**In an Emergency Activity**

An emergency is a sudden, unexpected situation that needs immediate attention. An emergency can happen anywhere. When there is an emergency, it is helpful to stay calm and follow instructions to stay safe. Try this activity to come up with a plan for an emergency.

# Materials

* pencil and paper
* art supplies

# Directions

1. Read the **PebbleGo Next Health** article “In an Emergency.” Make a list of weather emergencies that could happen in your area. Choose one to focus on.
2. Brainstorm ways you can prepare for that weather emergency. Think of questions   
   such as:
   1. If I were at home during the weather emergency, would I need to move to a different location? Is there a certain area of my home that would be safe?
   2. What supplies might I need during this weather emergency? How can I make a kit with these supplies?
   3. Who might I need to notify if this weather emergency occurs?
3. Create a step-by-step plan for this weather emergency. Add illustrations that show you and your caregivers completing some of the steps.
4. Share your plan with your caregivers. Discuss how you can work together to better prepare for emergencies.

# Critical Thinking

1. What are some types of emergencies? Explain why you chose to focus on the weather emergency in your plan.
2. What are the steps in CALM? How do they help in an emergency?
3. What are some other ways you can prepare for an emergency?