

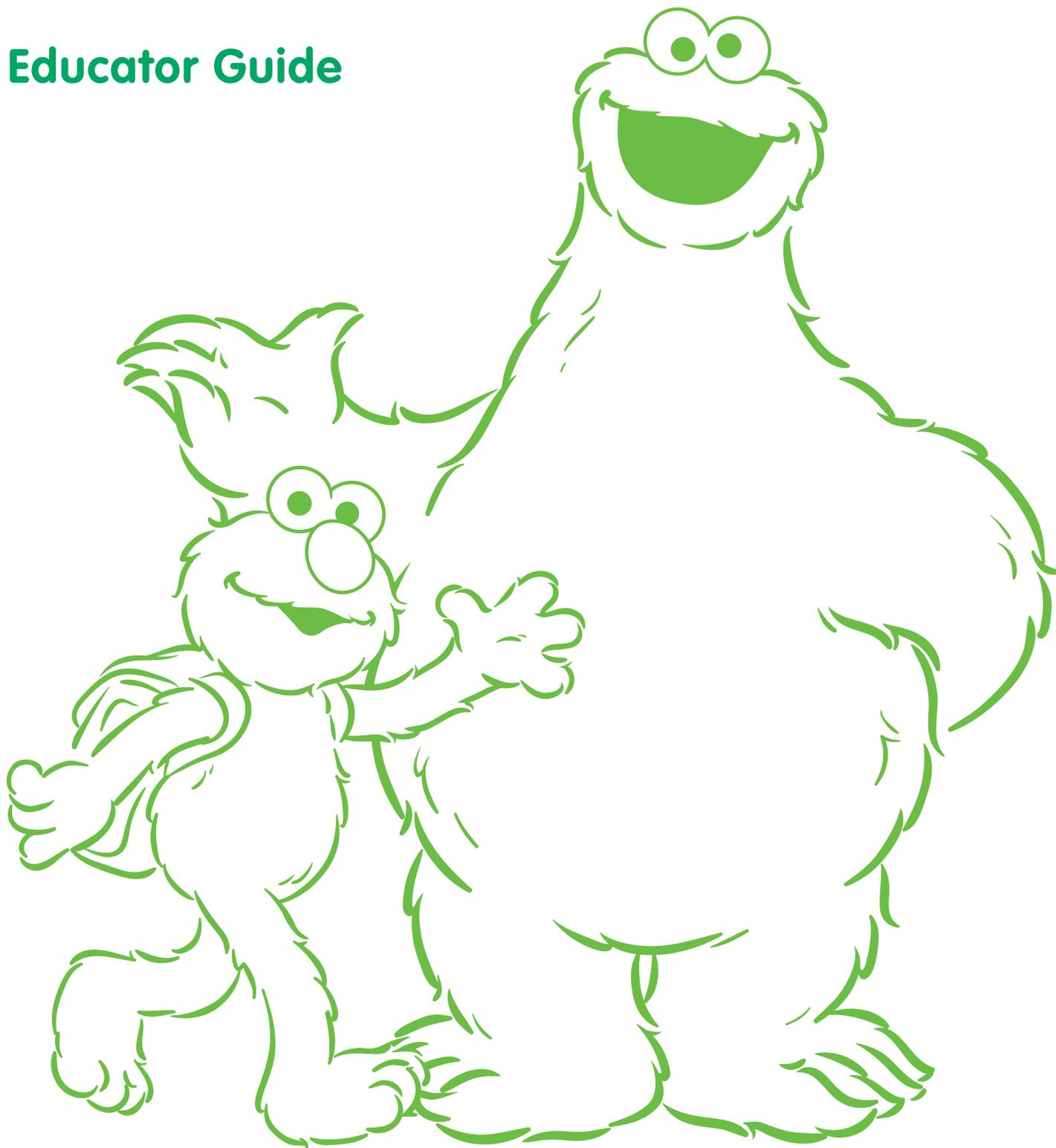
Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Here for Families and Communities



Educator Guide



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[sesamestreet.org/ready](https://www.sesamestreet.org/ready)

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Hello, Educator!

Welcome to the Let's Get Ready Educator Guide.

Away from home, you are one of the special grown-ups with whom children feel most comfortable. This gives you a unique opportunity to help them learn about emergencies in a calm and reassuring environment.

This guide, with activities that can complement emergency plans and school safety drills, will help you prepare your children for emergencies. It also gives you tools to connect with parents and caregivers. The Sesame Street friends are here to help children remember important information through songs, drawings, and play!

For More Information

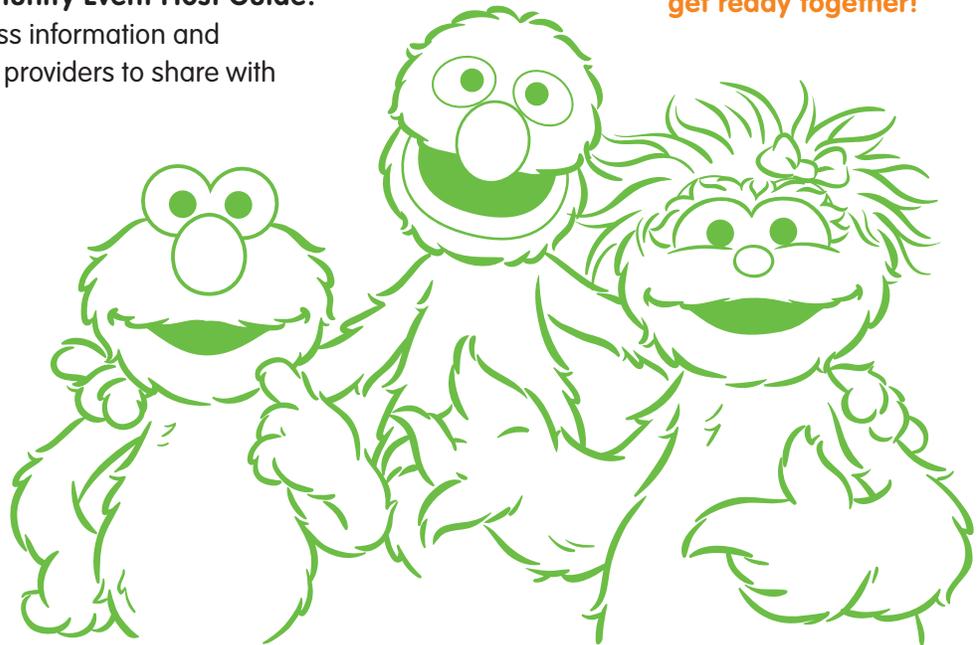
In addition to this Educator Guide, we are pleased to provide other resources to help families and communities prepare for emergencies. Please visit sesamestreet.com/ready or pseg.com/sesamestreet.

- » **Let's Get Ready Family Guide:** A resource filled with simple tips, ideas, and activities to help families prepare for emergencies.
- » **Let's Get Ready Community Event Host Guide:** Emergency preparedness information and activities for community providers to share with children and families.

WHAT'S INSIDE: In this guide, you'll find simple ways to help children learn these important messages:

- » We Can Get Ready!
- » I Know Our First and Last Names
- » I Know Our Phone Number and Address
- » Helpers Keep Me Safe and Sound
- » Let's Make and Share Our Plan
- » Let's Pack an Emergency Kit

Come along, and let's get ready together!





We Can Get Ready!

You can introduce emergencies using familiar examples from children's everyday lives. For instance, there are signs and sounds all around us to keep them safe or to tell them that there is an emergency. Here is a simple activity to start the conversation.

What to do:

- » Gather children and ask, "What do you do to stay safe when you're in the car? How about when you are walking across the street? Riding your scooter?" They may talk about seat belts, helmets, or holding hands with a grown-up when they cross the street.
- » Explain that there are signs and sounds all around us to keep us safe, too. Hold up the pictures below, and ask them if they can identify what they are. **Follow up with a discussion about why we have some of these signs and sounds:**



EXIT SIGN: This sign tells us the way to get out. Just in case we have to get out fast, we can look for this sign. **Where do you see an EXIT sign?**



SMOKE ALARM: This is a smoke alarm. If there's a fire, it will make a loud **BEEP, BEEP, BEEP!** That means we have to get outside fast and stay outside. **Where do you see a smoke alarm?**



FIRE TRUCK WITH FLASHING LIGHTS: A fire truck has a loud siren and bright flashing lights. This tells us that help is on the way! **What are some other cars with sirens and bright lights?**



AMBULANCE: The helpers in an ambulance take care of people if they get hurt. **What are some other cars and trucks that tell us help is on the way?**

KEEP PRACTICING!

Play "Emergency Detectives": As children walk from one place to another, ask them to be on the lookout for smoke alarms and EXIT signs.



I Know Our First and Last Names

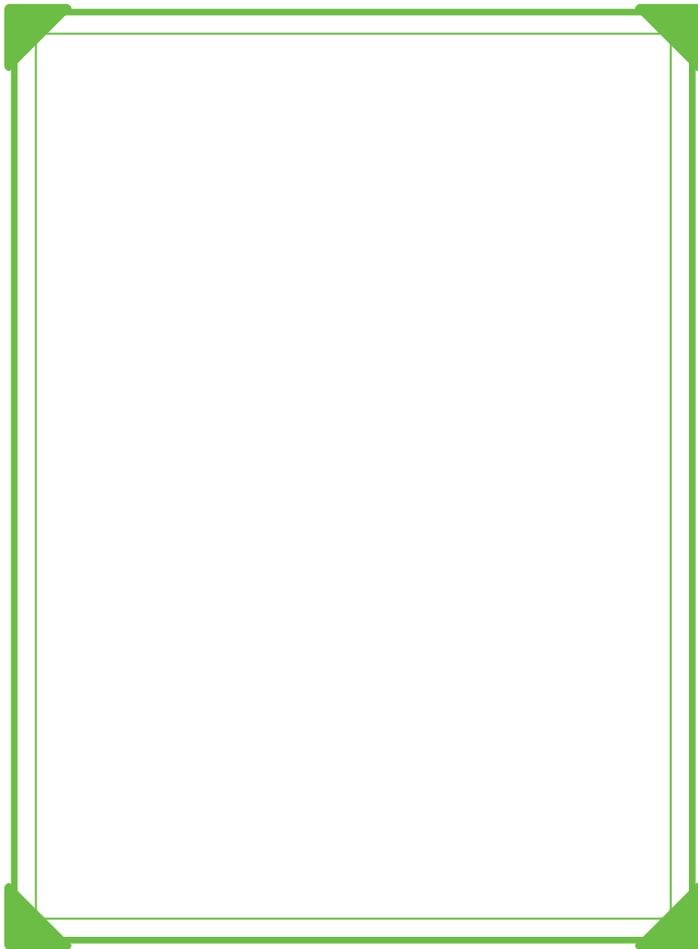
Children feel proud when they learn about themselves! Knowing their own and their caregivers' whole names is also a very important way to prepare for emergencies.

Directions: Use this sheet to help children learn and repeat important information. They may need your help writing in the blanks.



My Family Picture

Draw a picture of your family in the box below.



What Are the Whole Names of Everyone in Your Family?

WHOLE NAME





I Know Our Phone Number and Address

Children feel proud when they learn about themselves! Knowing basic information like their caregivers' phone numbers and addresses can also help children if they ever get separated from their caregivers.

Directions: Use this sheet to help children learn and repeat important information. They may need your help writing in the blanks.

My Important Phone Numbers

Write your family's important phone numbers on the lines below.

MY MOMMY/DADDY'S PHONE NUMBER

MY MOMMY/DADDY'S PHONE NUMBER

OTHER IMPORTANT ADULT'S PHONE NUMBER

OTHER IMPORTANT ADULT'S PHONE NUMBER

My Home Address

MY ADDRESS

Now Practice Dialing

Use your finger to practice pressing the numbers.



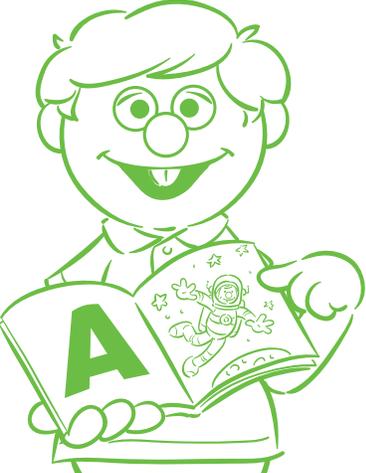
EVERYDAY TIP: Explain that 9-1-1 is a special number to call when help is needed during an emergency and there is no other person to help. Pretend by asking questions such as "9-1-1, what's your emergency?" and "What's your address?"



Helpers Keep Me Safe and Sound

Our neighborhoods are filled with special helpers who keep us safe: crossing guards, police officers, doctors, and teachers like you. The more familiar they are with these helpers now, the more comfortable they'll feel with them in case of an emergency.

Directions: Here's a simple book children can make to get to know their neighborhood helpers. They can color in the pictures while you help cut and staple the pages together.

| | |
|--|---|
| <p>My Book About Neighborhood Helpers</p> <p>There are helpers all around to keep me safe and sound!</p>  | <p>I'm a firefighter. I help put out fires.</p>  |
| <p>I'm a teacher. I help children stay safe as they learn and play at school.</p>  | <p>Draw a picture of another helpful person in your neighborhood.</p> <p>I'm a _____.</p> <p>I help _____.</p> |

Let's Make and Share Our Plan

HELLO, FAMILIES!

Our class is participating in an exciting **Sesame Street** program to prepare for emergencies. Join us to get ready together!

Here are some of the things your child has been learning at school:

- » I know our first and last names (whole names of both child and parents).
- » I know our phone number and address.
- » Helpers all around keep me safe and sound.

Please continue the learning at home by creating a Family Emergency Plan! Use these pages to talk with your family about what you will do and whom to contact if an emergency ever happens. To help children remember the plan, practice this information together at home.

FAMILY PHOTOS:

Adding photos for every family member and your pet can be helpful if you get separated during the emergency.



The _____ Family's Emergency Plan

You can copy this page more than once to include all household members.



1. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

2. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

3. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

4. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

PET'S NAME

PET'S NAME



Let's Make and Share Our Plan (continued)

Please make copies of your plan and share it with your child's teacher, along with the other important grown-ups who help care for your child.

Emergency Contacts

Help your children learn who these contacts are, and remind them that these are people who may be there to help and care for them just in case.

1. Out-of-Town Emergency Contact who may not be affected by the emergency and can help make sure you're all okay. It is often easier to call long distance than to make local calls after an emergency. You can also text.

WHOLE NAME

ADDRESS

ADDRESS

E-MAIL

HOME/CELL PHONE

WORK PHONE

2. Local Emergency Contact who can help you with tasks such as picking up your child from child care.

WHOLE NAME

ADDRESS

ADDRESS

E-MAIL

HOME/CELL PHONE

WORK PHONE

Emergency Meeting Place

This is the safe, child-friendly place where your family will meet if you can't get home during an emergency.

NAME OF LOCATION

TYPE OF ESTABLISHMENT

ADDRESS

PHONE NUMBER

Neighborhood Helpers

Include phone numbers for the people in your neighborhood who can help you during an emergency.

POLICE STATION

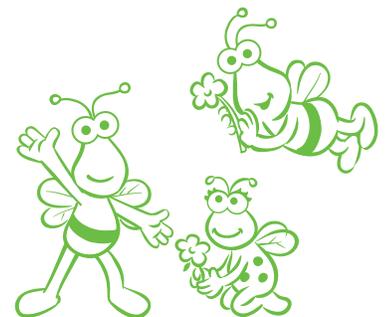
FIRE STATION

FAMILY DOCTOR/S

OTHER IMPORTANT ADULT

LOCAL EMERGENCIES:

Learn about specific risks and potential emergencies in your area by signing up for local weather emergency alerts on your smartphone.





Let's Make and Share Our Plan (continued)

Schools and Workplaces

1. _____
CHILD'S WHOLE NAME

CHILD-CARE PROGRAM OR SCHOOL

ADDRESS

ADDRESS

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION

2. _____
CHILD'S WHOLE NAME

CHILD-CARE PROGRAM OR SCHOOL

ADDRESS

ADDRESS

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION

3. _____
PARENT OR GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

ADDRESS

PHONE

EVACUATION LOCATION

4. _____
PARENT OR GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

ADDRESS

PHONE

EVACUATION LOCATION

A SAFE HOME:

Make sure your surroundings are ready for an emergency, too! Call your utility provider if you notice wiring problems in your area.





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, when you check your smoke alarms) 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!





Let's Get Ready Certificate

Congratulations!

CHILD'S NAME

has prepared for emergencies!

My mommy's
phone number is...
(212) 555-1234

Let's pack an
emergency kit!

My whole
name is...
Rosita
de las Cuevas!

My address is...
1, 2, 3
Sesame Street.

