

Disney

# MICKEY & FRIENDS

## Disaster Preparedness Activity Book



Brought to you by

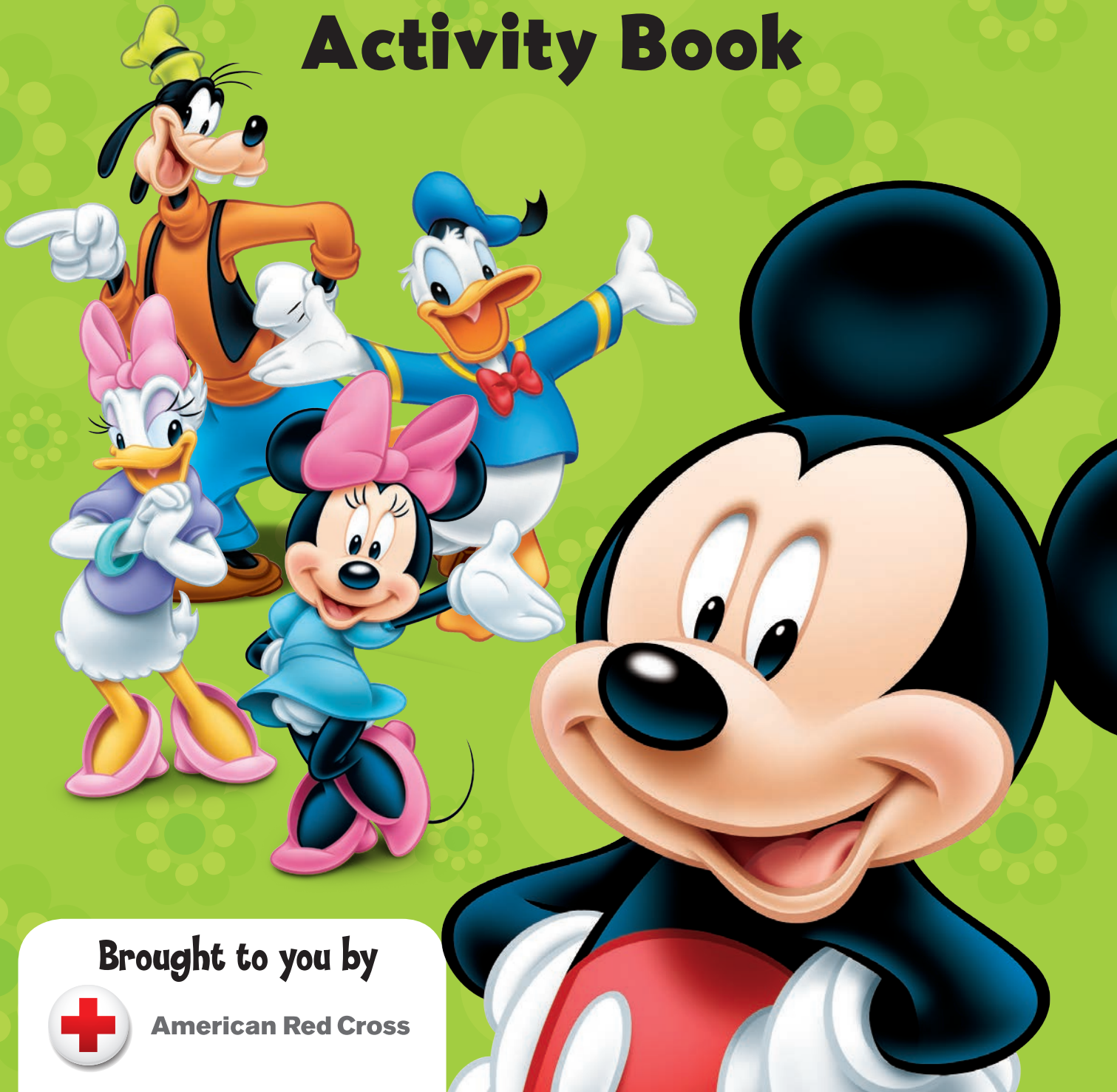


American Red Cross



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**Disney is a proud supporter of the American Red Cross and is helping to prepare youth so that they are ready before disasters occur.**

**Hey, kids!** Guess what? Disney and the American Red Cross have teamed up to help you prepare for disasters. The fact is, disasters can happen anywhere, at any time. That can be a scary thought. But here's another fact: the better prepared you are, the safer you will be!

That's why we want to help teach you and your family the best ways to get ready. Each topic in this book has a fun game created just for you. First, learn the steps about what to do before, during, and after each disaster. Then you will know the answers to the games.

Talk with your parents about which disasters could happen near you and what your plan should be. Then make a Disaster Supplies Kit so you and your family will be prepared. Being prepared means being ready!

After you finish the games in this book, check out the wrap-up section in the back of the book. Most of all, share what you learn with your family and friends.

Have fun solving, and remember, when you're prepared, you can face anything!

-Your friends at the American Red Cross



**American Red Cross**



# What Are Hazards?

Goofy is learning about disasters.

Disasters are bad things that can happen to many people at once. Sometimes they are caused by nature, but other times they are caused by people. When you know what to expect and take action in advance to get ready, you can get through difficult times more easily. Match the name of the disaster to its definition to learn more!



<b>earthquake</b>	<b>thunderstorm</b>	<b>hurricane</b>	<b>fire</b>
<b>winter storm</b>	<b>tornado</b>	<b>flood</b>	

\_\_\_\_\_ These happen when there is a lot of rain, when ocean waves come too far onto the beach, or when snow melts too fast.

\_\_\_\_\_ These powerful storms bring thunder, lightning, wind, and lots of rain. Sometimes they even bring hail and ice.

\_\_\_\_\_ We use this for heat and to cook food, but sometimes it gets out of control and can hurt people.

\_\_\_\_\_ These happen when air and moisture form clouds that bring rain, sleet, or snow. These can last for many days and bring strong winds, extreme cold, and lots of rain and snow.

\_\_\_\_\_ These fast-spinning columns of air develop from powerful storms and look like spinning funnels that go from the sky to the ground.

\_\_\_\_\_ These big, circular storms form in large bodies of water, like oceans, and can have winds that move at 74 miles per hour or faster.

\_\_\_\_\_ During one of these disasters, the ground shakes a lot for usually less than a minute.

There are lots of kinds of disasters. Can you unscramble the words below to find the different types?

**rief** \_\_\_\_\_

**odfol** \_\_\_\_\_

**uhendtrsotmr** \_\_\_\_\_

**rotaond** \_\_\_\_\_

**unricehar** \_\_\_\_\_

**toismwrnter** \_\_\_\_\_

**arqtahukee** \_\_\_\_\_

**Note to Parents:** Help your children identify which disasters can happen where you live. Circle the disasters above and pay special attention to the activities about them in this book. Then talk with your family about what your emergency plan is for those disasters. Explain that there will be people in charge in your community who will tell your family if it is okay to stay where you are or if your family should evacuate to a safer place.











# Make a Kit!

Sometimes in a disaster, the power goes out. You may not have lights to help you see, or heat to cook your food and keep you warm. In some disasters, you may hear your family talking about needing to “evacuate.” That means you have to quickly go to a safer place. That’s why it is important to have a Disaster Supplies Kit at home. Being ready with the things you need will save time if you have to evacuate. It’s smart to be prepared!

Talk to your parents about making yourself a kit in a backpack or pillowcase, and about having other supplies in a kit. You can probably find most of the items you need in your house already. Go on a scavenger hunt through your home. Check off all the things on this list that you find and put them in your kit. If there are things missing, ask your parents to buy them when they can. Remember, ask your parents before you take anything for your kit.

## Your Kit

-  Soap
-  Toothpaste & toothbrush
-  Flashlight & batteries
-  Paper & pencil
-  Blanket
-  Change of clothes
-  Your Family Communications Plan
-  Some of your favorite snacks
-  A favorite toy or stuffed animal

## Family Kit

-  First aid kit
-  Portable radio & batteries
-  Whistle
-  Any medicines that you take
-  A map of your area
-  Pet food for your pet
-  Canned and dried foods & can opener
-  One gallon of water per person per day
-  Cash and copies of your parents’ IDs and credit cards
-  Baby food, bottles, and diapers if needed

Below is a list of some of the items in Mickey's Disaster Supplies Kit.  
Can you find these items in the word search below?

- |                   |                      |                   |                   |
|-------------------|----------------------|-------------------|-------------------|
| <b>Batteries</b>  | <b>First aid kit</b> | <b>Pencil</b>     | <b>Toothpaste</b> |
| <b>Blanket</b>    | <b>Flashlight</b>    | <b>Radio</b>      | <b>Water</b>      |
| <b>Can opener</b> | <b>Food</b>          | <b>Soap</b>       | <b>Whistle</b>    |
| <b>Diapers</b>    | <b>Paper</b>         | <b>Toothbrush</b> |                   |



R F T D F J B O S S P F  
 A L O I R R A D I O E D  
 I A W A D A T S B A N S  
 N S A P A O T S L P C A  
 E H T E N P E T A E I O  
 S L E R A T R I N R L W  
 F I R S T A I D K I T H  
 O G J P A P E R E B T I  
 O H D H D A S N T T T S  
 D T O O T H B R U S H T  
 T O O T H P A S T E H L  
 C A N O P E N E R L T E

**Note to Parents:** Help your child figure out how much food and water your family needs!



1. How many people are in your family?
2. Each person needs 1 gallon of water per day. So \_\_\_\_ people x 3 days = \_\_\_\_ gallons of water.
3. List some canned and dried foods to keep in your kit to feed your family for 3 days:

\_\_\_\_\_



# Flood Safety

Floods happen on very rainy days, when ocean waves come too far onto the beach, or when rivers overflow from melting snow or too much rain. These are very common all around the world.

Talk to your parents to find out if the places where you live and go to school are likely to flood. Make a plan with your family about how to safely leave your home and school if there is a flood. If you have pets, don't forget to include them in the plan to leave safely!

If a flood happens, listen to the radio or local TV station with your parents for news. If the people in charge tell your family to evacuate, help your parents make sure your home is safe before leaving.

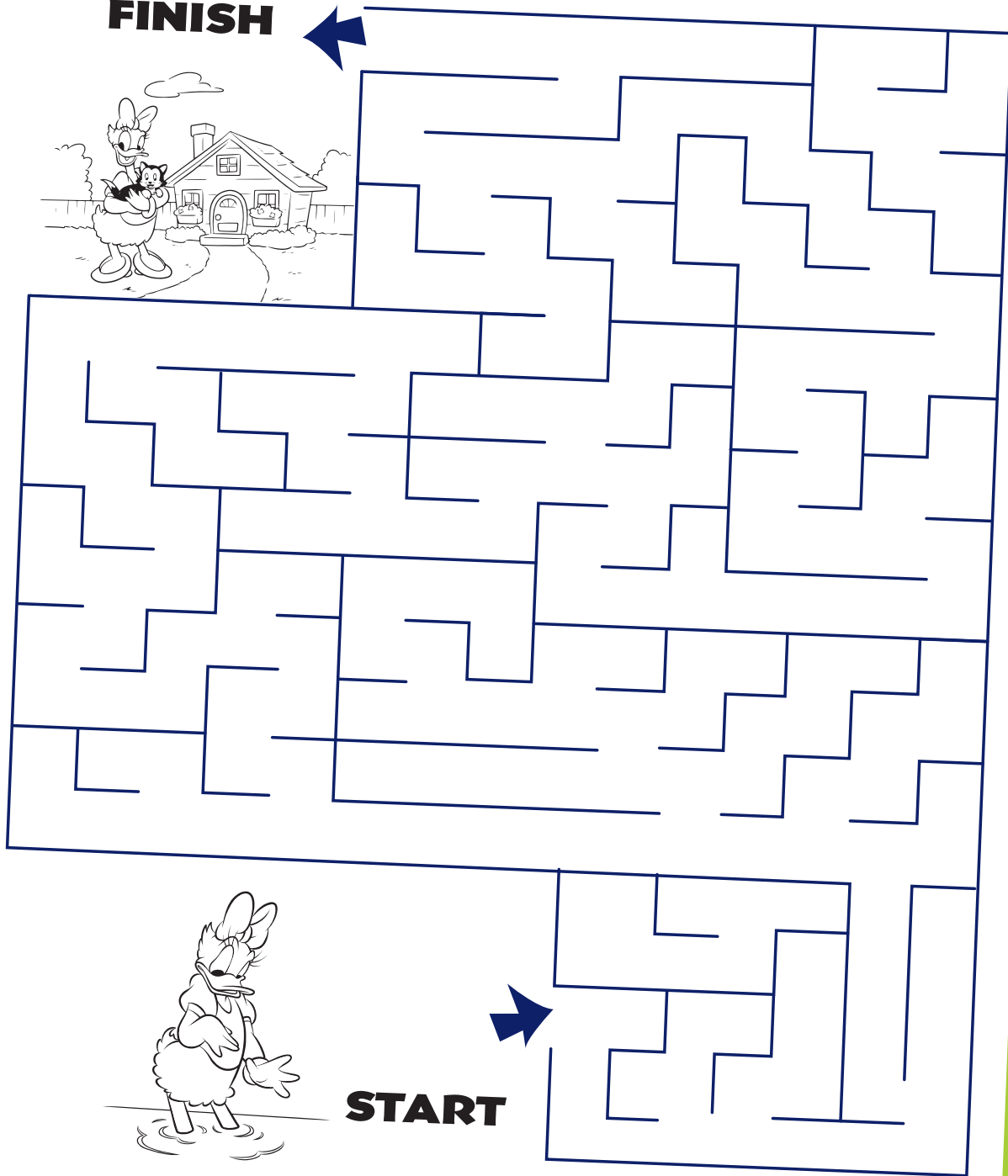
If a flood happens quickly and without warning, it could be a "flash flood." You should move to higher ground right away, no matter where you are. Never walk into floodwater. If your path is unsafe, turn around and find another path.

Once the people in charge say you can return home, remember to stay out of floodwater. It is very dirty and could have dangerous things in it. Remind your parents to throw away any food that touched the floodwater.



Daisy is stuck in a flood! Help her find a way to dry ground.

**FINISH**




**START**

**Note to Parents:** In a flood, move important items to an upper floor if you can and unplug all appliances. You should also turn off the power at the main switches before leaving your home. Never walk or drive into floodwater.





# Thunderstorm Safety



Thunderstorms are usually short. These powerful storms bring thunder, lightning, wind, and lots of rain. Sometimes they even bring hail and ice or cause tornadoes.

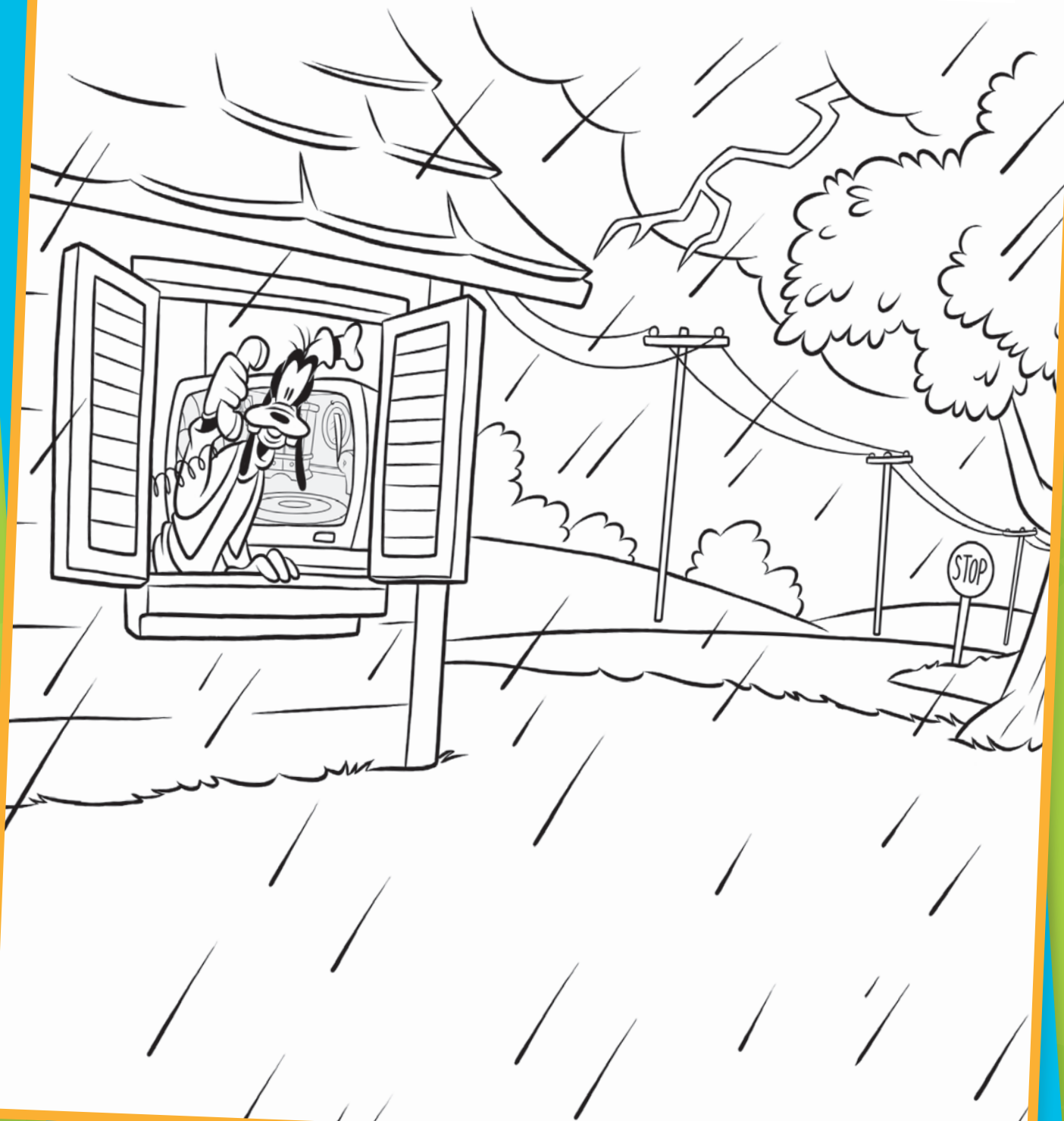
If you see dark clouds or lightning, or if you hear thunder, a thunderstorm is coming. If you know a thunderstorm is on the way, stay inside. All thunderstorms are dangerous, but you can stay safe if you know what to do.

If you are outside when a storm begins, go inside right away. If you are in the water when a thunderstorm comes, get out right away and go inside. If you can't go inside, being inside a car is also safe. Make sure to stay away from trees, fences, power lines, and things made of metal. Things that are plugged in can also be dangerous in a thunderstorm. Don't use them. You should also close and stay away from glass doors and windows.

**Note to Parents:** In a thunderstorm, unplug things like stoves, toasters, TVs, computers, and phones. A power surge can seriously damage electronics and appliances that are plugged in.



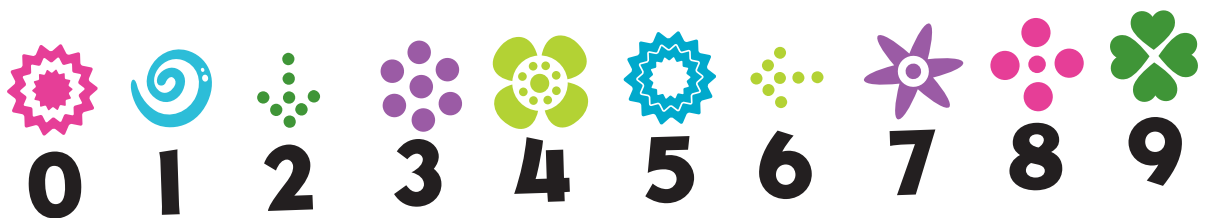
Goofy found 6 things in this scene that are not safe to do or be near during a thunderstorm. Can you find them, too?





# Decode the Rule

Help Daisy learn how to be safe in a thunderstorm.







# Fire Safety

We use fire for heat and to cook food, but sometimes it gets out of control and can hurt people. You can prevent fires by keeping things that can burn away from things that get hot.

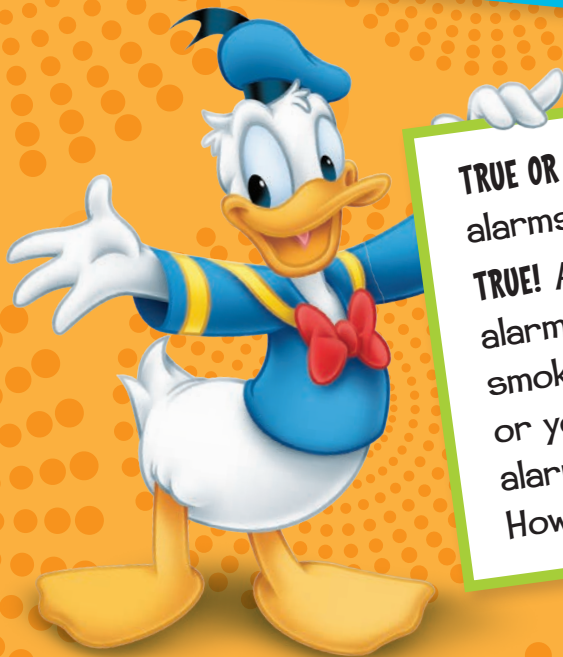
**TRUE OR FALSE:** In a home fire, the smoke is more dangerous than the flames are.

**TRUE!** If you're asleep when a fire begins, you might not even know it is there. But smoke alarms never sleep. Does your home have smoke alarms? Are they working?

**DID YOU KNOW?** You should have at least one smoke alarm on every floor in your home, and near all the places that you and your family sleep. Ask a grown-up to help you count all the smoke alarms in your home. They should be on the ceiling or high on the wall because smoke rises. Write the number of smoke alarms you find here. \_\_\_\_\_

**TRUE OR FALSE:** The best way to find out if your smoke alarms are working is to test them.

**TRUE!** Ask a grown-up to push the button on all the smoke alarms you found. If it doesn't make a loud noise, the smoke alarm is not working. It may need a new battery, or you could even need a new smoke alarm. How many alarms make noise when you push the button? \_\_\_\_\_ How many alarms do not make a noise? \_\_\_\_\_



**Note to Parents:** In a home fire, you may have **very little time** to get everyone to safety once the smoke alarm sounds. Do not stop to gather things. Immediately go to your outside meeting place and call the fire department. Never go back inside a burning building—just get out and stay out.



Donald found 6 fire hazards. Can you find them, too?





# Do the Drill!

Having smoke alarms that work is very important, but that's not the only thing that will keep you safe in a home fire. You also need a plan to get out fast! Ask a grown-up to help you make a plan and practice your Family Fire Drill!

1. Walk through your home with your family. Look for two ways out of every room. One way out will be the door. The other way out could be a window. In a fire, if you see smoke on your way out, turn around and go the other way. Stay away from the dangerous smoke.

2. Pick a family meeting place outside. This is where everyone will go if the smoke alarm sounds. When you practice the drill with your family, have everyone start in their bedrooms. Then have a parent push the smoke alarm button so it makes noise. Everyone should practice going from their room to the outside family meeting place using some of the exits you found. Talk with your family about all the exits in your room and how to get out safely. Make sure to close doors behind you as you leave.

3. Pretend to call the fire department from outside so you know how to reach them if a real fire happens.

In a real fire, never go back inside a burning building. Once out, stay out. The firefighters will rescue anyone who needs help, even your pets.



**Note to Parents:** Talk to your kids about a meeting place outside your home. It should be a safe distance away from your home, like across the street at a neighbor's house. Make sure everyone in your family knows where to meet.



### **Floorplan Activity**

Working smoke alarms can help save lives, but having a plan to get out of your home quickly is just as important. Draw a picture of your family's home. Be sure to show every room. Draw arrows to show two exits from each room.

## **My Floorplan**

**My Outside Meeting Place** \_\_\_\_\_



# Winter Storm Safety

Winter storms happen when cold air and moisture form clouds that bring rain, sleet, or snow. These can last for many days and bring strong winds, extreme cold, and lots of rain and snow.

Many places in the United States get winter storms every year. Help your family stay prepared by adding winter items such as blankets, boots, hats, and mittens to your Disaster Supplies Kit.

If you do go out in the snow, wear plenty of warm clothing. Go inside often to get warm, and change your clothes if they get wet. If you start to shiver a lot, are very tired or pale, or your fingers, toes, earlobes, or nose start to feel numb, go inside right away. These could be signs of illness, like frostbite, due to the cold.

In case of a winter storm, stay home unless you absolutely have to travel. Listen to the radio or TV for weather reports and emergency news about the storm.



**Note to Parents:** Did you know that if you are stuck in the car in a snowstorm, the best thing to do is to stay in your car and wait for help? During heavy snowstorms, people who leave their cars can get lost. You should keep a kit in your car with a shovel, water, snacks, sand or kitty litter, a portable radio, and a cell phone charger in case you get stuck.

Help Minnie place the items in her winter Disaster Supplies Kit in the right boxes. Each item should appear only once in each row, column, and 3x3 box.



	1		7			9		
	3	2			8	4	6	5
			6		3			8
6	5					3		7
				9		8	1	
					2			
	9				1	2	5	
		1		5		6		
		8		3		7	4	



# Tornado Safety

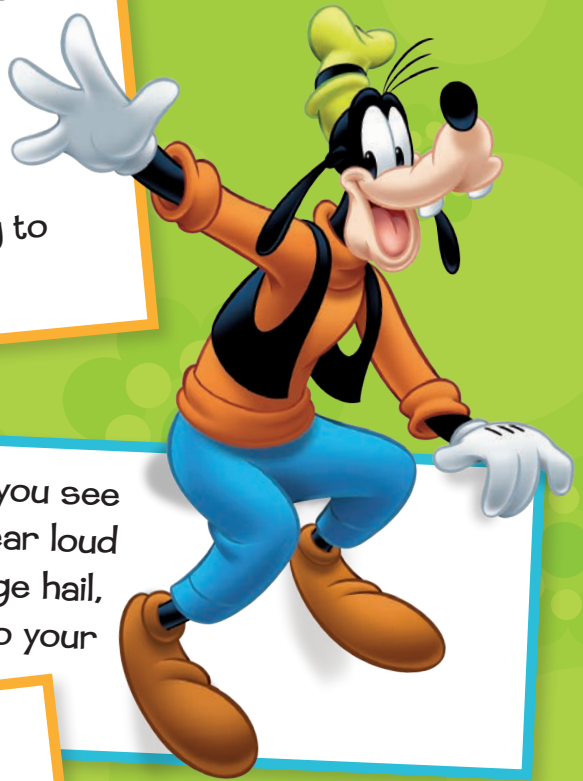
Tornadoes are fast-spinning columns of air. They can develop very quickly and cause a lot of damage. Tornadoes develop from powerful storms and look like spinning funnels that go from the sky to the ground. Their winds have been known to move at up to 300 miles per hour!

You and your family can prepare for a tornado by finding a safe place in your home to go if one comes. Talk to your parents about what your safe room should be. It could be in a basement or a room with no windows, like a closet. The room should be on the lowest floor of your home. Store a Disaster Supplies Kit in this room in case you need it, and practice going to the room quickly.

You can usually tell that a tornado is coming if you see a dark, greenish sky with dark, low clouds and hear loud roaring sounds. Sometimes a tornado brings large hail, too. If a tornado comes when you are home, go to your family's safe room.

When the tornado has passed, stay away from any damage you see. Listen to the radio or TV with your family and wait to hear news and advice.

**Note to Parents:** Did you know that windows need to stay closed during a tornado? Always stay away from windows and get to your safe room as soon as you can. If you are in a mobile home or trailer, evacuate to a sturdy building. Most mobile homes and trailers provide no safety from tornadoes, even if they are tied down.







# Hurricane Safety

Hurricanes are big, circular storms that can move slowly or quickly. They form in big bodies of water, like oceans. Hurricanes also bring strong winds that can move as fast as or faster than a race car. On land, the strong winds, heavy rain, and big waves can do a lot of damage to trees, cars, buildings, and even your house!

Before a hurricane comes, you and your family should learn what to do if you are told to evacuate. Talk about where you would go and make sure your Disaster Supplies Kit has everything you need. Don't forget to plan for your pets, too!

If a hurricane is getting close, remind your parents to listen to your radio and bring inside any items that can blow away like chairs or toys. During a hurricane, stay inside and away from doors and windows. If the power goes out, remember to use flashlights, not candles, because candles can start a fire.

If you are told to evacuate, follow your family plan. Take your Disaster Supplies Kit and pets with you. Your family shouldn't return home until you are told that it's safe.








**Note to Parents:** Plan in advance for your evacuation from a hurricane. Plan more than one route to get to a safe place in case floods block one path. If you hear a hurricane is coming, make sure you have plenty of gas in your car and cash in case you can't use an ATM.








# Help Mickey Make a Kit for Pluto!

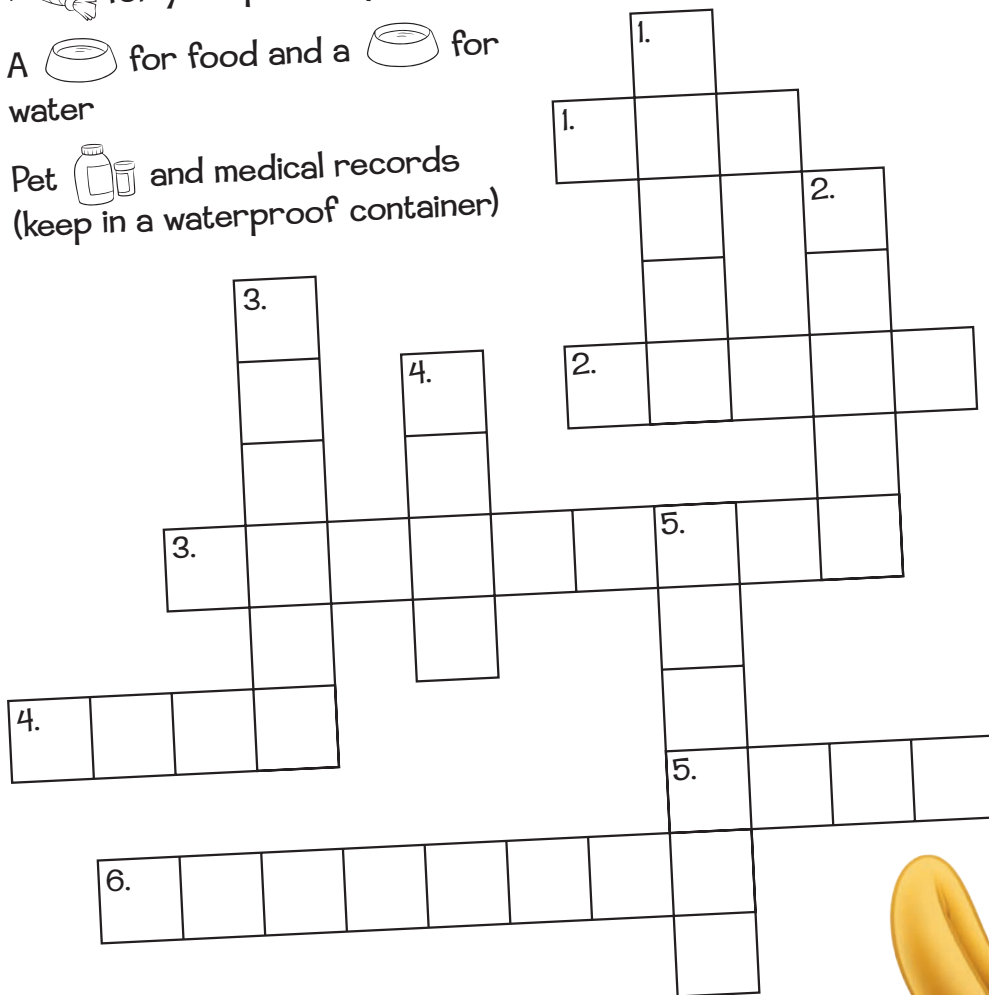
Complete the crossword puzzle using the picture clues below.

## Across:

1. A  for your pets to sleep in (if there's room)
2. Current  of your pets (in case they get lost)
3. A  for canned food
4.  for your pets to play with
5. A  for food and a  for water
6. Pet  and medical records (keep in a waterproof container)

## Down:

1. A , harness, and pet carrier to move your pets (and so they do not escape)
2. Plastic bottles of 
3.  to reward your pets for being good
4. A three-day (or more) supply of pet 
5. The name and  of your vet





# Earthquake Safety

The surface of Earth is actually big, separate pieces of a thick crust. Sometimes the edges of these pieces get stuck when the pieces move, which causes an earthquake on the space between the pieces. During an earthquake, the ground shakes a lot. Earthquakes can make bookshelves, pictures, and even buildings fall down. They usually last less than one minute.

Talk to your parents about earthquakes happening in your town or city. If you live somewhere an earthquake could happen, remind your parents to bolt or strap large things like mirrors, pictures, and bookshelves against the wall. Remember to keep heavier items on lower shelves so they can't fall and hurt anyone during an earthquake.

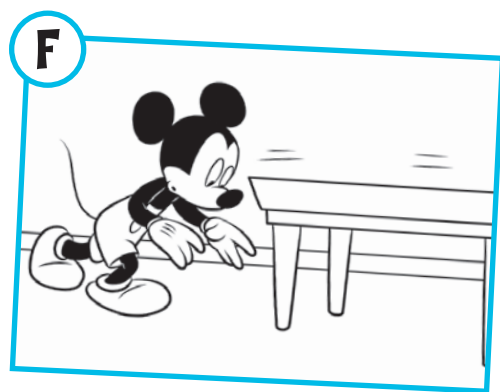
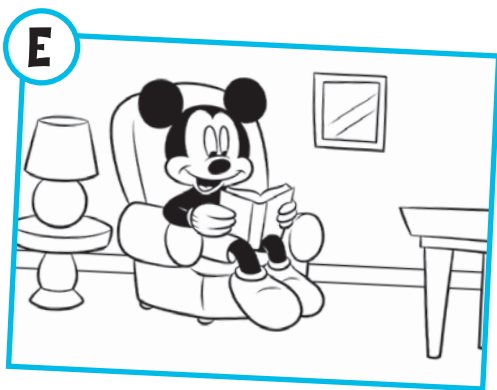
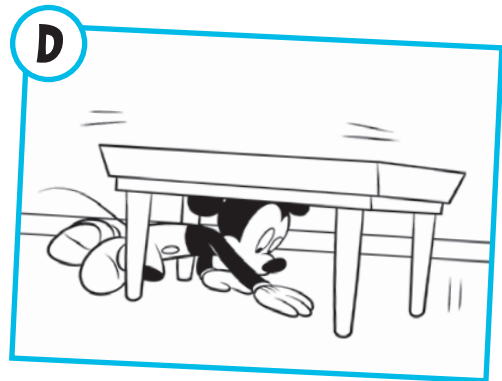
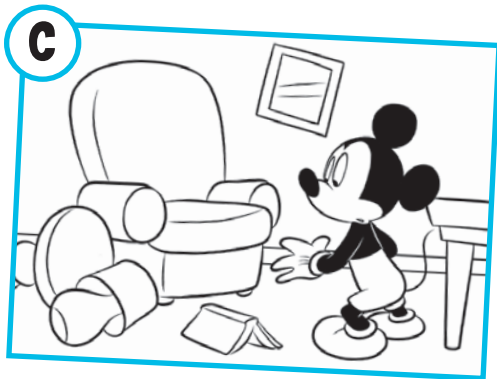
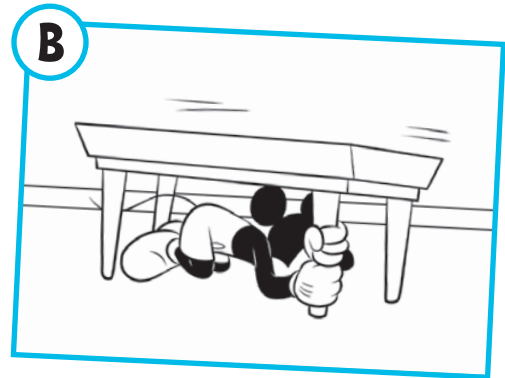
The most important thing to remember during an earthquake is to not try to go anywhere. Instead, **DROP, COVER, and HOLD ON.** If you feel the ground shaking, **DROP** under a nearby table or desk. **COVER** your head with your arm. **HOLD ON** to the table or desk with your other arm until the shaking ends. Do not try to go anywhere until the shaking stops and it is safe to move. If you are not near a table or desk, sit against a wall away from windows or anything that might break or fall. If you are outside when an earthquake starts, remember to stay away from buildings and tall poles.

After an earthquake, be careful when opening cabinets or walking around. Sometimes a smaller shake, or aftershock, will happen. Stay away from any damaged parts of your home. Practice your earthquake plan with your family!

**Note to Parents:** If you live in an earthquake-prone area, make sure to bolt and strap down tall furniture, like bookshelves, and items hung on the wall, like pictures and mirrors. If you haven't already secured these items, use this opportunity to show your children what you are doing to protect your home from an earthquake and to explain why.



Uh-oh. Mickey is experiencing an earthquake. What order do these scenes go in? Put the letters in order at the bottom of the page. The first one has been done for you.



1. E    2. \_\_\_\_\_    3. \_\_\_\_\_    4. \_\_\_\_\_    5. \_\_\_\_\_    6. \_\_\_\_\_

Which letters show the following important safety steps?

Drop \_\_\_\_\_    Cover \_\_\_\_\_    Hold \_\_\_\_\_

# Wrap-Up



## Dear Parent:

You may worry that talking about disasters will upset your child, but in fact, the opposite is true. Kids know from watching the news that disasters can and do happen. It makes them feel better when they know the adults who care for them are prepared. Also, kids feel safer when they know what to do to stay safe in an emergency.

At this age, your child will have fun making plans, finding kit supplies, and completing activities. They enjoy spending time as a family to prepare. It is also a good idea to include other people in your child's life in the plan. Talk about getting prepared with your neighbors, your child's school, and others in your community. Then practice putting your plans into action.

## Talk

After completing this activity book, you and your family will know more about natural hazards that can become disasters. Of course, not all natural hazards—like winter storms or thunderstorms—become disasters, but working with your family and community to be prepared will keep you safer if a disaster does happen. Knowing about hazards and being prepared for the disasters they can cause makes recovering from disasters easier for your family and community.

Understanding how your community prepares for and responds to disasters can make a big difference for your family as you prepare around your home. Being prepared is the key to keeping your family safe. You can set a good example for your child by taking steps to get ready, starting today! You can find more resources to learn about hazards and your specific community on the last page of this book.

## Practice

Practice your plan with your family, and remember to test your smoke alarms monthly. If the alarm doesn't sound, you need a new battery or a new alarm. You should fix this immediately.

Once your plan is in place, practice it! The more familiar you are with your escape routes and who you need to contact, the less likely you are to make a mistake in the case of an emergency.

Mickey and Minnie have created their own safety plan. With your parents' help, fill out the form below to create your own safety plan. Then cut it out and hang it somewhere you can always see it. Make copies so every member of your family can keep one in their backpack, wallet, purse, or car.

## Our Safety Plan

Out-of-Town Contact Name

Out-of-Town Contact Phone Number

Meeting Place (close to home)

Meeting Place (far from home)

Emergency Phone Numbers (doctor, veterinarian, other family members, etc.)

My Disaster Supplies Kit is located \_\_\_\_\_

Additional Important Information (medicine I need, address of my school, etc.)





**Congratulations, you're now more prepared for disasters!**

Fill out this certificate, then hang it up to prove your safety knowledge!

# SAFETY CERTIFICATE

**Disney and the American Red Cross  
congratulate**

---

your name here

**on taking steps to become  
prepared for disasters.**

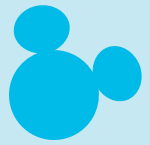


**American  
Red Cross**



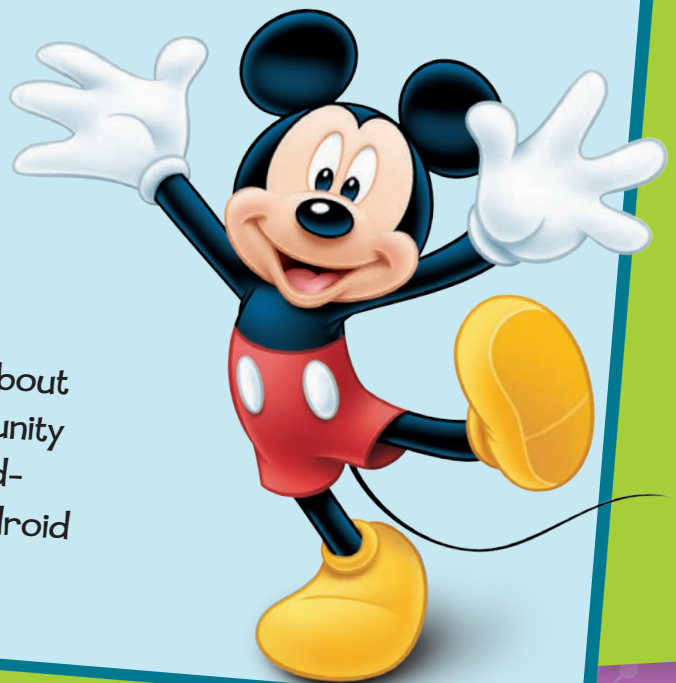


## Additional Resources:



- Fill out the Safety Plan on page 29. Make copies and post it near the phone in your home. Give a copy to each family member to carry in a wallet, purse, backpack, or pocket.
- Get your Disaster Supplies Kits together. The activity on page 6 will help you organize things to keep on hand in case you lose power at home or are told to evacuate. You will need enough food, water, and supplies to last at least 3 days per person.
- Don't forget to plan for your pets. They should have their own supplies kit in case you need to evacuate. Remember to research which evacuation shelters in your area accept pets so you know where to go ahead of time.
- Decide on one person everyone would call if you aren't all together when something happens. This person will be your contact. It is best if your contact lives in a different town. Learn your contact's phone number by heart. Practice dialing it, and make sure you know when to call. Alert your contact to his or her role.
- Have both a safe place you can walk to and an out-of-town place your family can go to if you have to leave.

Visit the American Red Cross website at [www.redcross.org](http://www.redcross.org) to find your local chapter, take classes, participate in drills, learn about local evacuation shelters and community preparedness, and download hazard-specific apps for your Apple or Android phone!







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