

Disaster Preparedness Activity



Natural Disasters can be scary events to think about but it is important to be prepared and understand what to do in an emergency. Use this activity to discuss disaster preparedness and design solutions together.

Grade Level	3rd-5th Grade
Activity Length	30 minutes - 1 hour
Materials	Writing Utensil Computer Materials for the Preparedness Kit if desired

Disciplinary Core Ideas

(ESS3) Earth and Human Activity

SEEd Standards:

Standard 3.1.3 Design a solution that reduces the effects of a weather-related hazard. Define the problem, identify criteria and constraints, develop possible solutions, analyze data from testing solutions, and propose modifications for optimizing a solution. Examples could include barriers to prevent flooding or wind-resistant roofs. (ESS3.B, ETS1.A, ETS1.B, ETS1.C)

Standard 5.1.5 Design solutions to reduce the effects of naturally occurring events that impact humans. Define the problem, identify criteria and constraints, develop possible solutions using models, analyze data from testing solutions, and propose modifications for optimizing a solution. Emphasize that humans cannot eliminate natural hazards, but they can take steps to reduce their impacts. Examples of events could include landslides, earthquakes, tsunamis, blizzards, or volcanic eruptions. (ESS3.B, ETS1.A, ETS1.B, ETS1.C)



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As much as we humans have distanced ourselves from the natural world in cities and towns, there's no keeping nature completely away from us. Every place is vulnerable to some kind of natural disaster. However, most places are not at risk to all kinds of natural disasters. For example, Utah is far away from the ocean, meaning that it is safe from typhoons, tsunamis, and hurricanes. However, Utah is vulnerable to fires, earthquakes, and landslides.

While these events can be scary to think about, it is important to think through the problems that people can face during an emergency so everyone stays safe. One of the most important parts of being prepared with a natural disaster is to create a Basic Disaster Supplies Kit.

STEP ONE: Look through the following list of the recommended items in a Basic Emergency Supply Kit:

- **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- **First aid kit**
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

If you have the time, you can go through the following websites [Build A Kit](#) & [Get a Kit - Family - Be Ready Utah](#).



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STEP TWO: Go through your house and see which of the items you already have to build a kit. Do not worry if you do not have everything. Most preparedness kits are not complete. List those items that you have here:

If you do not have parts of the Basic Emergency Supply Kit, what are some ways that you could make up for some of those supplies (partnering with neighbors, planning out a schedule to purchase things, finding community resources to fill in the gaps). Write down some of the ideas for how to fill in the gaps of your Supply Kit.



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Extension Activities

Go through the ["Be Ready Utah" website](#). This website lists all the different ways that you and your communities can be safe when an emergency strikes.

STEP ONE: Pick one of the tabs "Special Needs," "Children & Disasters," or "Pet Preparedness." These groups require special preparedness in making sure everyone stays safe. Write down two things you learn from keeping everyone in your family safe in an emergency.

What are some of the ways that you can help get your family or community ready for a natural disaster?

