



**American
Red Cross**

The Pillowcase Project

Learn. Practice. Share.



My Preparedness Workbook

My Preparedness Workbook

Thanks to The Pillowcase Project, you've already learned a lot about being prepared for emergencies. Now, with this workbook, you can learn even more!

Share the workbook with a grownup, and show them the letter on page 4. Tell them about what you learned from The Pillowcase Project and how your workbook can help everyone in your home be better prepared for emergencies.

Working together, you can use the workbook's planning pages to gather the information and supplies you will need if an emergency ever happens at your home or in your community.

Then, on your own, read about some of the different kinds of emergencies that happen around the United States and the world! Complete the activities and, when you're finished, check your answers with the Answer Key in the back. At the bottom of each activity page, you'll see a few reminders about how to be prepared for that kind of emergency. Be sure to share this part of each activity with a grownup, so that everyone in your home can learn how to stay safe when emergencies happen.

 This book belongs to _____

 My address is _____

City _____ State ____ Zip Code _____

 My phone number is _____

 I'm in the ____ grade. My teacher is _____.



**American
Red Cross**

Be Prepared!



Learn

Learn how emergencies happen and how to stay safe when they do.



Practice

Practice what you learn so you'll be ready when an emergency happens.



Share

Share what you've learned so that everyone knows how to stay safe in an emergency.

The Pillowcase Project

Dear Parent/Guardian:

The American Red Cross knows that teaching children how to prepare for emergencies can help keep their families and communities safe when emergencies happen. That's why we have developed The Pillowcase Project, a program that gives important preparedness information to children on a wide variety of emergency situations.

The Pillowcase Project started in New Orleans, where the Red Cross chapter leader learned about some students who had used pillowcases to carry their belongings during an emergency. The chapter began using pillowcases to teach kids about preparedness and The Pillowcase Project soon spread to Red Cross chapters in other states. Now, inspired by these pioneering chapters, the American Red Cross is distributing pillowcases to children across the country as part of a nationwide preparedness education program that aims to reach every community in the United States.

Through The Pillowcase Project, children learn how to prepare for emergencies, practice what they have learned, and share their knowledge with family and friends. Emergencies can happen at any time, in any home or community. Learning is the key to being prepared for emergencies. Practice is the best way to find out if you are really prepared. Sharing assures that, when an emergency occurs, everyone in your family knows what to do and how to help each other stay safe.

Please talk with your child about what he or she has learned about emergency situations, and use this workbook with your child to make your family better prepared.

The Pillowcase Project

Learn. Practice. Share.



The American Red Cross Story

Long ago, during the Civil War, a former teacher named Clara Barton sat tending the wounds of an injured soldier when a bullet whizzed by and tore right through the sleeve of her dress. It had barely missed her arm, yet Clara bravely continued caring for the young soldier.

Risking her life and overcoming hardships so that she could help others was something that Clara did every day. It was the reason the soldiers called her the “Angel of the Battlefield” and it would be one of the main reasons why Clara Barton started the American Red Cross.

After the Civil War ended, Clara realized that it was not only soldiers at war who needed assistance – everyone needs help sometimes. Clara understood that when emergencies happen, someone should be there to give people a helping hand. So in 1881, with the aid of the United States Congress and President Chester A. Arthur, Clara Barton, along with 14 volunteers, founded the American Red Cross.

Around the world, the American Red Cross works with other countries’ Red Cross societies and helps people after emergencies. Here at home, for more than 130 years, the Red Cross has been part of communities, teaching people to stay safe, conducting blood drives, helping our military families, and responding to disasters. Red Cross instructors teach people first aid, how to give CPR, how to swim, how to babysit, and how to prepare for emergencies – like the Red Cross person who taught you about The Pillowcase Project today.

The American Red Cross also has thousands of volunteers, of all ages and from all walks of life, who are dedicated to helping those in need. When there are emergencies of all kinds, the American Red Cross and its volunteers can be counted on to be there to help people with food, clothing, and shelter.

We even have youth volunteers like you! Many volunteers in middle school or high school are part of Red Cross Clubs. The clubs raise money for disaster relief and help involve their friends and classmates in preparedness activities.

If you want to learn more about the American Red Cross or talk to your family about what you learned today, you should visit our website at red.cross.org. If anyone in your family has a smartphone, they should download our Red Cross apps too, which they can find in their phone’s App Store!

We have come a long way since Clara Barton started the Red Cross, but still, whatever the situation, the American Red Cross is always ready to help.



1925 poster that inspired the American Red Cross “button” logo



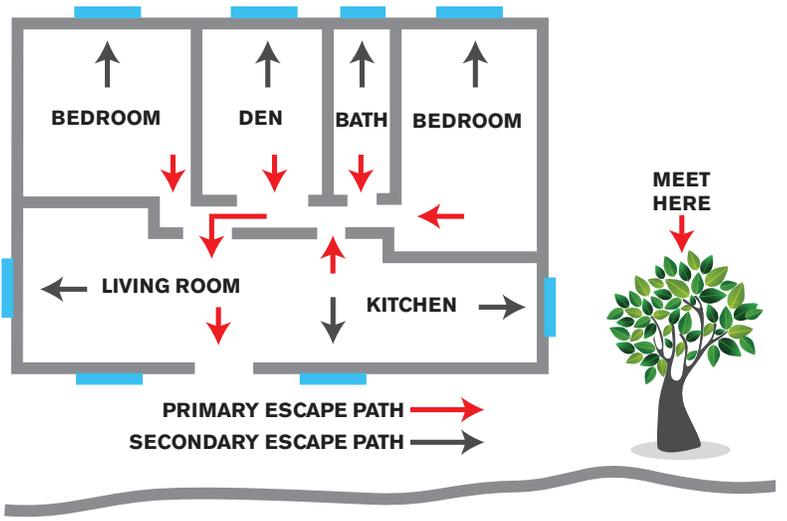
1948 U.S. stamp honoring Clara Barton

Our Home Fire Escape Plan

Learn by using this example to make a fire escape plan for your home.

- First draw **two** ways to get out of every room in your home. 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.
- Next pick a meeting place outside. This is where everyone will go as soon as they get out. Once you get to your meeting place, stay there and call 9-1-1. No one should go back inside. Firefighters will rescue anyone who needs help, even your pets.

Draw your home fire escape plan in this space. Use a separate piece of paper if you need more room. When you're done, hang your plan where everyone can see it.



My Home Fire Escape Plan	
	
<p>Our Outside Meeting Place _____</p>	

Practice your plan with a Home Fire Drill at least twice a year. Have an adult press the “test” button on a smoke alarm in your home and have everyone go to your meeting place. Practice crawling on the floor as if there were smoke!

Share these preparedness skills with everyone in your home:

- **Get Out, Stay Out, Call 9-1-1** – If you hear a smoke alarm or see smoke, follow your escape plan and get out immediately. Don't stop to grab anything, and don't go back for anything. Stay outside at your meeting place and call 9-1-1.
- **Get Low and Go** – In a fire, smoke is more dangerous than flames. Crouch low or crawl along the floor to avoid breathing smoke. Smoke rises, so the air near the floor is cleaner. This is really important if you don't have two ways out of your room.
- **Be Prepared** – Have a smoke alarm on every level of your home and near every bedroom. Make sure the grownups in your home test your smoke alarms every month to make sure they all work and have a plan to wake everyone up if the smoke alarm goes off while you're sleeping.

Our Preparedness Planner

Use these calendar pages to plan your home fire drills and other important ways to stay prepared for an emergency.

Home Fire Safety

Home Fire Drills (2 each year)

 Month _____ Date _____

Month _____ Date _____

Smoke Alarm Testing (once each month). We test our smoke alarms every month

on the _____

(date)

Emergency Preparedness

(See pages 8-11)

Update Emergency Communications Plan (once each year)

We update our Emergency Communications Plan every year on

Month _____ Date _____

 **Check Emergency Supplies Kit** (twice each year)

We refill our Emergency Supplies Kit on

Month _____ Date _____

Month _____ Date _____

Our Emergency Communications Plan

During an emergency, it's important to stay in contact with everyone in your home, especially if you get separated. Fill out this form so that everyone knows how to stay in contact during an emergency.

Our Home Address: _____

City _____ State _____ Zip code _____

Contact Info for People Who Live in Our Home

Name	Home Phone	Cell Phone	Email
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Pets' Names	Type of Pet	Color/Markings	Registration
_____	_____	_____	_____
_____	_____	_____	_____

If we get separated in an emergency...

1. Our emergency meeting place near our home is: _____

2. Our emergency meeting place outside our neighborhood is: _____

3. Our emergency contact outside of our immediate area is:

Name	Home Phone	Cell Phone	Email
_____	_____	_____	_____

When an emergency happens, you can let your friends and family know you are okay by registering at "Safe and Well" at [redcross.org/safeandwell](https://www.redcross.org/safeandwell) or by calling 1-800-733-2767.

Important Emergency Contact Phone Numbers

Local emergency number: 9-1-1 or _____ Telephone Company _____

Police Department _____ Gas Company _____

Fire Department _____ Electric Company _____

Hospital _____ Doctor _____

Poison Control: 1-800-222-1222 or _____ Veterinarian _____

Congratulations on completing your emergency communications plan! Keep it in a place where everyone can find it in an emergency.

Our Emergency Contact Cards

Make a card for every person in your home. Then cut out and fold the cards and ask your family or friends to keep the cards with them at all times.

My Emergency Contact Information  American Red Cross

Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos.  American Red Cross

Police: Call 9-1-1 or _____

Fire Dept.: Call 9-1-1 or _____

Doctor: _____

Poison Control Center: 800-222-1222

My Emergency Contact Information  American Red Cross

Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos.  American Red Cross

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Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos.  American Red Cross

Police: Call 9-1-1 or _____

Fire Dept.: Call 9-1-1 or _____

Doctor: _____

Poison Control Center: 800-222-1222



Fold Here

Fold Here

Our Emergency Contact Cards

People to Call or Text in an Emergency 

Out-of-Area Contact Person: _____

Phone: _____

Meeting Place Outside of Neighborhood: _____

People to Call or Text in an Emergency 

Out-of-Area Contact Person: _____

Phone: _____

Meeting Place Outside of Neighborhood: _____

People to Call or Text in an Emergency 

Out-of-Area Contact Person: _____

Phone: _____

Meeting Place Outside of Neighborhood: _____

People to Call or Text in an Emergency 

Out-of-Area Contact Person: _____

Phone: _____

Meeting Place Outside of Neighborhood: _____



Fold Here



Fold Here

Our Emergency Supplies Kit

As you've learned, in some emergencies, you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit. That way you'll have everything you need to stay safe and comfortable while you're away from home.

This checklist shows items that belong in an emergency supplies kit. Ask your family to go on a scavenger hunt with you to find some items you may already have at home. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

- Three-day supply of water (one gallon of water per person, per day)
- Three-day supply of canned and dried food, and a can opener
- Portable radio and extra batteries
- Flashlight and extra batteries
- Cell phone and charger
- First aid kit
- Hygiene items (soap, hand sanitizer, moist towelettes, toilet paper, etc.)
- Matches in waterproof container
- Whistle
- Extra clothing and blankets
- Cooking and eating utensils
- Cash and coins (in case credit card readers and ATMs aren't working)
- Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries
- Items for infants, such as formula, diapers, bottles, and pacifiers, if needed
- Tools, pet supplies, a map of the local area, and other items to meet your unique family needs

You should also keep an emergency supplies kit in your car. You'll need:

- Flashlight, extra batteries, and maps
- Cell phone car charger
- First aid kit
- White distress flag
- Tire repair kit, booster/jumper cables, pump, and flares
- Bottled water and non-perishable foods such as granola bars
- Seasonal supplies: Winter – blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, glow-in-the-dark distress flag; Summer – sunscreen lotion (SPF 15 or greater), shade item (umbrella, wide brimmed hat, etc.)

Suggestion! Store your kit in a convenient place known to everyone in your home. Keep items in air-tight plastic bags. Refill your kit with fresh water, fresh batteries, right-size clothes, etc. at least every six months.



My Pillowcase Kit

Use your pillowcase to make a personal preparedness kit. Think of something special you could put in your kit that will help you feel better during an emergency. Draw that special item in the oval on this page and on your pillowcase. That way you can always look at the item, or remember it, to feel better.

The oval contains the following text:

- portable radio • Flashlight • Batteries • Toothbrush and toothpaste • Soap • First aid kit • Change of clothes • Water • Blanket • Toy • Paper and pen • Pictures • Special item

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American Red Cross



My Preparedness Network

People help each other in an emergency. Use this web diagram to remind yourself of all the people who will be there to help you if an emergency happens.

Start by matching the people listed below with their places on the diagram. Write the letters into the correct spaces. Then share this activity at home. Work together to add more people to your diagram. You'll find out that you're part of a pretty big preparedness network!

A. Electric Company Worker

B. Firefighter

C. Hospital Nurse

D. National Guard

E. Neighbor

F. Parent or Guardian

G. Police Officer

H. Red Cross Volunteer

I. Relative

J. Teacher

K. A Friend

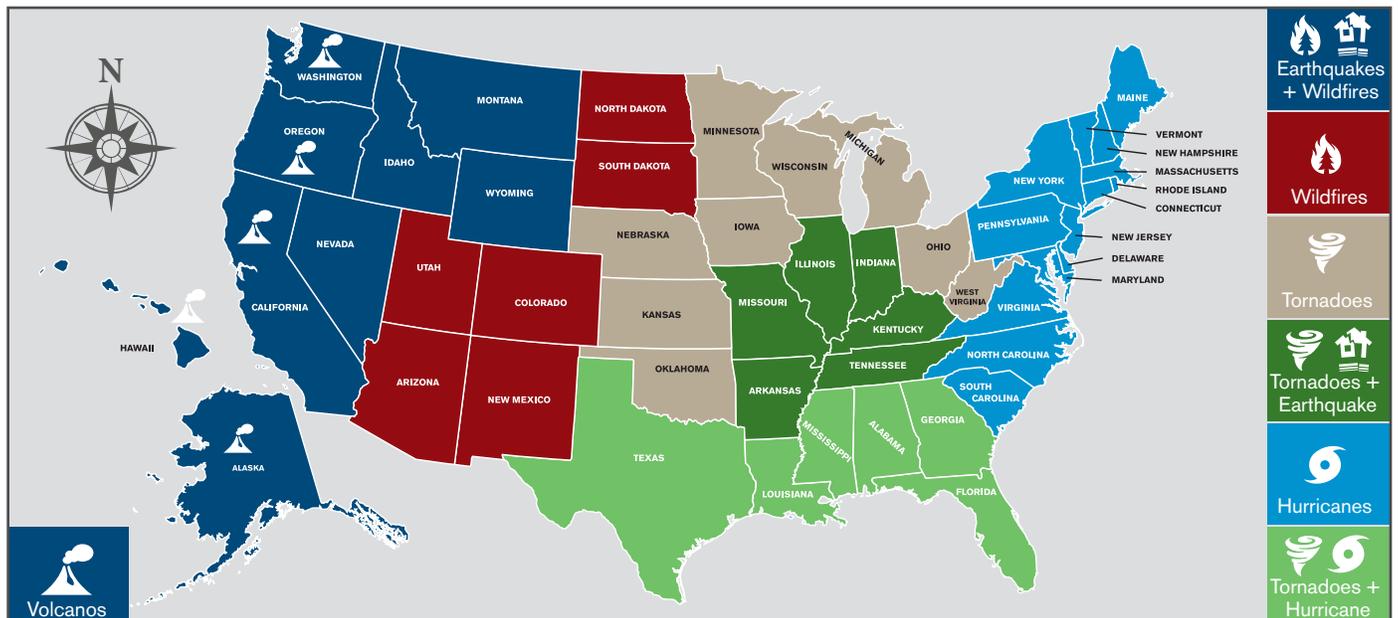


Remember: When you need help in an emergency, call 9-1-1.

Answers on page 27

Mapping Emergencies

Emergencies happen all over the United States and around the world. To be prepared for emergencies, it's a good idea to find out which types of emergencies are likely to happen where you live. This map shows where different types of emergencies are more likely to happen in the U.S. Use the map and your geography skills to answer the emergency preparedness questions below.



Wherever you live, you should be prepared for these common emergencies:

Flooding
 Too much rain or melted snow can cause any river or stream to overflow, flooding roads and towns built near the water.

Thunderstorms and Lightning
 There are more than 100,000 thunderstorms every year in the U.S. They can happen anywhere, at any time.

Severe Winter Storms
 In the north, too much snow and ice can close roads and knock out power. In the south, even a little snow and ice can do the same.

Home Fires
 Hundreds of home fires happen every day. Be prepared with working smoke alarms and a home escape plan.

1. Which emergencies are more likely to happen in your state?

2. Which emergencies are less likely to happen in your state?

3. Think about the state where a relative or friend lives. Name the state and the emergencies more likely to happen there.

State: _____

Emergencies: _____

4. How many states could have thunderstorms?

5. Name two states that should be prepared for both tornadoes and hurricanes.

6. According to the map, how many states should be prepared for wildfires?

7. Name two states that have volcanoes.

8. How many states on the map should be prepared for earthquakes?

Answers on page 27

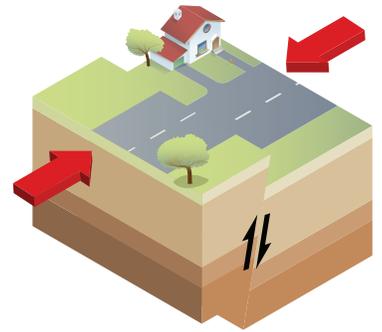
Based on hazard maps produced by the U. S. Geological Survey and the American Red Cross.

Earthquake Ready

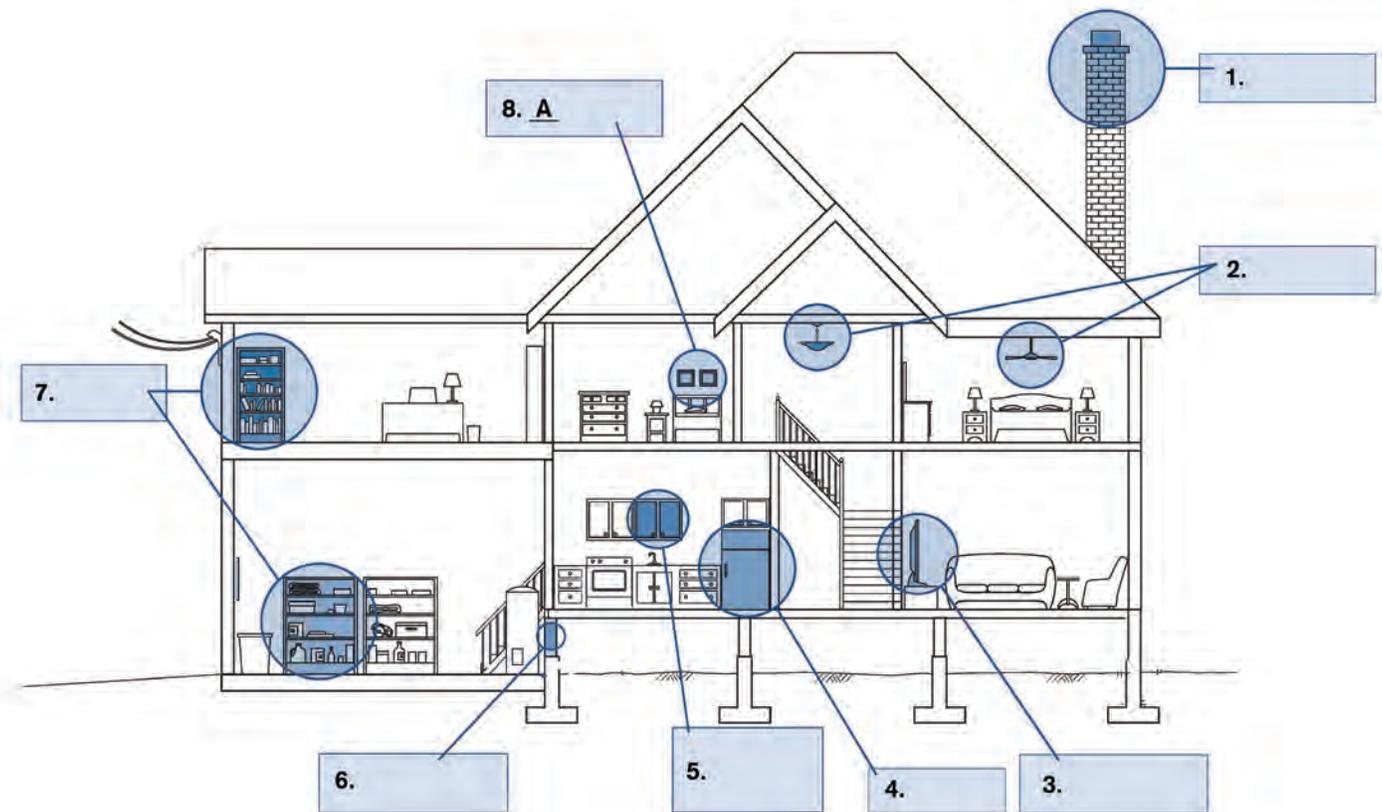
Earthquakes happen when gigantic pieces of the Earth, called *tectonic plates*, rub and push against each other. The pushing usually lasts only a minute, but it causes the ground to shake for miles around!

An earthquake shakes everything in a home. Windows break. Pictures drop from the wall. Books shake off their shelves, and the whole bookcase might tip over. In fact, the whole house sometimes shakes so much that it falls off its foundation – that is the part underneath that holds the house to the ground. Luckily, scientists and engineers have figured out ways to make houses earthquake-ready.

Find out how by matching the descriptions below to the correct places on this house. The first one is filled in to help you get started.



- A. Pictures and mirrors screwed to the wall.
- B. Bookcases and shelves attached to the wall.
- C. Television screen strapped to the wall.
- D. No ceiling fans or hanging lamps.
- E. Chimney braced to keep it attached to the house.
- F. Roller-blocks to keep appliances from rolling around.
- G. House bolted to the foundation.
- H. Cabinets fastened to keep them from flying open.



Answers on page 27

Be Prepared! If you feel an earthquake, Drop, Cover, and Hold On! That means drop to the floor, crawl under a table or some other piece of furniture that will cover and protect you from things that fall. Hold on to your cover so that it can't shake away from you.

To Learn More about earthquakes, visit *Earthquakes for Kids* at earthquake.usgs.gov/learn/kids. You can also ask an adult to download the free Red Cross Earthquake App at redcross.org/mobile-apps/earthquake-app.

Flood Season

Flooding is part of the life cycle of many large rivers around the world. The people who live along these rivers expect flooding almost every year. How do they prepare for this emergency? How could they prevent it?

Read about flood season along the Nile River in ancient Egypt and today. Use the word bank to fill in the missing words.



Ancient Egypt

My name is Renni and I live on the Nile River. My family has farmed here for hundreds of years. Each year the Nile **f** _____ and covers our farm with muddy water. The **w** _____ soaks into the soil and the mud stays behind, making our land very good for farming. We call this flood time *Akhet*, the first **s** _____ of the year.

When the flooding starts, my family moves away from the river to higher **g** _____. We pack up our belongings and herd our animals with us. Sometimes we have to stay away for weeks, but those are good times because a big flood brings more soil and water to our farm. We know how to stay **s** _____ when the Nile floods, and we always bounce back when the flooding ends.

Egypt Today

My name is Anwar and I live on a **f** _____ near the Nile River. For centuries, the Nile flooded this land every year, but since 1970, our farm has been protected by the Aswan Dam. The dam holds back the **r** _____, storing its water in a giant lake.

Water from the lake flows through canals to farms all along the **N** _____. We use the water for *irrigation* – that means we use it to water our crops. There is always water in the **c** _____, so we can grow crops all year long. In ancient Egypt, the farmers could only grow crops after flood time, and they had to leave their **h** _____ every year. I'm glad that we are protected from flooding today.



Answers on page 27

Word Bank

canals farm floods ground homes Nile river safe season water

Be Prepared! If flood waters approach your home, move to higher ground. Before you leave, the adults in your home should unplug all appliances and turn off the power. Remember to never walk or drive through floodwater.

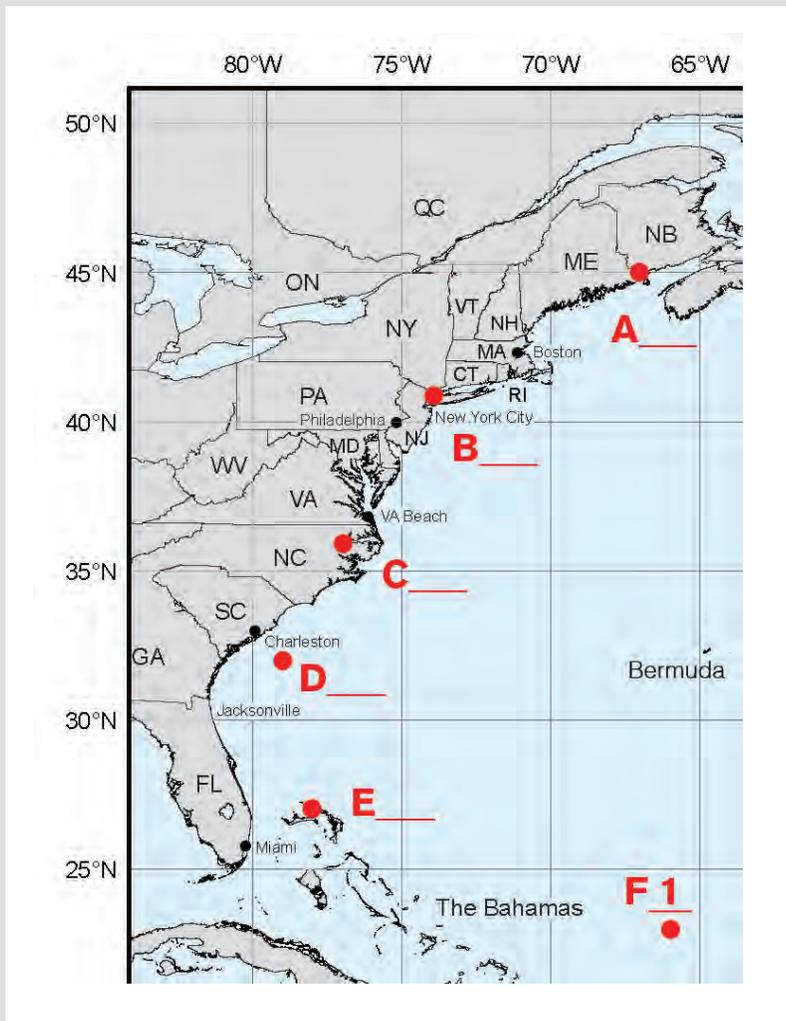
To Learn More about flooding in the United States, visit www.floodsafety.noaa.gov.

Hurricane Tracking

When a hurricane is on the way, weather scientists use satellites to track it so that they can warn people to move away from the danger. Here's your chance to be a weather scientist.

Use this grid map to find the locations of a hurricane as it heads toward the east coast of the United States. For each date and time, there are two numbers that describe the hurricane's location. The first is called *latitude*. Use the numbers along the left side of the grid to find the latitude. The second number is called *longitude*. Use the numbers along the top of the grid to find the longitude. Follow the lines over from the left and down from the top to find where they cross. That is the location of the hurricane for that date and time.

All the locations are already marked on the map. Match each one to its date and time. (The first one is filled in for you.) Then draw a line connecting the dots to show the full path of the hurricane.



- 1. September 12 at noon**
Latitude 23N, Longitude 66W
The hurricane is heading west toward the Bahamas Islands with winds at 105 miles per hour.
- 2. September 15 at midnight**
Latitude 27N, Longitude 78W
The hurricane is still moving west, toward Florida, with winds now at 115 miles per hour.
- 3. September 16 at midnight**
Latitude 32N, Longitude 79W
The hurricane suddenly turns north with winds at 90 miles per hour.
- 4. September 16 at noon**
Latitude 36N, Longitude 77W
Just 12 hours later, the hurricane hits North Carolina with 74 mile per hour winds.
- 5. September 17 at midnight**
Latitude 41N, Longitude 74W
For 12 hours the hurricane roars up the coast, reaching New York City with winds of 50 miles per hour.
- 6. September 18 at midnight**
Latitude 45N, Longitude 67W
By the next day, the hurricane has crossed New England and reached Canada. It will head back out to sea on September 19.

Answers on page 27

Be Prepared! Plan now to evacuate when a hurricane heads your way. Make sure your Pillowcase Kit is ready to go. Remind the grownups in your home to get plenty of gas for the car and cash from an ATM. Have more than one route to get to safety in case floods block your way. When you go back home after the hurricane, be careful not to hurt yourself on broken glass or other sharp things. Ask a parent or guardian to download the free Red Cross Hurricane App: redcross.org/mobile-apps/hurricane-app.

To Learn More about hurricanes, visit *Tropical Twisters* at kids.earth.nasa.gov/archive/hurricane/index.html.

Thunderclouds and Lightning

Thunderstorms can happen anywhere and at any time. They start out as a *cumulus* cloud, which is a white puffy cloud. But instead of floating across the sky, this cumulus cloud starts to pile up, soaring miles high as it fills up with warm, moist air.

Once the cloud grows about 8 miles high, the air at the top becomes cooler and the moisture in the air *condenses*. That



means it turns into water drops that start to fall in the form of rain or hail. As the rain or hail falls, it pulls air from the cloud down with it, creating a wind that drives the rain or hail toward the ground. That's why, during a thunderstorm, it can seem like a giant bucket is dumping water down from the sky!

1. Use your estimation skills to decide whether this thunderstorm cloud is tall enough to start producing rain or hail. (Remember: 1 mile = 5,280 feet.)

Yes ___ No ___

Thunderstorms usually last only about 30 minutes, but they can produce a downpour of rain that causes flooding or a burst of hail that breaks windows and dents cars. They can even turn into tornadoes. The most dangerous part of every thunderstorm is lightning. Thunder is the sound of lightning, so whenever you hear thunder, you know there is lightning nearby.

Lightning is a gigantic spark of electricity that usually shoots down from the thundercloud to the ground. It's so hot that it causes the air to "explode," and that's the sound we hear as thunder. However, the sound of thunder travels much slower than the light from a lightning bolt, so that is why we usually hear thunder a few seconds after we see a bolt of lightning.

It takes the sound of thunder 5 seconds to travel a mile from the lightning that caused it. So if you see a flash of lightning and hear thunder 5 seconds later, you know the lightning is one mile away. To be safe, you should always go indoors when you hear thunder, especially if it comes less than 30 seconds after you see a flash of lightning.

2. Use your division skills to figure out how far away the lightning is when you hear thunder 30 seconds after you see the flash.

$30 \text{ seconds} \div 5 \text{ seconds to travel a mile} = \underline{\hspace{2cm}}$ miles



Answers on page 27

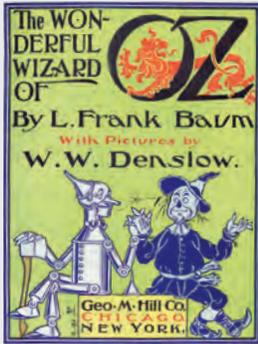
Be Prepared! Remember the safety rule: *When the thunder roars, go indoors!* Remind grownups to unplug appliances so they aren't damaged by a bolt of lightning, and stay away from windows in case they break. If you can't get inside, stay away from trees, power lines, or anything else that is tall – lightning is more likely to strike things that stick up into the air. If you are in a car, stay there. If you are in the water when a thunderstorm happens, get out immediately and go indoors.

To Learn More about thunderstorms and lightning, visit weatherwizkids.com/weather-thunderstorms.htm.

Tornado Tales

Do you remember the story of *The Wizard of Oz*? It starts in Kansas, which is in a part of the United States that's sometimes called *Tornado Alley* because so many tornadoes happen there. In fact, more tornadoes happen in Tornado Alley than anywhere else in the world!

The Wizard of Oz starts with a tornado. (The author, L. Frank Baum, uses a different word – *cyclone* – but in this case it means the same thing.) Read the beginning of the story, then answer the questions below.



Dorothy lived in the midst of the great Kansas prairies, with Uncle Henry, who was a farmer, and Aunt Em, who was the farmer's wife.

Uncle Henry looked anxiously at the sky, which was even grayer than usual. From the far north came a low wail of the wind, and Uncle Henry

and Dorothy could see where the long grass bowed in waves before the coming storm. Then they heard a sharp whistling in the air from the south, and as they turned their eyes that way they saw ripples in the grass coming from that direction.

Suddenly Uncle Henry stood up. "There's a cyclone coming, Em," he called to his wife. Aunt Em dropped her work. "Quick, Dorothy!" she screamed. "Run for the storm cellar!"

Dorothy's little dog, Toto, jumped out of her arms and hid under the bed, and the girl started to get him. Aunt Em, badly frightened, threw open the trap door

in the floor and climbed down the ladder into a small, dark hole where they would be safe. Dorothy caught Toto at last and started to follow her aunt, but when she was halfway across the room there came a great shriek from the wind. The house shook so hard that she lost her footing and sat down suddenly upon the floor.

Then a strange thing happened. The house whirled around two or three times and rose slowly through the air. Dorothy felt as if she were going up in a balloon.



This is a wonderful way to start a story, but do you think it could ever be true? Find out about real tornadoes by visiting [redcross.org/prepare/disaster/tornado](https://www.redcross.org/prepare/disaster/tornado). Then answer these questions:

1. What color is the sky before a real tornado? _____
2. What sound does a real tornado make when it is nearby? _____
3. What do you think would happen to Dorothy's house if it were hit by a real tornado? _____

Answers on page 27

Be Prepared! When a tornado happens, everyone in your home should head for a storm shelter or basement. If one is not available, get inside a windowless room on the lowest floor of your home, like a closet or bathroom, and curl up on the floor like a ball with your hands over your head to protect you from things blown around by the wind. Stay there until the tornado goes away. If you live in a mobile home, get out and go to a safe spot in a regular building or, if grownups are with you, get into a car with your seatbelts fastened and the engine running so the airbags work. For more tips on being prepared for a tornado, ask an adult to download the free Red Cross Tornado App at [redcross.org/mobile-apps/tornado-app](https://www.redcross.org/mobile-apps/tornado-app).

To Learn More about tornadoes, visit www.weather.com/safety/tornadoes.

Tilly Spots a Tsunami

Tsunamis (soo-nah-meez) are huge waves caused by earthquakes under the ocean. The earthquake pushes the ocean and sends waves rushing across the water until they finally crash onto the shore.

Tsunamis move fast when they are in the ocean, up to 450 miles per hour. That's almost as fast as a plane. They can be caused by earthquakes from thousands of miles away. That's why it's important to be on the lookout for the warning signs of a tsunami when you are near the ocean, so that you can get away to high ground before the tsunami comes to shore.

What are the warning signs? Here's the story of a 10-year-old girl named Tilly Smith who learned about tsunamis in school. Tilly shared what she learned when a tsunami was on its way to a beach where her family was taking a vacation. See if you can spot the warning signs that helped Tilly save the day. This is Tilly's story:

It was another beautiful day on the beach in Thailand. Back home in England, they were bundled up against the cold on the day after Christmas, but Tilly Smith and her family were spending the holidays where the sun was warm and the water was bright blue.

One day, however, Tilly noticed fizzy bubbles on the water, and the water seemed to be rolling farther up the beach than it had a few minutes ago. "That's strange," Tilly said to her mom. "It looks like the beach is getting smaller."

Then Tilly remembered where she had seen this before.

"We should get off the beach," Tilly told her mother. "I think there may be a tsunami coming!"

"What's a tsunami?" her mother asked.

Tilly explained that she had learned about tsunamis at school a few weeks ago. "They are huge waves caused by undersea earthquakes," she said. "And they travel very fast. We have to leave the beach now!"

Even though Tilly's mom and dad had never heard of a tsunami, they could see that the ocean was behaving in an

unusual way, so they started back to their hotel. They told the hotel staff what Tilly had seen, and the staff immediately ran out to the beach and told everyone to get away from the water. Then, a few minutes later, a tsunami did crash onto the beach, spilling water past the hotel and for miles beyond.

Thanks to Tilly, everyone on that beach was safe!



What warning sign made Tilly think that a tsunami was coming?

Answers on page 27

Be Prepared! If you see the warning signs of a tsunami or hear a tsunami warning on the news, move immediately away from the ocean toward higher ground. If you feel an earthquake while you are near the ocean, that could be the start of tsunami, too. Drop, Cover, and Hold On to protect yourself from the earthquake, then get away from the ocean as fast and as far as you can. Don't try to watch a tsunami – if you can see the waves, you are too close for safety.

To Learn More about tsunamis, visit [redcross.org/prepare/disaster/tsunami](https://www.redcross.org/prepare/disaster/tsunami), or www.education.noaa.gov/Ocean_and_Coasts/Tsunami.html. You can see Tilly Smith talk about her experience at www.youtube.com/watch?v=V0s2i7Cc7wA.

The Ring of Fire

Why are most of the world's volcanoes found along the edges of the Pacific Ocean in a region called *The Ring of Fire*?

Remember that the surface of the Earth is made up of *tectonic plates* – gigantic pieces of rock that fit together like the pieces of a puzzle. Each of these pieces is bigger than a continent, and the biggest of them all is at the bottom of the Pacific Ocean.

Unlike the pieces of a puzzle, the tectonic plates can move and slowly shift positions. Over millions of years, they push and rub against each other. Around the Pacific Ocean plate, this pushing and rubbing sometimes causes earthquakes. It has also created a string of volcanoes that runs from New Zealand all the way around to the tip of South America – The Ring of Fire.

This map shows the locations of some volcanoes on The Ring of Fire. Read the descriptions of these volcanoes, then use your geography skills to match each number on the map to the correct volcano.



Answers on page 27

- ___ **A.** Krakatau, in Indonesia, created the loudest sound ever heard on Earth when it erupted in 1883.
- ___ **B.** Popocatepetl (an Aztec word for “smoking mountain”) covered thousands of homes with ash and stopped air travel into Mexico City when it erupted in 2013.
- ___ **C.** Mount Cleveland, on the Aleutian Islands, is so far out to sea that no one knew it had erupted in 2006 until astronauts spotted it from the Space Station.
- ___ **D.** Mount Saint Helens, in the U.S., had been quiet almost 150 years before it exploded in 1980, blasting away the mountain top and leaving a mile-wide crater.
- ___ **E.** Mount Pinatubo, in the Philippines, created a cloud of volcanic gas that blocked sunlight around the world when it erupted in 1991.
- ___ **F.** Mount Fuji, Japan’s highest mountain, buried Tokyo in volcanic ash when it last erupted in 1707.

Be Prepared! Scientists monitor volcanoes for signs that they may erupt. If you live near a volcano, listen for volcano warnings and leave your home immediately if local authorities tell you to evacuate. Protect yourself from volcanic ash by wearing long sleeves, long pants, goggles, and a dust mask (or breathe through a wet cloth). Avoid river valleys, which can fill with volcanic mudflows, and get to higher ground as fast as possible if you hear a mudflow roaring toward you.

To Learn More about volcanoes, visit redcross.org/prepare/disaster/volcano, and Volcano World at volcano.oregonstate.edu. For a video on tectonic plates, visit volcano.si.edu/players.cfm?pid=2.

Wildfire Alert

In the U.S., wildfires happen most often in the western states, but a wildfire can start almost anywhere. That's because nine out of ten wildfires are started by people who are careless with fire outdoors.

Here's your chance to help prevent wildfires. Read the two stories below. See if you can tell which story is about people being careless with fire outdoors. Write the name of that story in the answer space. Then think about what the people in that story should have done to be safe. Write your ideas in the space provided, or talk about the story with your classmates or at home. If you need help coming up with ideas, visit the Smokey Bear website at smokeybear.com/be-smart-outdoors.asp.



The Hiking Trip

Monica and her mom were hiking their favorite trail. It led to a mountain top where the view was amazing, but when they got there, Monica saw smoke rising from the trees miles away. "We've got to warn the rangers," she said. So Monica and her mom raced to the ranger station. "Thanks for the warning," the ranger said. "But that's not a wildfire. We're burning that part of the forest to get rid of dead branches and dry shrubs that could start a wildfire. When we're done, the whole forest will be healthier." Monica and her mom were glad to learn that the smoke wasn't a wildfire, but they decided to go home until the fire was out.

The Family Barbecue

Emilio and his family live near a forest. They like to barbecue in their backyard so that they can look at the trees and listen to the birds while they eat. Today, however, they had to eat fast because Emilio wanted to see a movie that was going to start in less than an hour. When they had finished their meal, they didn't even have time to put out the hot coals in the barbecue grill. As soon as they had cleared the table, Emilio said, "Let's go! I need time to buy popcorn before the movie starts." So they put the cover back on the grill, thinking that was good enough, and left in a hurry.

In which story are people being careless with fire outdoors? _____

What should those people have done to be safe?

Answers on page 27

Be Prepared! If you live where a wildfire might happen, help your family clear a wide space, free of brush, around your home to help keep the fire away. Remove dead leaves and branches and anything else that could easily catch on fire. If a wildfire ever heads your way, leave your home immediately using roads or routes suggested by officials in your community. Keep an eye on the wildfire smoke to be sure you are moving away from the fire, even if it changes directions. For more tips on being prepared for wildfire, ask an adult to download the free Red Cross Wildfire App at redcross.org/mobile-apps/wildfire-app.

To Learn More about preventing wildfires and how forest rangers sometimes use fire to keep forests healthy, visit the Smokey Bear website at smokeybear.com/kids. To learn how to make your home safer from wildfire, visit firewise.org. To learn how to stay safe when a wildfire happens, visit redcross.org/prepare/disaster/wildfire.

Wind Chill and Winter Storms

You've probably heard weather reporters talk about the wind chill factor. They might say, "It's 15 degrees outside, but with the wind chill factor, it feels like 2 below zero!" Did you ever wonder how it can feel so much colder than it really is?

Your body knows the answer. It produces heat – that's why your temperature is usually 98.6° Fahrenheit. This heat warms up the air next to your bare skin, creating a thin layer of warmer air on your face and hands. When it is windy, this thin layer of air gets pushed away, and your body has to work harder to keep your bare skin warm. To your body, it feels colder than it really is, because it has to produce as much heat as it would on a much colder day.



Weather scientists have created a chart that anyone can use to look up the wind chill factor. You just need to know the temperature and the wind speed. The chart also shows how quickly you can get frostbite when the wind chill factor is really low. Frostbite happens when a part of your body starts to freeze. If you get a tingly or numb feeling, especially in a part of your body that sticks out into the cold, like your ears or nose, that could be frostbite. But with the wind chill chart, you can plan to come inside and warm up before that happens!



		Temperature (°F)									
		20	15	10	5	0	-5	-10	-15	-20	
Wind Speed (mph)	5	13	7	1	-5	-11	-16	-22	-28	-34	
	10	9	3	-4	-10	-16	-22	-28	-35	-41	
	15	6	0	-7	-13	-19	-26	-32	-39	-45	
	20	4	-2	-9	-15	-22	-29	-35	-42	-48	
	25	3	-4	-11	-17	-24	-31	-37	-44	-51	
	30	1	-5	-12	-19	-26	-33	-39	-46	-53	
	35	0	-7	-14	-21	-27	-34	-41	-48	-55	
	40	-1	-8	-15	-22	-29	-36	-43	-50	-64	
Frostbite Times											
30 minutes				10 minutes				5 minutes			

Wind Chill Chart

Use this wind chill chart to give winter weather advice to the kids in the situations described below. For each situation, look up the wind chill factor, and write it in the space provided. Then use your math skills to figure out when the kids need to come inside to avoid frostbite and what they should do.

The Shovelers

Temperature: 5°F Wind Speed: 30 mph
Wind Chill Factor: _____°F

Josh and his brother had been shoveling snow for 20 minutes, but the driveway was only halfway done. "Let's keep going until we get this finished," said Josh.

How long can Josh and his brother safely stay outside?
_____ minutes

Should they try to finish shoveling before they go inside?
___ Yes ___ No

Visiting a Friend

Temperature: -20°F Wind Speed: 15 mph
Wind Chill Factor: _____°F

School was closed because of a big snow storm and Samantha wanted to play with her friend, Lia. It was only a 5 minute walk and Samantha knew how to dress to stay warm.

How long can Samantha safely stay outside? ___ minutes

Is it OK for Samantha to walk to her friend's house?
___ Yes ___ No

Answers on page 27

Be Prepared! Wear layers of clothing when it's cold outside, and always wear a hat. Go inside to warm up if your fingers, toes, ears, or nose feel tingly or numb – that's a sign of frostbite. Go inside quickly if you start to shiver – that's a sign that your body has lost too much heat, which can cause a dangerous illness called hypothermia. During a winter storm, stay inside and off the roads. If you get stuck on the road in a car, remain in your car and don't try to go outside to look for help.

To Learn More about wind chill, visit learner.org/interactives/weather/act_windchill. For more tips on being prepared for winter storms, visit redcross.org/prepare/disaster/winter-storm.

Coping Skills in Antarctica

Learning about different kinds of emergencies is an important part of being prepared. Another important part is learning how to cope with the thoughts and feelings that may come up when an emergency happens. You can learn that lesson from this story about being prepared at the South Pole! Read the story, then share what you learned with your friends and everyone at home.

Penguins live in large groups, called colonies, and they know how to act during emergencies. They form big circles, with the adult penguins on the outside and the kid penguins protected on the inside of the circle.

In this story, a group of kid penguins are practicing what to do in an emergency. They practiced the safety circle, and then the adult penguins thought the kids should learn how to cope with the thoughts and feelings that might come up during an emergency. One of the adults squawked, "Think about how you might think or feel during a big storm, and how you might cope with those thoughts and feelings. Talking about it now can help you be prepared for when an emergency really happens."

As the kid penguins thought, they came up with some great ideas.

"I might be worried about what's going to happen to our colony."

"I might be a little scared that one of us might get lost and not make it into the circle."

"I'd worry that the colony would never be the same."



The adult penguin asked the group to think of ways to cope with these thoughts and feelings, and the kid penguins came up with another great list.

"Slow breathing helps you relax and stay calm."

"I sing to myself when I'm scared. Maybe the whole group could sing together!"

"I think working together would make me feel better."

The adult penguin added to the list:

"Remember what makes you strong, and carry that with you in your mind."

"We've all been through tough times," the adult penguin squawked. "Think about what you have done in the past to cope and use those skills."

The adult and kid penguins felt prepared, and that felt good!

When a huge storm hit a month later, the penguins used all of their skills to respond. They used the safety circle, and they used their coping skills. Even though it was a huge and scary storm, the colony weathered it by being prepared, knowing what to expect, and working together!



Your Coping Skills

Just like the penguins, you can be prepared for the thoughts and feelings that may come up during an emergency by practicing your Pillowcase Project coping skills.



Breathe with Color

What's your feel-good color today? Fill today's circle with that color. Then color a circle for every day of the week. Remember, you can change your feel-good color as many times as you want!

Sunday

Monday

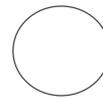
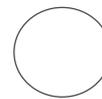
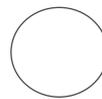
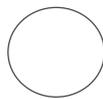
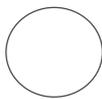
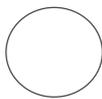
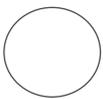
Tuesday

Wednesday

Thursday

Friday

Saturday



Share a Song

What song makes you feel happy? Write the name of your song and some of the words here – or make up your own words, if you want!



Symbol of Strength

Remember taking a mental picture of your symbol of strength? Think about how that inner strength can help you during an emergency. Tell how you might use your symbol of strength.



Yes You Can!

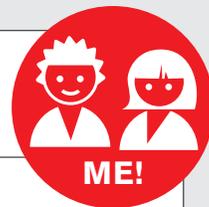
Think about how you coped with a tough situation in the past. Maybe you talked with a grownup or told yourself a good story. Write down what you did. Remember, if it helped once, it can help again!

I'm Prepared!

Use this page to start a journal about what you learned from The Pillowcase Project.

About Me

My name: _____
I live with: _____
My Address: _____
My Phone Number: (_____) _____ - _____ I am _____ years old.



The Most Interesting Thing I **Learned** from My Preparedness Workbook:



The Most Interesting Thing I **Learned** from The Pillowcase Project:

How I'm Going to **Practice** What I've Learned:

I'm Going to **Share** What I've Learned With:



The Pillowcase Project
Learn. Practice. Share.

Resources

Be Prepared!

For more information about being prepared for emergencies, visit the American Red Cross website, redcross.org.

- Home Fires:
Visit redcross.org/prepare/disaster/home-fire.
- Earthquakes:
Visit redcross.org/prepare/disaster/earthquake, and download the free Red Cross Earthquake App at redcross.org/mobile-apps/earthquake-app.
- Flooding: Visit redcross.org/prepare/disaster/flood.
- Hurricanes:
Visit redcross.org/prepare/disaster/hurricane, and download the free Red Cross Hurricane App at redcross.org/mobile-apps/hurricane-app.
- Thunderstorms and Lightning:
Visit redcross.org/prepare/disaster/thunderstorm.
- Tornadoes:
Visit redcross.org/prepare/disaster/tornado, and download the free Red Cross Tornado App at redcross.org/mobile-apps/tornado-app.

- Tsunamis:
Visit redcross.org/prepare/disaster/tsunami.
- Volcanoes:
Visit redcross.org/prepare/disaster/volcano.
- Wildfires:
Visit redcross.org/prepare/disaster/wildfire and download the free Red Cross Wildfire App at redcross.org/mobile-apps/wildfire-app.
- Winter Storms:
Visit redcross.org/prepare/disaster/winter-storm.
- All Emergencies:
The Red Cross First Aid App provides expert advice for everyday emergencies. Download the app free of charge at redcross.org/mobile-apps/first-aid-app.

Join a Red Cross Club

Kids in middle school, high school, and college can help Red Cross volunteers in their community by joining a school club. Find out more at redcross.org/support/get-involved/school-clubs.

Activity Answers

My Preparedness Network (page 13)

A-4; B-4; C-4; D-5; E-3; F-1; G-4; H-4; I-1, 3, 4, or 5; J-2, K-2, 3, or 4

Mapping Emergencies (page 14)

1 and 2—Depends on where you live; 3—Depends on where your relative or friend lives; 4—All 50 states; 5—Two of these states: Alabama, Florida, Georgia, Louisiana, Mississippi, and Texas; 6—15 states; 7—Two of these states: Alaska, California, Hawaii, Oregon, and Washington; 8—15 states

Earthquake Ready (page 15)

1-E; 2-D; 3-C; 4-F; 5-H; 6-G; 7-B; 8-A

Flood Season (page 16)

Ancient Egypt: floods, water, season, ground, safe; Egypt Today: farm, river, Nile, canals, homes

Hurricane Tracking (page 17)

A-6; B-5; C-4; D-3; E-2; F-1

Thunderclouds and Lightning (page 18)

1-No, this cumulus cloud is not close to 8 miles high;
2-Approximately 6 miles away

Tornado Tales (page 19)

1—The sky usually looks dark and greenish before a tornado;
2—Tornadoes sound like a train or a jet engine; 3—The house would probably be broken apart by a real tornado.

Tilly Spots a Tsunami (page 20)

Ocean water rising quickly up the beach, making it look smaller

The Ring of Fire (page 21)

A-1; B-6; C-4; D-5; E-2; F-3

Wildfire Alert (page 22)

The Family Barbecue – Emilio’s family should not leave coals burning in the grill, even though the grill is covered. Before they leave, they should drown the coals with water, stir the ashes to make a muck, drown the ashes again, and hold a hand over the ashes to be sure they are completely cold.

Wind Chill and Winter Storms (page 23)

The Shovelers – Wind Chill Factor: -19°F; 30 minutes; No, because it takes them 20 minutes to shovel half the driveway and that means they will be outside 40 minutes, 10 minutes longer than is safe.

Visiting a Friend – Wind Chill Factor: -45°F; 10 minutes; Yes, because it’s only a 5 minute walk, which means that Samantha has 5 extra minutes before she needs to get inside.

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