

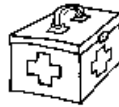
Beaver Meeting Schedule: Week 1



Emergency Preparedness

Theme: What is an Emergency?

Time	Activity	Program Details	Leader Responsible
5 minutes	Gathering Activity: Colouring Sheets		
5 minutes	Opening Ceremony		
10 minutes	Game: Is it an Emergency?		
25 minutes	Song/Story: The Emergency Song. Learning About Natural Emergencies.		
20 minutes	Theme Activity: Natural Emergencies In Our Community		
5 minutes	Closing Ceremony		
15 minutes	Leader Discussion Time		



Introduction:

An emergency is a situation that poses an immediate threat to human life or serious damage to property. In our technologically advanced society, we are able to turn on our television and watch emergencies unfold before our eyes, often in real time. We must not forget that children often see these images too. This program has been developed to help Beavers understand what emergencies are and how they can prepare for them before they occur.

This program is not meant to “scare” but rather to alleviate some of the fears that children have about emergencies by demonstrating how they, and their families, can prepare for an emergency before it happens.

Beavers will learn that when people know what to do before and/or during an emergency, they are better able to react appropriately and reduce the likelihood of injury or death. While emergencies are rare in Canada, they do occur and can happen at any time.

For background information on Natural Emergencies, please refer to the *Emergency Preparedness Program Resource Book, Page 5*.

Beaver Meeting Schedule: Week 1



Gathering Activity: Colouring Sheets

Objective:

To introduce Beavers to some of the community helpers involved with emergency situations

Equipment:

- Colouring sheets with drawings of fire trucks, police cars and ambulances (See Week 1 Support Materials).
- Crayons and/or pencil crayons

Instructions:

1. As Beavers arrive, allow them to choose a colouring sheet to work on and provide them with some crayons and/or pencil crayons.
2. When complete, you may want to post their completed works around the meeting space.



Game:

Is it an Emergency?

Objective:

To enable Beavers to recognize the difference between an emergency situation and a non-emergency situation.

Equipment:

- Large defined playing space
- Two smaller defined areas in the playing space set apart from each other (one is the “Emergency” area and one is the “Not An Emergency” area)
- In the “Emergency” area, place toy fire trucks, police cars, ambulances, photos of fire trucks, police cars and ambulances, and a flashing light, if available
- “Is It An Emergency?” Flashcards (See Week 1 Support Materials).

Instructions:

1. Explain that the Beavers will be playing a game and they will have to decide if something is an emergency or not. Ask the Beavers to identify the objects in the “Emergency” area. Ask them when you need the fire department, the police or an ambulance.
2. Show the Beavers the “Not an Emergency” area and explain that there are no fire trucks, police cars or ambulances here because this is the “Not an Emergency” area.
3. Have the Beavers stand in the area between the two zones and tell them you are going to read and show a card. They need to run to the “Emergency” area if they think it is an emergency and run to the “Not an Emergency” area if they think it is not an emergency.
4. After reading each card, explain to the Beavers whether it is an emergency or not and let them know if they ran to the correct area. Have the Beavers return to the area between the two zones.
5. Play until all of the cards have been read or until time for the activity is up. At the end of the game, ask the Beavers to tell you what makes something an emergency.

Thank you to the *Canadian Red Cross* for use of their graphics on page 7.

Beaver Meeting Schedule: Week 1



10 min.

Song: The Emergency Song

Objective:

To introduce Beavers to various types of natural emergencies and some very basic safety tips when faced with these types of natural emergencies.

Equipment:

- Copy of “The Emergency Song” sheet
(See Week 1 Support Materials)

Instructions:

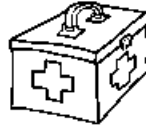
1. Teach the Beavers the song and encourage the Beavers to come up with their own actions for the song or simply use the actions suggested.

Beaver Meeting Schedule: Week 1



15 min.

Storytime: Natural Emergencies



Objective:

To introduce Beavers to various types of natural emergencies and some very basic safety tips when faced with these types of natural emergencies

Equipment:

Using the booklist provided in the *Emergency Preparedness Program Resource Book* (Appendix B), borrow books about natural emergencies from your local library and select one to share with the group (try to select a book that deals with a natural emergency that could happen in your community).

Instructions:

1. Explain to the Beavers that some emergencies have natural causes and ask them if they can think of any emergencies that are caused by nature.
2. Briefly talk about severe weather, tornadoes, hurricanes, floods, tsunamis and earthquakes. Point out that these situations are more severe than a simple rainstorm.
3. Read your selected story and answer any questions from the Beavers. If time permits, you may want to allow time for the Beavers to look at some of the other books you have on natural emergencies.

Beaver Meeting Schedule: Week 1



Theme Activity: Natural Emergencies in Your Community

Objective:

To introduce Beavers to two types of natural emergencies that can happen in their community and provide some very basic safety tips for dealing with these types of emergencies.

Option #1: Leader Lead Discussion

The leader will use activities to describe two specific types of natural emergencies that can occur in Canada. Leaders have been provided with an activity for severe winter storms and severe thunderstorms (on pages 4 and 5).

Leaders may wish to substitute one or both of these natural emergencies with one or two that have/could occur in their community. Should a leader select this option, they should refer to the information and resources in the Natural Emergency section of the *Emergency Preparedness Program Resource Book* (See Page 5 and Appendices A and B).

Leaders should be prepared to talk about how to stay safe during the selected natural emergency (e.g., go to the basement in a tornado) and have drills to practice these behaviours.

Note: You can find Option #2 of Natural Emergencies in your Community on page 6.

Beaver Meeting Schedule: Week 1

Theme Activity: Natural Emergencies in your Community

A) Severe Winter Storm: Introductory Activity

Equipment:

- 3 snow shovels
- 3 swimsuits*
- 3 pairs of sandals*
- 3 snowsuits (Beaver Size)
- 3 hats
- 3 mittens
- 3 scarves
- 3 boots
- 3 containers of Salt/Ice Melter
- 3 rafts*
- 3 battery-operated crank radios
- 3 rakes*
- 3 flashlights
- 3 brown garden waste bags*

* May substitute with another non-essential item

See Appendix B of the *Emergency Preparedness Program Resource Book* for resources related to winter storms.

Instructions:

1. Divide the Beavers into three groups. Each group should assemble in one area and be provided with one of each of the above items on the equipment list.
2. The leader should explain that each group needs to separate the items into two groups. The items they need to have in a winter storm go in one pile and the items they don't need in a winter storm go in the other.
3. Give the Beavers 3-5 minutes to sort their items and then visit each group to see if they have separated the items appropriately.
4. Review the items that Beavers should have in the event of a winter storm with the entire group.

Severe Winter Storm Discussion

Equipment:

- Books on winter storms
- Flashlight
- Radio
- Warm sweater
(Beaver-sized)
- Mittens
- Scarf
- Winter storm photos/pictures
- Boots
- Snowsuit
(Beaver-sized)
- Hat

Instructions:

1. Have the Beavers sit in a circle and have the above items in the centre of the circle.
2. Have the Beavers describe what it is like during a winter storm (dark, windy, snowing, icy, wet etc.)
3. Show the Beavers some pictures and photos of winter weather (photos from books on winter weather may also be helpful).
4. Discuss why being outside in a winter storm could be dangerous (cold, heavy snow could make traveling difficult; ice can make roads/sidewalk slippery, high winds can bring down wires etc.).
5. Explain to the Beavers that when severe winter weather happens, they should ask their parents to turn on a radio in order to get information about what is happening with the weather. If a severe winter storm is expected, a Winter Storm Warning may be issued over the radio/television so that people know that dangerous weather is coming and they can make sure to stay somewhere safe. Show the Beavers the crank radio.
6. The leader should ask the Beavers to stay seated and turn off a couple of lights to represent a power failure. Ask the Beavers what they should use to see if the power goes out and show them the flashlight.
7. Explain that in a power failure, radios that need electricity won't work but that the crank radio will because it doesn't need electricity to work.
8. Explain that the fun part of a winter storm is when it is all over and the Beavers' parents/guardian(s) have decided it is safe to go outside and play. Dress one Beaver to look prepared for winter weather using the clothing in the circle.

Beaver Meeting Schedule: Week 1

Theme Activity: Natural Emergencies in your Community

B) Severe Thunderstorm Activity

Equipment:

- Books on thunderstorms
- Thunderstorm photos/pictures
- Large piece of heavy construction paper (one per Beaver)

* *Optional – used to make thunder sounds*

See Appendix B of the *Emergency Preparedness Program Resource Book* for resources related to thunderstorms.

Instructions:

1. Have the Beavers sit in a circle with the above items in the centre of the circle.
2. Explain that they are going to listen to a story and act out the story as it is read aloud.
3. The leader will read the story aloud and where the text is bolded, stop and ask the Beavers for an action they can do when they are at that part of the story (be imaginative).
4. For the second reading of the story, have the Beavers stand around the room away from others so that they can act out the story without having to worry about hitting the Beaver next to them.



Severe Thunderstorm Act-It-Out Story

The sky had been getting darker for some time. The trees by my house were swaying, back and forth and back and forth and leaves were flying around in the air. In the distance I could hear a rumble and it sounded like the rumble of thunder. I decided it was time to go inside because a

thunderstorm was coming and it can be dangerous to be outside in a thunderstorm.

Just as I closed the front door, I saw a bright flash of light outside the window. I knew it was lightning and it wouldn't be long until I heard thunder. I began to count, "one, two, three, four" and then there was the loud **BANG** of thunder. The thunderstorm was close.

I wasn't scared but my dog *Buddy* was scared so I gave him a soft pat on the head and told him he would be fine. My mom decided to turn on the radio to find out whether this was going to be a severe thunderstorm. The man on the radio said that there was a severe thunderstorm warning for my community and that we should stay inside, away from windows. My mom, *Buddy* and I decided to go to the basement until the thunderstorm passed.

On the way, my mom opened up a cupboard and grabbed two of our flashlights. She handed one to me. Sometimes, in a thunderstorm, the power can go out for awhile and it can be dark. It is always a good idea to have a working flashlight handy. My mom also grabbed her crank radio so she could listen to the radio weather updates even if the power went out. A crank radio doesn't need electricity or batteries to work.

Even in the basement, I could hear the rain hitting the roof and it was raining very hard. There was a lot of lightning and thunder. The power flickered on and off a couple of times and I was sure the power was going to go out, but it didn't. Pretty soon there weren't as many lightning flashes and the thunder began to sound as though it was far away. The rain was very light and the wind stopped. The thunderstorm was soon over.

Mom, Buddy and I went upstairs and the man on the radio said that the severe thunderstorm warning for my community had ended and that the sky would be clearing soon. Mom said everyone should stay inside for thirty minutes after the last flash of lightning, just to be safe. Even *Buddy* had to stay inside until mom said it was OK to go outside.

When Mom, Buddy and I looked out the window, we noticed that there were a lot of branches down off of one of our trees and that there were some very large puddles. Before I could go and play in the backyard later that afternoon, mom checked to make sure it was safe.

Beaver Meeting Schedule: Week 1



Theme Activity: Natural Emergencies in your Community

Option #2: Survivor Visit

Instructions:

The leader may wish to invite an individual in your community who survived a natural emergency (e.g., ice storm of 1998 in eastern Ontario and Quebec) to come to a meeting and speak about their experience.

As Beavers need to learn about two natural emergencies that could happen in their community, a leader may want to invite two speakers who can speak to two different natural emergencies.

Alternatively, the leader may opt to lead the discussion on one of the two natural emergencies to be discussed.

Beaver Meeting Schedule: Week 1



Support Materials: Week 1

Game: Is It an Emergency?

Print out the cards and enlarge them, if necessary, so that the **Beavers** can visualize the verbally described situation.



fire



lost keys



scraped knee



earthquake



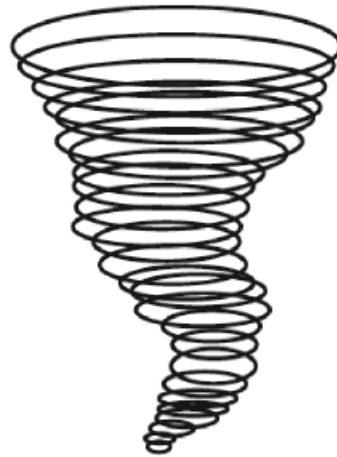
Support Materials: Week 1

Game: Is It an Emergency?

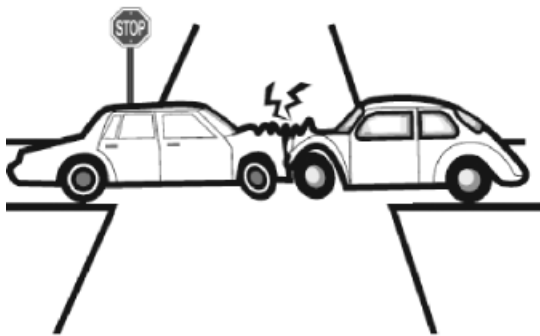
Print out the cards and enlarge them, if necessary, so that the **Beavers** can visualize the verbally described situation.



cat in a tree



tornado



car crash



broken glasses



Support Materials: Week 1

Game: Is It an Emergency?

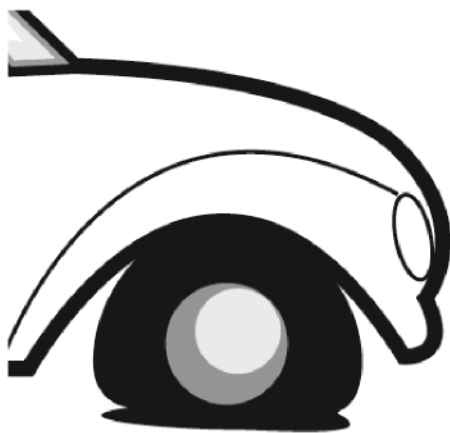
Print out the cards and enlarge them, if necessary, so that the **Beavers** can visualize the verbally described situation.



drowning



children playing outside



flat tire



flood

Beaver Meeting Schedule: Week 1



Support Materials: Week 1

Game: Is It an Emergency?

Print out the cards and enlarge them, if necessary, so that the **Beavers** can visualize the verbally described situation.



kite stuck in a tree



train derailment



hazardous spill



headache

Support Materials: Week 1



The Emergency Song

(Tune of Row, Row, Row Your Boat)

Sometimes emergencies happen,
You can be prepared,
Grab a flashlight,
Get some water,
No need to be scared.

Bang, Bang, Crash, Crash (*clap hands and stamp feet*),
It's a thunderstorm,
Go inside,
Get away from windows,
Lightning can do some harm.

Howl, Howl, Swoosh, Swoosh, Swoosh
(*move hands back and forth and turn around*),
It is windy out there,
In a tornado,
Go to the basement,
It's the safest there.

Splash, Splash, Glug, Glug, Glug (*jump on the spot and swim*),
There's a lot of water,
In a flood,
Get up high,
Don't play in the water.

Shake, Shake, Rattle, Rattle, Rattle,
(*shake body and move hands like they are holding a rattle*)
The earth begins to move,
It's an earthquake,
Get away from windows,
Go under a strong table.

Learn how to be prepared,
It all begins with you,
Talk to your parents,
And learn how,
It's the smart thing to do.