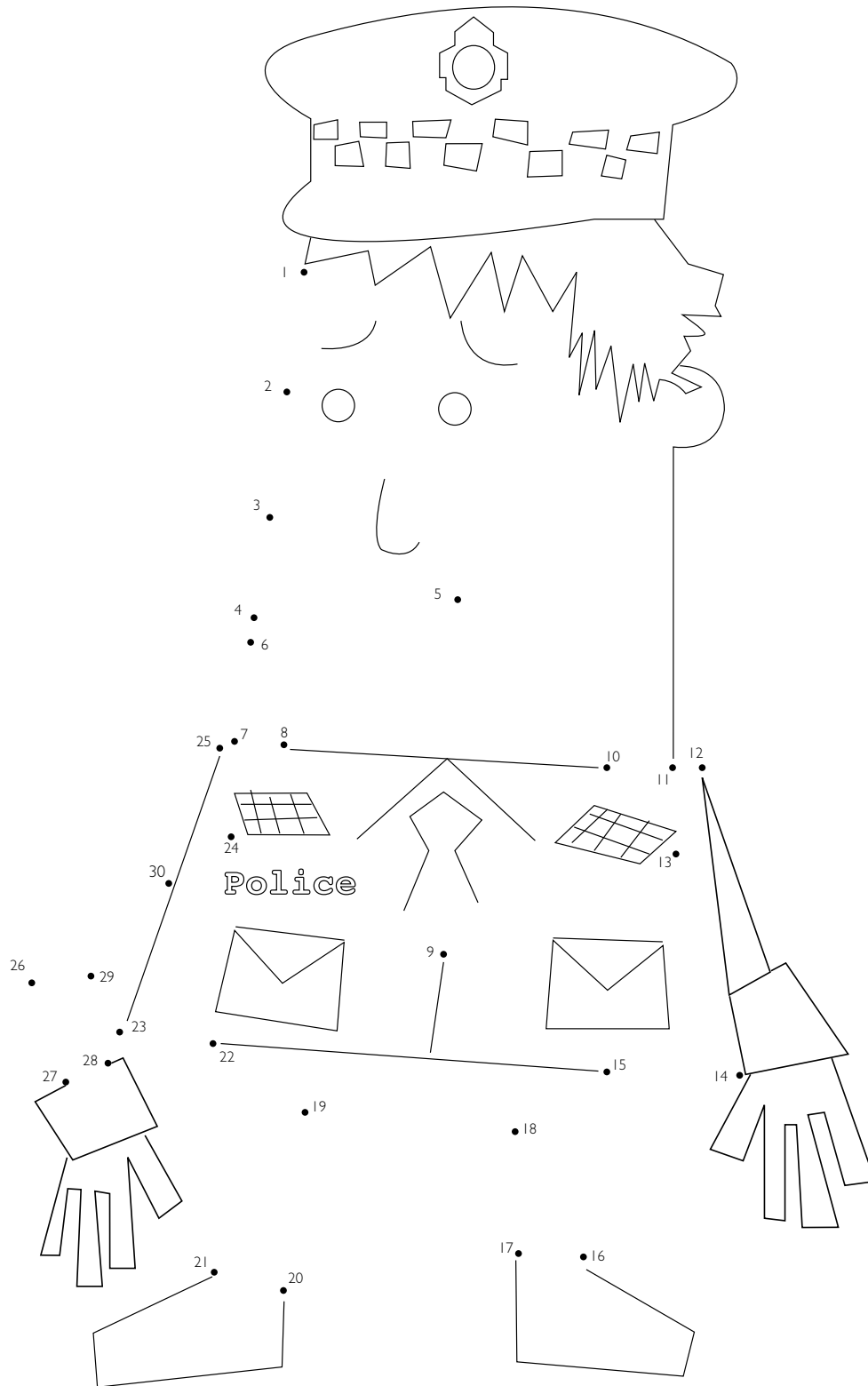
START



Tick when complete

Dot to Dot

Finish this drawing of PC Plumb then colour him in!



Tick when complete



Colour in!

Colour in your own emergency.



Tick when complete

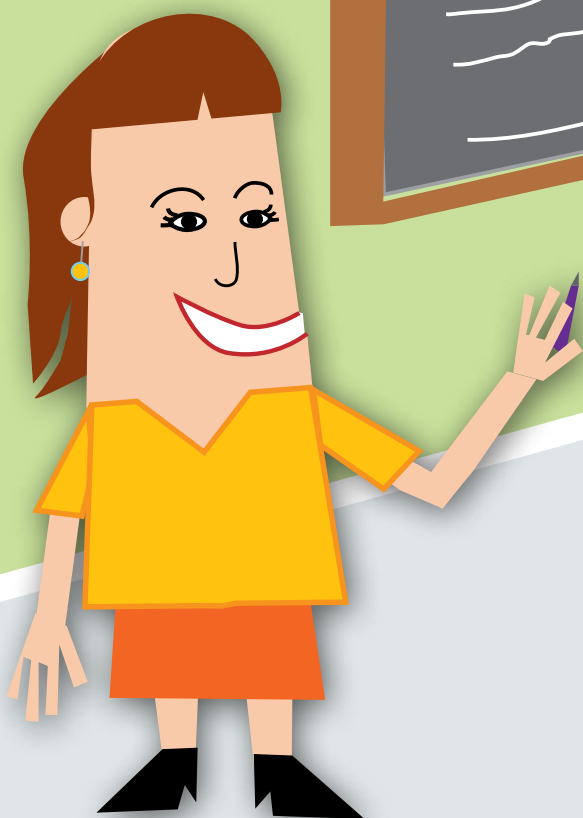


What happens if I'm at school?

If an emergency happens when you are at school, your teachers will know what to do.

They will look after you and keep you safe. Ask your teacher to tell you about their fire evacuation plan or what they would do if the school flooded.

Sometimes schools are damaged by an emergency and need to close for a few weeks to be fixed. You might need to go to a different school for a little while but don't worry, all your friends and teachers will go with you.



Tick when complete

Fire cupcakes

With a little help from an adult you can make your own fire emergency cupcakes!!!

Cupcake ingredients

110g butter, softened
110g caster sugar
110g plain flour
2tsp baking powder
1/4 tsp salt
2 medium eggs
1 tsp vanilla extract

Decoration ingredients

110g icing sugar
110g butter
Orange food colouring
Chocolate flakes
Nutella

Equipment

Cupcake cases (12)
Muffin tin



Method

1. Preheat the oven to 180°C / 350°F / Gas 4. Line a muffin tin with cupcake cases.
2. Put the butter and sugar in a bowl and beat until pale and fluffy.
3. Sift the flour, baking powder and salt into the bowl.
4. Beat the eggs and vanilla and add to the bowl. Beat until just combined.
5. Spoon the mixture into the paper cases.
6. Bake for 18 - 20 minutes until risen, golden and firm to the touch.
7. Cool in the tin for 10 minutes, then transfer to a wire rack to cool completely.

Once the cupcakes have cooled down, decorate to make your own fire explosion on top of the cupcakes!!

1. Break up the chocolate flakes and place on top of the cupcakes, using the Nutella to help them stick on.
2. Mix the icing sugar with butter and add in a few drops of the food colouring, swirl on top of the chocolate flakes.

Have fun and enjoy sharing with your family and friends!!

Tick when complete



Looking after pets

Sometimes it's difficult to look after pets in an emergency.

Do you have any pets?

Do you know anyone that could look after them for you for a few days?

What toys and things would your pet like to take with them?

Make a list of everything you think your pet may need:



.....

.....

.....


.....



Tick when complete

Fire escape plan

Make your own home fire escape plan in case of an emergency!

- ▶ Draw a detailed map of your home.
- ▶ Visit each room and find **two** ways out. Mark these with arrows, e.g.  These arrows will indicate your fire escape plan.
- ▶ Windows and doors should open easily and you should be able to use them to get outside. Mark these on your map.
- ▶ Make sure your home has smoke alarms. Go around your house and find these, push the test button to make sure each alarm is working. Mark each smoke alarm on your map with **SA**.
- ▶ Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place. Mark this on your map.
- ▶ Make sure your house or building number can be seen from the street.
- ▶ Talk about your fire escape plan with everyone in your home.
- ▶ Practise your home fire escape drill!



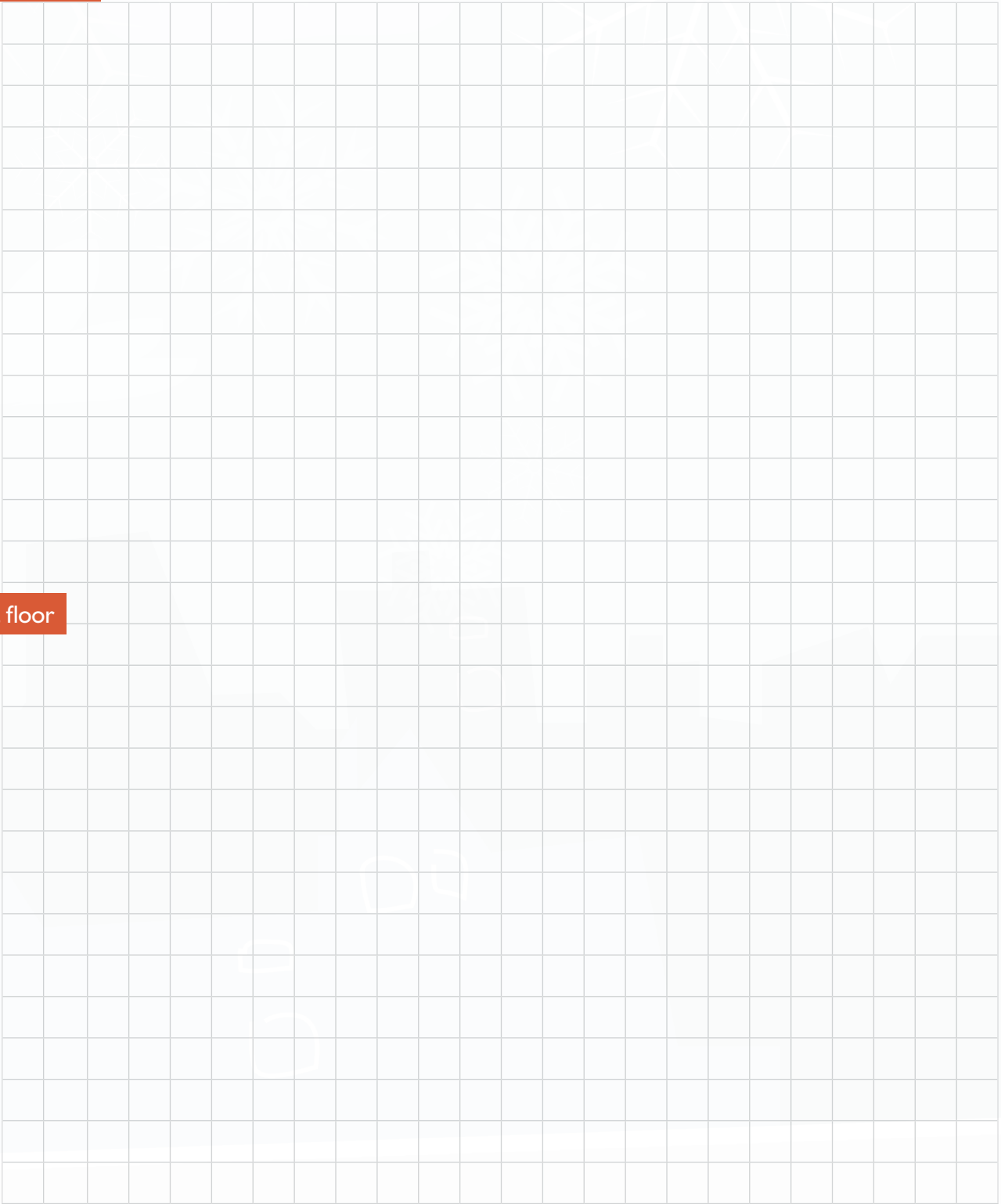
REMEMBER!
Call 999 for
the fire service!



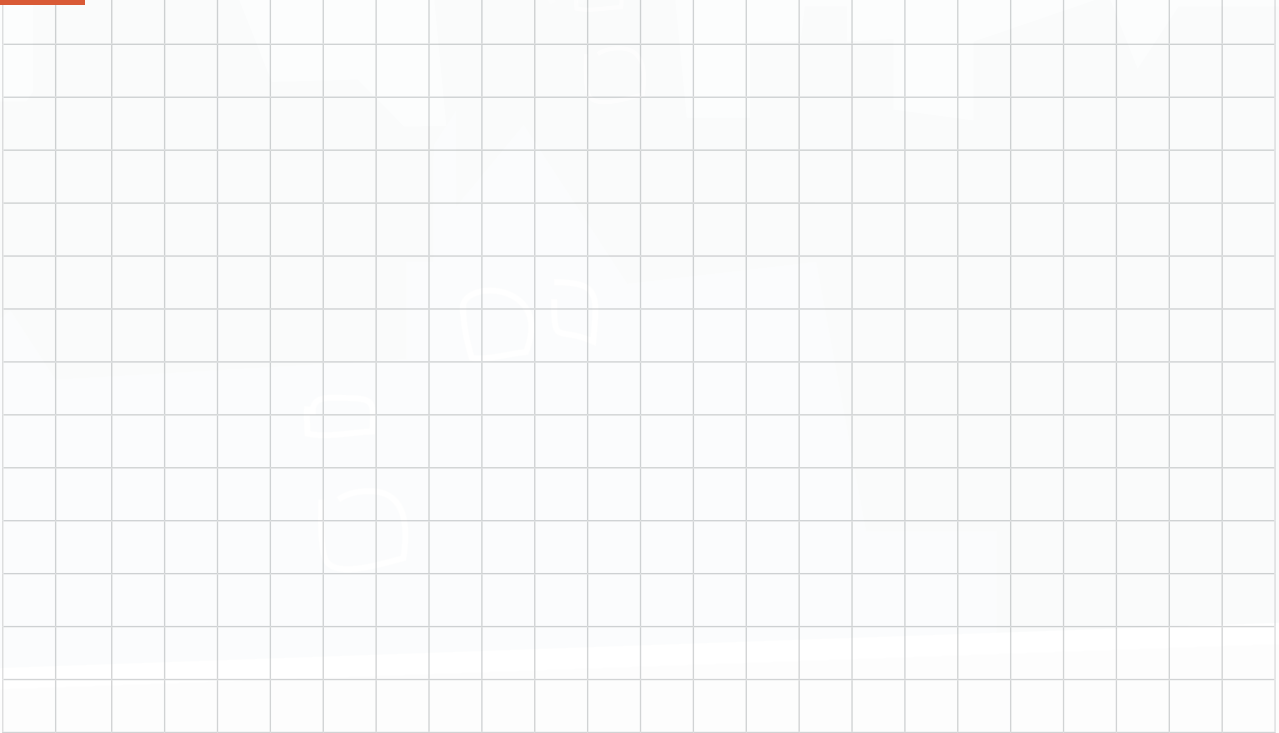
- ▶ Make your own fire escape plan, like the example above, on the next page.

Draw your maps in the space below.

Ground floor



First floor



Can you remember the emergency number for the fire service?



Tick when complete

Home insurance

Have you ever heard of home insurance?

Insurance companies can help you fix your home. If things get broken they can mend things and sometimes give you money for new things. They can help if you have to move out of your home and find you somewhere to stay overnight like a hotel. If you have to stay away for longer they can help you find another home until your own place is ready.

Ask the grown-ups in your family if they have insurance and get them to check that it covers things like flooding. Ask them if they know where their insurance certificate is and tell them to store it in a safe place.



If you know your home insurance details write them here:

Company:.....

Tel:.....

Web:

Tick when complete

LOOK!

Look for these things in the picture below.
Tick the box when you find each thing.



Emergency Exit

Window

PC Plumb

Lock

Key

Phone

Tick when complete

Going on a long trip?

Does anyone drive a car at your house? _____

Ask them what they would do if it broke down or they got stuck in a really, really long traffic jam. Tell them it is a good idea to keep some drinks and food in the car just in case.

If it's winter it's a good idea to keep some nice warm blankets in the boot and a spade just in case you need to dig yourself out of snow!



Tick when complete

Let's get ready website

There is lots more information on the lets get ready website!
Ask an adult to help you.

Log on to:
www.letsgetready.org.uk

There is also a certificate you can download on the website for completing this activity book.

Well done for finishing the booklet!!

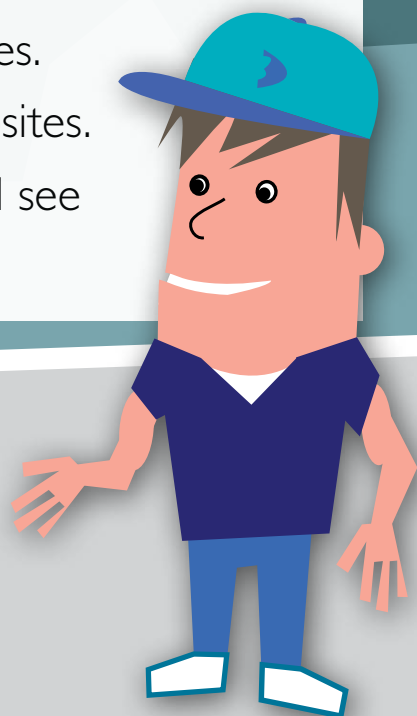
STAY SAFE

Follow this code to make sure you stay safe when you are looking at websites.

When I am using the computer and looking at websites...

- ▶ I will agree rules with my parents or carers about the best way for me to use the computer.
- ▶ I will not write my name, address, phone number, school or anything else about me on websites.
- ▶ I will not put photographs of myself on websites.
- ▶ I will not talk to people I do not know on websites.
- ▶ I will tell my parent, carer, teacher or leader if I see something that worries or upsets me.

The radio is also great to listen to for emergency updates and news.
Ask an adult to help you tune into 95.9FM.



Be prepared for an Emergency!

Log on to:
www.letsgetready.org.uk



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