

Prepare with Pedro!

AN ADVENTURE IN EMERGENCY PREPAREDNESS



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American Red Cross

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Letter to Grown-Ups

From tornadoes to tsunamis, floods to fires, Pedro the Penguin helps kids — and the grown-ups in their lives — learn how to prepare for and stay safe during a disaster. Disasters can be scary, but children are better at adapting to situations when they know what to expect.

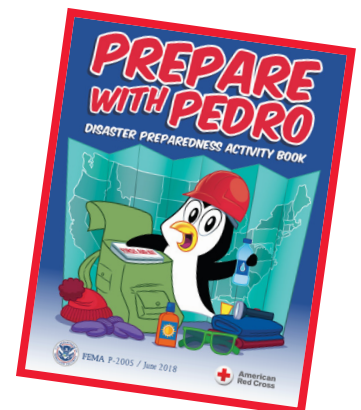


Kids can play the *Prepare with Pedro: An Adventure in Emergency Preparedness* game on their own, with a friend, with a grown-up, or with classmates! As they play, they will learn:

- How to identify different disasters, including disasters in their area
- How to prepare before and stay safe during a disaster

And remember: If you don't know something, that's okay! Everyone starts somewhere, and you can show kids how to have an open and curious mind by being excited about learning more.

Want more Pedro the Penguin fun? Use the *Super-Prepared Penguin Expansion Pack* to explore new hazards. Pedro also stars in disaster preparedness activity books, storybooks, videos, and more! Download and order more Prepare with Pedro materials at [ready.gov/kids](https://www.ready.gov/kids) and [redcross.org](https://www.redcross.org).



Let's Play!

What's Included?

Game Pieces

9 Hazard Pieces



Thunderstorm

Hazards are events that may lead to an emergency or disaster. A hazard is a source of danger, like a flood.

26 Action Pieces



Prepare to go to a higher floor or higher ground.

Also called “safety actions.” Actions are what you can do to prepare BEFORE and stay safe DURING an emergency. Some actions can help you prepare for more than one hazard, like making a kit with emergency supplies.

Instructions

1 Instruction Sheet

Use this instruction sheet to learn how to play, as well as tips for helping your child learn.

1 Answer Key

Use the answer key to check your work. The answer key also includes extra preparedness tips for certain hazards and actions.

Additional Activity Sheets

1 Family Communication Plan

Fill out this plan to prepare with your household. Talk about where you will meet and how you will communicate if there is an emergency.

1 Emergency Kit Checklist

Use this checklist to create an emergency kit. Your kit can help you stay safe in many different kinds of emergencies.

Getting Started

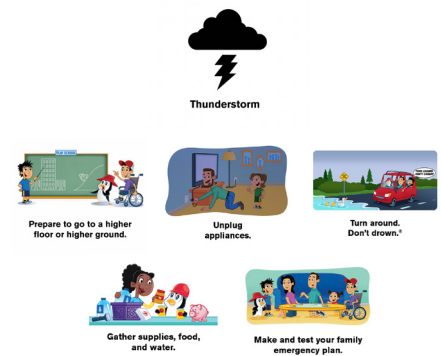
1. Print out the pages with hazard and action game pieces.
2. Cut out the game pieces. (Be careful if you are using scissors.)
3. Lay out the pieces on a table or desk. You may need to put the pieces in rows. This is a big game, so you will need a lot of space.



How to Play

Start learning to prepare with Pedro!

1. Lay out all the action pieces face up.
2. Make a row at the top with the hazard game pieces face up.
3. Select one hazard game piece.
4. Review the action pieces. Select the actions that can help you prepare for or stay safe during the hazard you selected. Place these action pieces with the hazard game piece. (Remember that you may use some pieces more than once!)
5. Check the answer key to see if you are right and to learn more.
6. Select another hazard and repeat. If you're playing with friends, you can take turns picking the hazard.

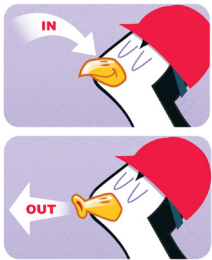


More Ways to Play

Are you playing with younger kids? Older kids? Preparedness superstars? Read on below for other ways to help Pedro prepare.



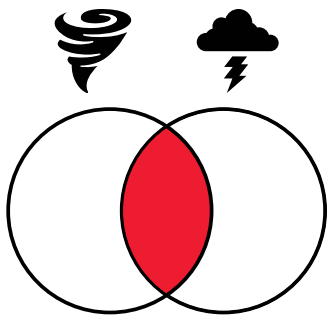
For a friendly competition, grab a pencil and the Penguin Points Score Sheet. Give each player a point for each correct answer.



As you discover new actions you can take (like Drop, Cover, Hold On, or taking deep breaths), practice them together!



Turn the game around: select an action piece first and try to find the different hazards that match.



Compare and contrast the actions that Pedro can use for different hazards. Draw two circles to make a Venn diagram. Choose two hazard pieces and place them at the top of each circle. Place the action pieces in the correct Venn diagram circle. (Remember, an action may help you prepare for more than one hazard!)

Continue the Pedro the Penguin fun with the *Super-Prepared Penguin Expansion Pack*! Use the expansion pack to learn about other hazards like flash floods and power outages. Download or order the expansion pack from [ready.gov/kids](https://www.ready.gov/kids).

A Note to Educators

Play *Prepare with Pedro: An Adventure in Emergency Preparedness* in the classroom! Here are some ideas for using the game materials in the classroom or in groups:



- Ask students to identify the hazards most likely to happen where you live. During a lesson with geography, ask them what hazards they think might happen in the different places you are studying.
- Encourage students to think, pair, and share by asking students to reflect about what they know already. Pair them up to play the game. Then, have them share what they learned with the group.
- Include a copy of the game in your substitute teacher plans for an educational and fun activity.
- Make it a friendly competition by assigning points for each correct match. Children can use the Penguin Points Score Sheet to keep track.
- Use the game pieces on a bulletin board. Change the board each season to reflect the hazards that might happen and the actions kids can take.
- Brainstorm how students could take different actions at home or at school. Help them think about where they might find cover during an earthquake, where they might find supplies for their emergency supply kits, or how you might practice emergency drills at home or at school. Have students practice actions like “Drop, Cover, and Hold On.”



Learning Objectives and Tips

Everyone starts somewhere! As children play and learn, they will be able to play the game with less support. Remember that disasters can be scary for kids. Consider what children might be familiar with and add in new hazards or remove hazards as appropriate. If they are just learning about disasters and preparedness, focus on simpler activities like describing and remembering different hazards and safety actions. Then, they can start to categorize, compare and contrast, and evaluate the hazards and safety actions. Use the stages below as a guide:



1

Remember and Describe: Children will be able to list hazards and talk about actions they can take to stay safe. Help your child with difficult vocabulary by talking about the hazards and safety actions before playing the game.

2

Apply and Analyze Actions: Children will be able to categorize hazards and safety actions and choose the actions that can help them stay safe for different hazards.

3

Compare, Contrast, and Evaluate: Children will be able to compare and contrast safety actions across hazards, identifying actions that apply to more than one hazard. They will be able to evaluate how appropriate an action is depending on the different hazards.

As you play the game with children, consider the following tips to help them grow and learn:

- Consider how much they already know. Give extra support to make the game easier or ask extra questions to make it more challenging.
- Break the game into smaller, simpler steps and activities. Share feedback often and play the game again to help children to play more easily!
- Model how to play the game. Show how you would play, and explain your thinking out loud.
- Ask questions throughout the game to help children think about the different tasks.

Example: When you select a hazard, you can ask them if they know what it is and if they think it happens where they live.

- Ask questions to expand learning and to connect new material to existing knowledge.

Example: Ask children about what they think should be in an emergency kit or where a safe place in their home might be when those action pieces are played.

Prepare with Pedro: An Adventure in Emergency Preparedness was created by the Federal Emergency Management Agency (FEMA) in partnership with the American Red Cross.

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Answer Key

Check your answers here. There's also a little extra information to help get you even more prepared, no matter what comes your way.

Some safety actions can help you for ALL hazards. Some safety actions can help you for SOME hazards.

These actions help you prepare for all hazards:

Safety actions to take BEFORE an emergency:



Make and test your family emergency plan.



Practice emergency drills.



Follow instructions from officials.



Gather supplies, food, and water.

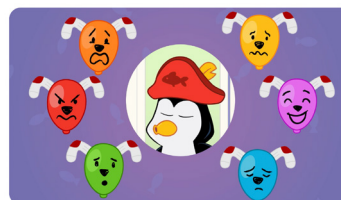
Safety actions to take DURING an emergency:



Text, don't call, to check on loved ones.



Stay calm. Take big, slow breaths.



Name your feelings.



Follow instructions from officials.



Earthquake

An earthquake is when the rock under the Earth's surface moves. When that happens, the ground under your feet can shake, move, or crack.

These are actions you can use to prepare for an earthquake. Remember to use the actions for ALL hazards, too!

Safety actions to take BEFORE an earthquake:

See the safety actions for ALL hazards!

Safety actions to take DURING an earthquake:



**Drop, Cover, Hold On.
Lock, Cover, Hold On.**

**Stay where you are
until shaking stops.**

Good to Know:

Earthquakes can happen without warning, so it's important to practice what to do ahead of time.

If you are able to, drop to the floor and move under a sturdy piece of furniture, like a table, and hold on. If you use a wheelchair, lock the wheels and cover your head with your arms. Some people say to stay in a doorway. This is wrong. Some doorways, especially those indoors, are not sturdy enough to protect you.

Stay away from windows, glass, lighting fixtures, or furniture that could fall, like bookcases. If in bed, stay there.



Extreme Heat

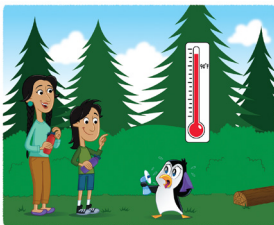
Extreme heat is when it is hotter outside than normal. When it is really hot for several days or weeks, it is called a heat wave.

These are actions you can use to prepare for an extreme heat emergency. Remember to use the actions for ALL hazards, too!

Safety actions to take BEFORE an extreme heat emergency:

See the safety actions for ALL hazards!

Safety actions to take DURING an extreme heat emergency:



Keep cool. Wear loose-fitting clothes. Drink water.

Good to Know:

Make sure to drink plenty of water and take breaks inside where there is air conditioning.



Flood

When a lot of rain falls or a river overflows, that can cause a flood.

**These are actions you can use to prepare for a flood.
Remember to use the actions for ALL hazards, too!**

Safety actions to take **BEFORE** a flood:

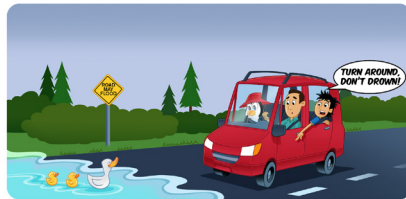


Prepare to go to a higher floor or higher ground.

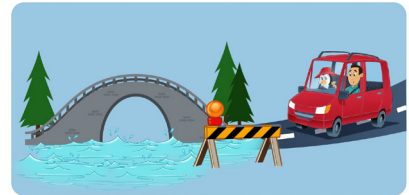
Safety actions to take **DURING** a flood:



Don't play in flood waters.



**Turn around.
Don't drown.®**



Stay off bridges over fast water.

Good to Know:

Playing or swimming in flood water can make you sick. The water may have unsafe things, like germs, that you cannot see.

Just six inches of flood water can knock you off your feet. A foot of water can carry away a car.

Stay off bridges over fast-moving water. Flood water can wash bridges away without warning.



Hurricane

A hurricane, sometimes called a “typhoon,” is a big storm that forms over the ocean. It has a spiral shape and can travel a long way before it reaches land.

These are actions you can use to prepare for a hurricane. Remember to use the actions for ALL hazards, too!

Safety actions to take **BEFORE** a hurricane:



Prepare to go to a higher floor or higher ground.



Help adults cover doors, windows, and vents.



Be prepared to evacuate to a safer place.

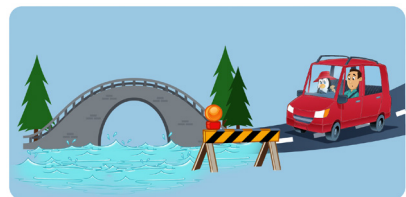
Safety actions to take **DURING** a hurricane:



Don't play in flood waters.



Turn around. Don't drown.®



Stay off bridges over fast water.

Good to Know:

If you are in a building and there is flooding, go to higher ground.

Help adults cover glass doors and windows. If they aren't boarded up, stay away from them because they could break and hurt you.



Thunderstorm

Thunderstorms bring lots of rain. They also bring thunder, lightning, wind, and hail.

These are actions you can use to prepare for a thunderstorm. Remember to use the actions for ALL hazards, too!

Safety actions to take BEFORE a thunderstorm:

See the safety actions for ALL hazards!

Safety actions to take DURING a thunderstorm:



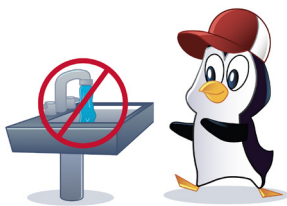
When thunder roars, go indoors.



Stay in your car if you cannot go indoors.



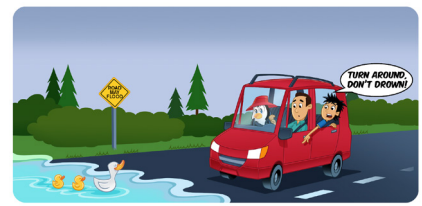
Avoid trees and metal that lightning might hit.



Do not use running water.



Unplug appliances.



Turn around. Don't drown.®

Good to Know:

If you can't get to a sturdy building, do not go under a tree to try to stay dry. Lightning is more likely to strike tall objects like trees.

Electricity from lightning can travel through plumbing and electrical outlets.



Tornado

A tornado is a spinning column of air. Tornadoes have strong winds that can cause a lot of damage to things in their paths.

These are actions you can use to prepare for a tornado. Remember to use the actions for ALL hazards, too!

Safety actions to take BEFORE a tornado:



Go to a safe space and take cover.

Safety actions to take DURING a tornado:

See the safety actions for ALL hazards!

Good to Know:

Safe spaces can be basements, closets, or rooms without windows.

Tornadoes can form during thunderstorms. If there's a thunderstorm, follow local weather alerts to learn if there is a tornado warning.



Tsunami

A tsunami is several huge waves that cause ocean water to come onto land.

These are actions you can use to prepare for a tsunami. Remember to use the actions for ALL hazards, too!

Safety actions to take BEFORE a tsunami:



Be prepared to evacuate to a safer place.

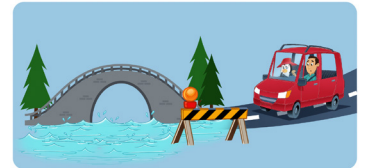
Safety actions to take DURING a tsunami:



Move away from coasts to high ground.



Turn around. Don't drown.®



Stay off bridges over fast water.



**Drop, Cover, Hold On.
Lock, Cover, Hold On.**



Stay where you are until shaking stops.

Good to Know:

Tsunamis may happen with little warning, often after an earthquake.

A tsunami can happen if there's a landslide or earthquake under the ocean. If you feel the ground shake, remember: Drop, Cover, and Hold On! Once the shaking stops, be prepared to stay safe in case a tsunami comes your way.

Huge waves with fast-moving water from the ocean can come onto land quickly, washing over everything near the shore.

Be prepared to evacuate to a safer place if you receive a tsunami alert or see natural signs near the shore, like seeing water moving away suddenly from the shore, hearing a loud roaring sound, seeing a sudden rise of water, or feeling an earthquake.



Wildfire

A wildfire is a fire that burns through forests and other wildlands.

These are actions you can use to prepare for a wildfire. Remember to use the actions for ALL hazards, too!

Safety actions to take **BEFORE** a wildfire:



Remove plants and debris close to your home.

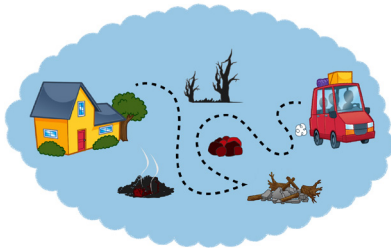


Help adults cover doors, windows, and vents.



Be prepared to evacuate to a safer place.

Safety actions to take **DURING** a wildfire:



Avoid hot ash, charred trees, debris, and embers.

Good to Know:

Covering doors, windows, and vents will help keep ash and smoke from getting into your house.



Winter Storm

A winter storm happens when there is heavy rain and the temperature is low enough that the rain turns to ice or forms as sleet or snow. Winter storms can be freezing rain and ice, moderate snowfall over a few hours, or a blizzard that lasts for several days.

These are actions you can use to prepare for a winter storm. Remember to use the actions for ALL hazards, too!

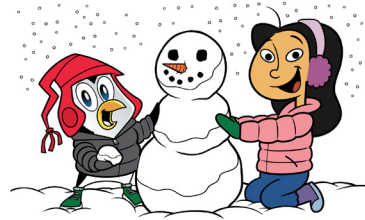
Safety actions to take BEFORE a winter storm:

See the safety actions for ALL hazards!

Safety actions to take DURING a winter storm:



Help adults cover doors, windows, and vents.



Limit your time outside and wear warm clothes.

Good to Know:

Spending a long time in cold temperatures can be dangerous! Tell an adult if you feel cold or numb while playing outside.

Covering cracks around doors and windows helps keep the cold out and heat in.

My Family Communication Plan

Keep this
in a safe
place!



My Name: _____

My Address: _____

My Trusted Adults' Names: _____

My Telephone Number: _____

Guardian Telephone Number: _____

School/Child Care Contact: _____

Neighborhood Meeting Spot: _____

Out-of-Neighborhood Meeting Spot: _____

Out-of-Neighborhood Contact: _____

Medical/Doctor Information: _____



Review and update this plan every year. Always remember to call 9-1-1 in emergencies!



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My Emergency Kit Checklist

You can make your own emergency supply kit at home! Ask an adult to help you. Having a kit nearby can help you stay safe in many different kinds of emergencies. The items below are a good place to start.

For more information on building a Family Emergency Kit, go to: ready.gov/kids and redcross.org



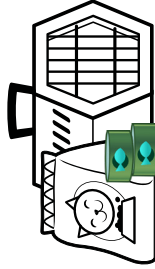
First Aid Kit/
Medicine



Food



Batteries



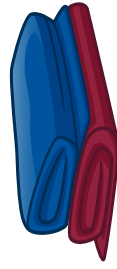
Pet Supplies



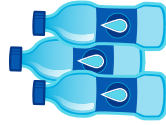
Radio



Flashlight



Blankets



Water



FEMA



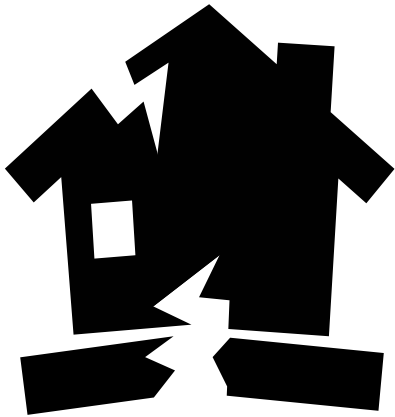
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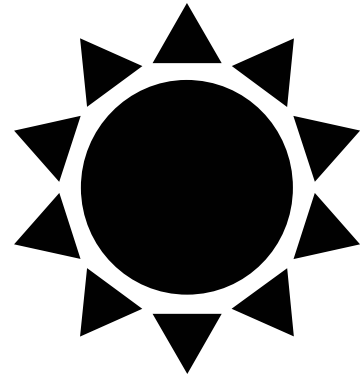
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Game Pieces

Use scissors to cut carefully along the lines to cut out the pieces.



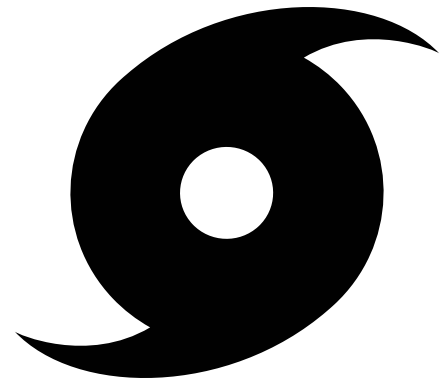
Earthquake



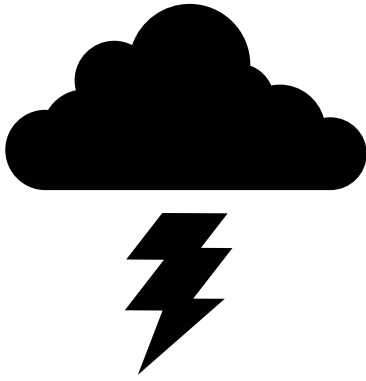
Extreme Heat



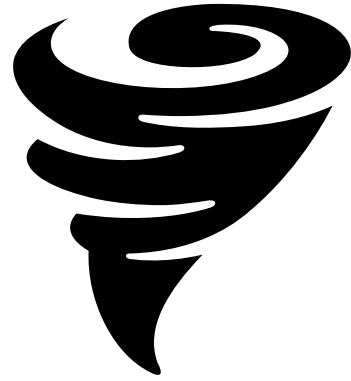
Flood



Hurricane



Thunderstorm



Tornado



Tsunami



Wildfire



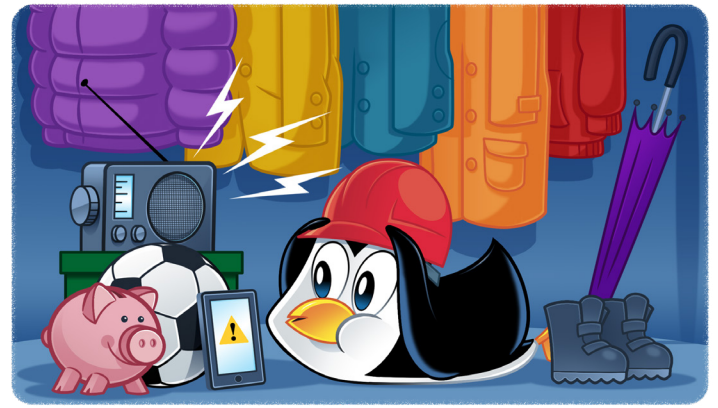
Winter Storm

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**Turn around.
Don't drown.®**



**Go to a safe space
and take cover.**



**Gather supplies, food,
and water.**



**Be prepared to evacuate
to a safer place.**



**Follow instructions
from officials.**



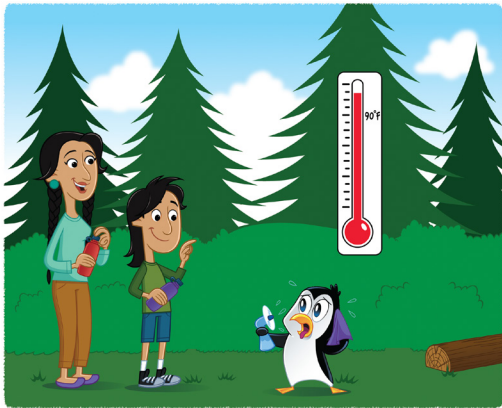
**Unplug
appliances.**



Prepare to go to a higher floor or higher ground.



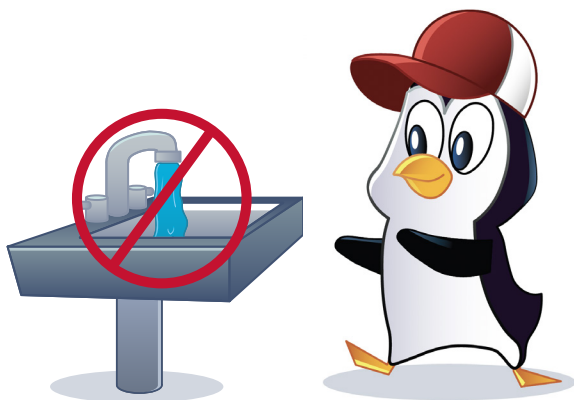
Avoid hot ash, charred trees, debris, and embers.



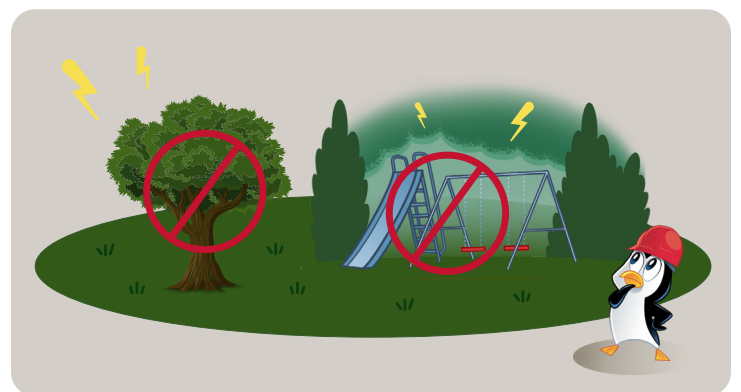
Keep cool. Wear loose-fitting clothes. Drink water.



Stay in your car if you cannot go indoors.



Do not use running water.



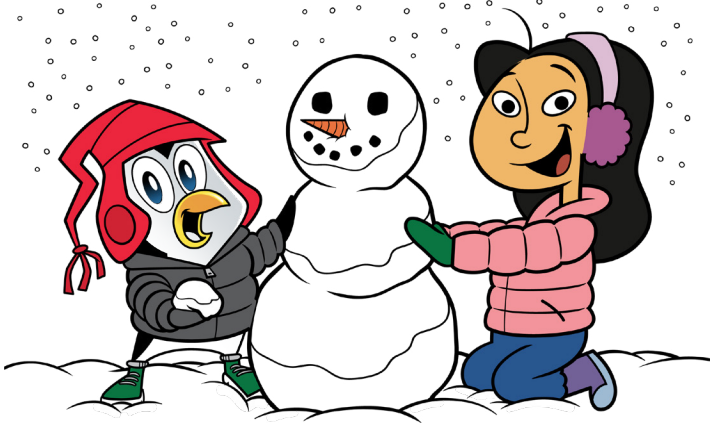
Avoid trees and metal that lightning might hit.



Move away from coasts to high ground.



When thunder roars, go indoors.



Limit your time outside and wear warm clothes.



Don't play in flood waters.



Text, don't call, to check on loved ones.

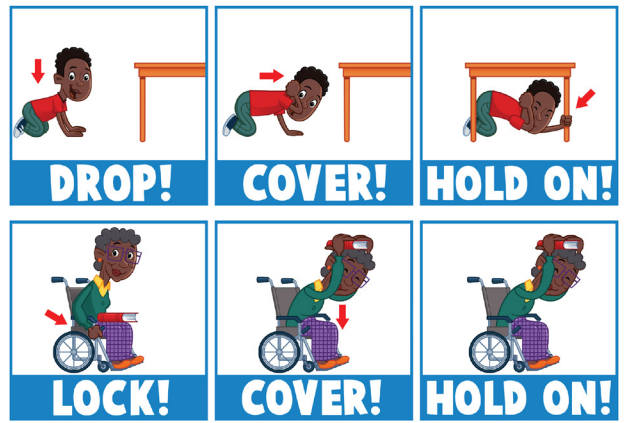


Stay calm. Take big, slow breaths.





Help adults cover doors, windows, and vents.



**Drop, Cover, Hold On.
Lock, Cover, Hold On.**



Remove plants and debris close to your home.



Stay where you are until shaking stops.



Make and test your family emergency plan.



Name your feelings.





**Stay off bridges
over fast water.**



**Practice emergency
drills.**

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