



**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, 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 children 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. Teachers have helped your child be prepared for emergencies at school. With this workbook, you can help your child be prepared for emergencies at home and in your neighborhood. Use the workbook together to make your whole 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 redcross.org. If anyone in your family has a smartphone, they should download our Red Cross apps, which they can find in their phone’s App Store!

We have come a long way since Clara Barton started the American Red Cross, but still, whatever the situation, the 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 Map

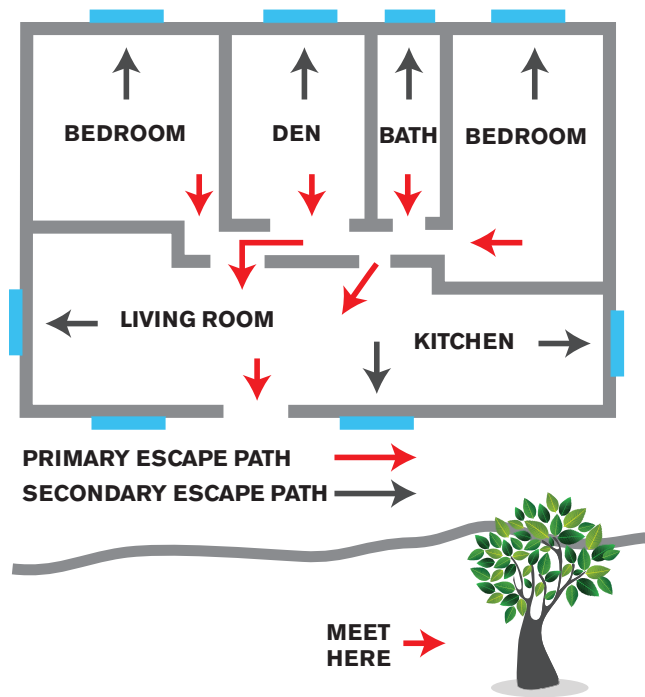
Learn by using this example to make a fire escape map for your home. Draw your map in the box below, or use a separate piece of paper for more space.


1. Draw all the rooms in your home (use the example to help you).
2. Use a red pen to show the quickest path to get outside from each room.
3. Use a black or blue pen to show a second path to get outside from each room.
4. Draw a Meeting Spot outside your home where everyone will go as soon as they get out. Label it MEET HERE.

Things to remember:

- You need a Meeting Spot so you know that everyone in your home is out.
- Once you get to your Meeting Spot, call 9-1-1.
- **No one should go back inside** – firefighters will arrive shortly and rescue anyone who needs help, even your pets.

When you are all done, hang your map where everyone can see it!



My Home Fire Escape Map	
	
Our Outside Meeting Spot _____	

Practice your escape 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 often more dangerous than flames. Crouch low or crawl along the floor to avoid breathing in 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 in or 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. In a fire, if you see smoke on your way out, turn around and go the other way. Be sure to always stay away from dangerous smoke!


To Learn More about fire safety, visit www.ready.gov/kids/know-the-facts/home-fires and www.sparky.org.

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 _____

When you have filled out both sides of this page, clip it out and keep it where everyone in your home can see it.

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 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 as "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! When you have filled out both sides of this page, clip it out and keep it where everyone in your home can easily see it.

Our Emergency Contact Cards

Cut out a card for every person in your home. Fill out both sides. Then fold the cards and ask everyone in your home to keep their cards with them at all times so they are always prepared for an emergency.


My Emergency Contact Information 

Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos. 


Police: Call 9-1-1 or _____

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

Doctor: _____

Poison Control Center: 1-800-222-1222




My Emergency Contact Information 

Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos. 


Police: Call 9-1-1 or _____

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

Doctor: _____

Poison Control Center: 1-800-222-1222

Fold Here


My Emergency Contact Information 

Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos. 


Police: Call 9-1-1 or _____

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

Doctor: _____

Poison Control Center: 1-800-222-1222

Fold Here


My Emergency Contact Information 

Name: _____

Phone: _____

Home Address: _____

Email: _____

Important Phone Nos. 


Police: Call 9-1-1 or _____

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

Doctor: _____

Poison Control Center: 1-800-222-1222


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: _____


Fold Here


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

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 a waterproof container
- Whistle (to signal for help)
- Extra clothing and blankets
- Cooking and eating utensils
- Cash and coins (in case credit card readers and ATMs aren't working)
- Personal 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 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, pump, booster/jumper cables, 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 this page to practice drawing a special item to keep in your pillowcase preparedness kit. Think of something that will help you feel better during an emergency. Practice drawing that item in the oval on this page. Then draw your special item in the oval on your real pillowcase. That way, you can always look at the item, or remember it, to feel better.

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

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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 may 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. Circle the people on the list who usually wear uniforms. 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!

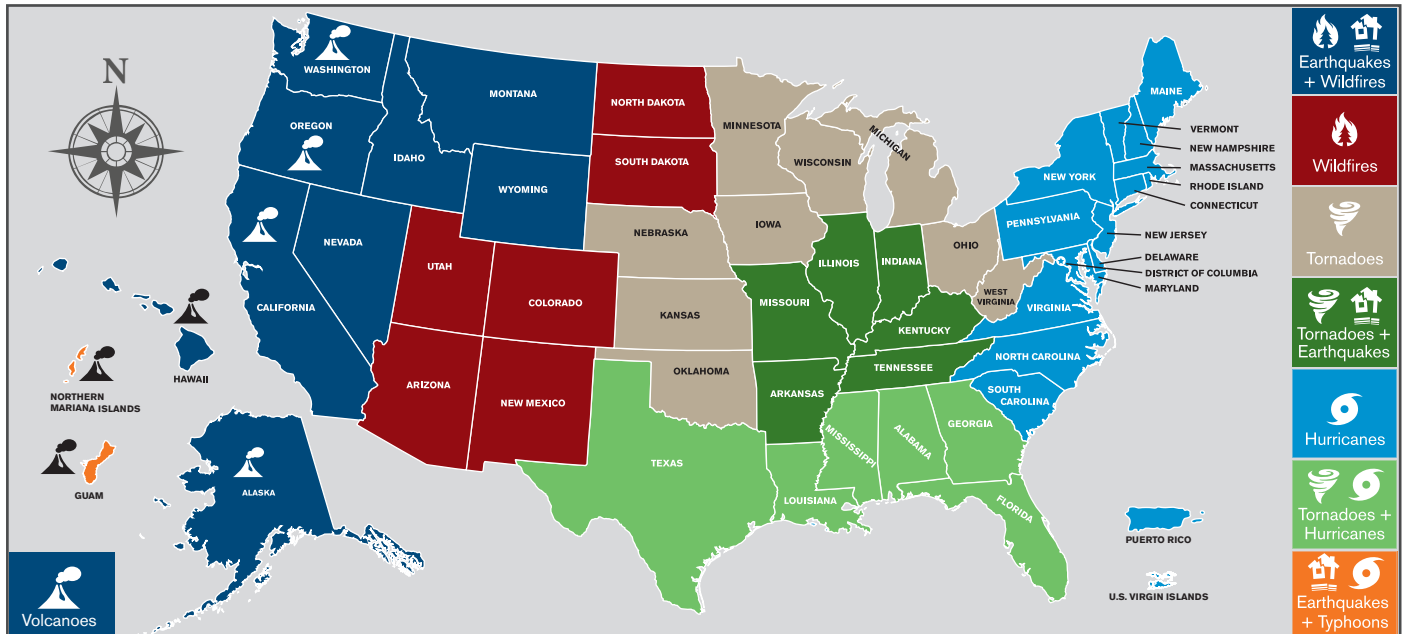
- A. Electric Company Worker
- B. Firefighter
- C. Hospital Nurse
- D. National Guard
- E. Neighbor
- F. Parent or Guardian
- G. Police Officer
- H. Red Cross Volunteer
- I. Relative
- J. Teacher
- K. A Friend



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

Mapping Emergencies

Emergencies happen all over the United States and around the world. To be prepared, 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 **most** likely to happen in the U.S. The map does not show every emergency that can happen in every state and territory. For example, wildfires have been reported in 35 different states, but they happen most often in the states shown on the map. 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. My state or territory is:

2. The most likely emergencies where I live are:

3. The least likely emergencies where I live are:

4. Name the state or territory where a relative or friend lives. Then name the emergencies *most* likely to happen there.

State/Territory: _____

Emergencies: _____

5. How many states or territories could have thunderstorms?

6. Name two states or territories that should be prepared for both tornadoes and hurricanes.

7. Name two states or territories that have volcanoes.

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

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

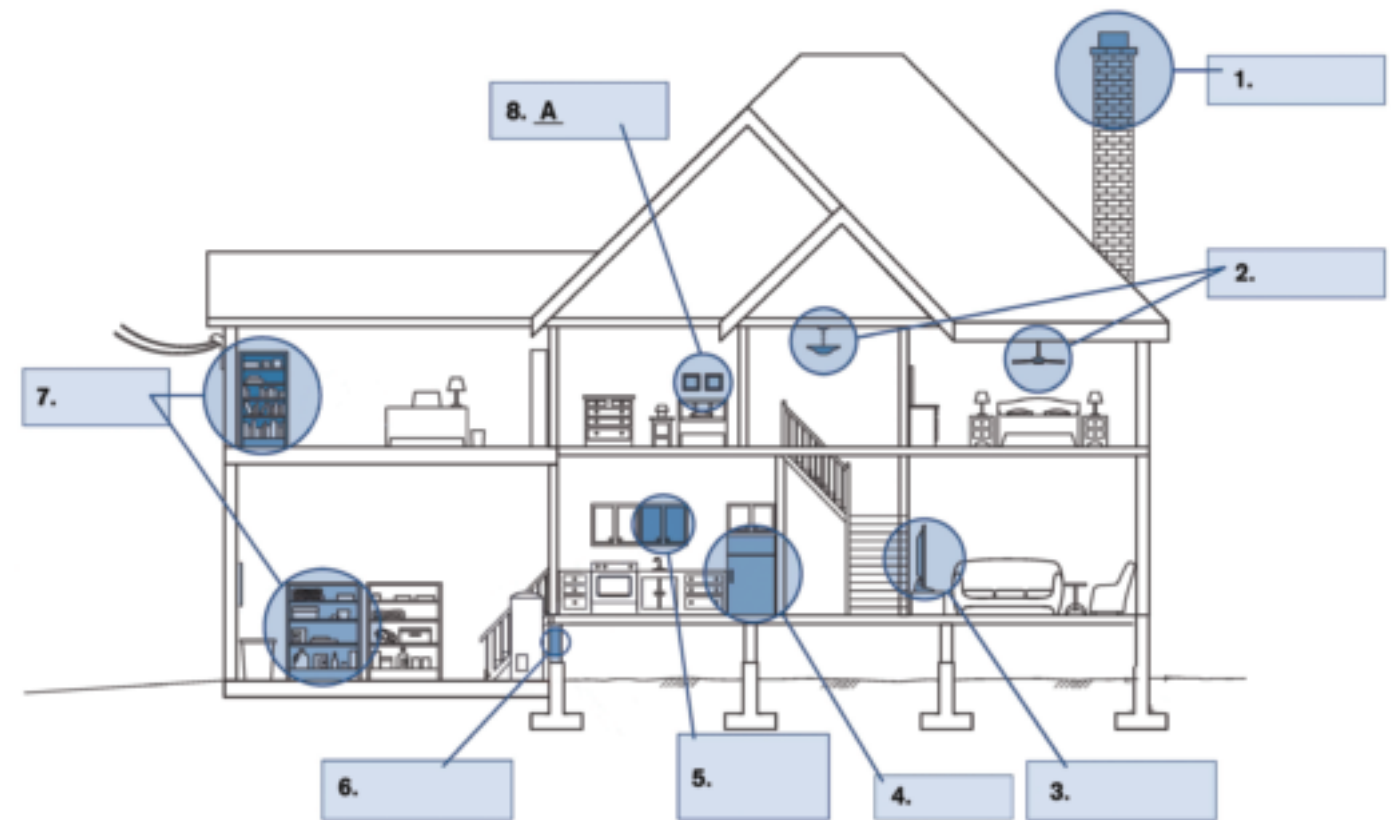
Earthquake Ready

Earthquakes happen when gigantic slabs of the Earth, called *tectonic plates*, rub and push against each other. An earthquake usually lasts only a few seconds to a few minutes, but it causes the ground to shake for miles around. The biggest earthquakes last the longest. You may have learned the word *aftershocks*. These too are earthquakes and can happen days, weeks, or even months after the main earthquake is felt.

An earthquake shakes everything in a home. Windows break. Pictures drop from the wall. Books shake off their shelves, and the whole bookcase might even 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 www.earthquake.usgs.gov/learn/kids, www.noaawatch.gov/themes/quake.php, and www.ready.gov/kids/know-the-facts/earthquakes. 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 Nadia 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 is left 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 overflows, 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! Floods can happen in any part of the country and sometimes occur with little warning. Make a plan with the grownups in your home, have more than one route to get to safety, and talk about what you will do to stay safe. Remember: never walk or drive through floodwater; never play in or near a flooded or fast-moving stream; and when you come to an area covered with water, Turn Around, Don't Drown!

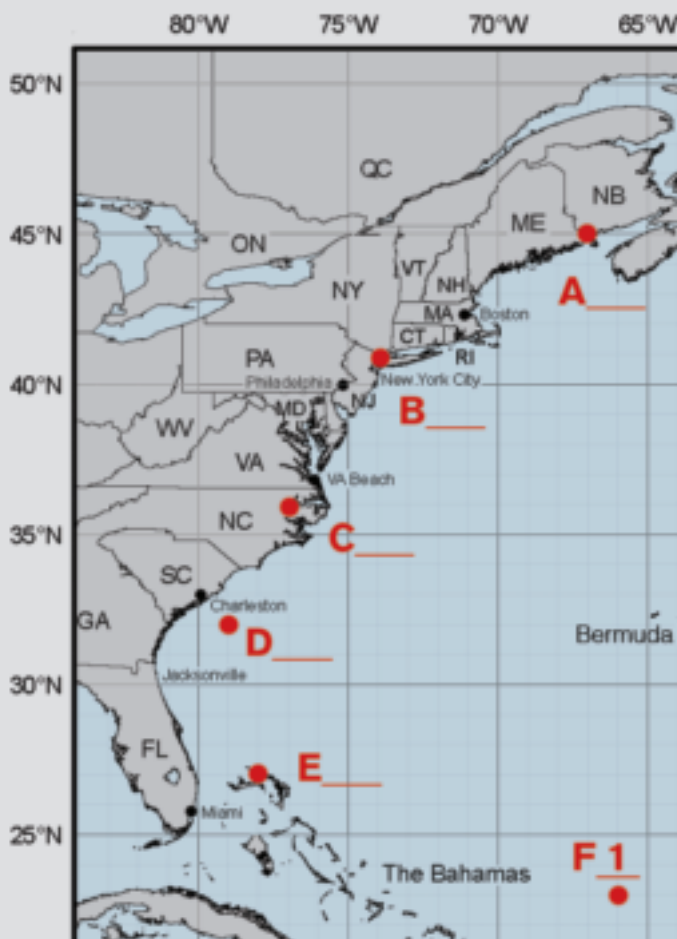
To Learn More about flooding in the United States, visit www.noaa.gov/themes/flooding.php, and www.ready.gov/kids/know-the-facts/floods. You can also ask an adult to download the free Red Cross hazard apps at redcross.org/mobile-apps.

Track the Hurricane

When a hurricane is on its way, weather forecasters use satellites to track it so that they can warn people to move away from dangerous areas. Here's your chance to be a weather forecaster.

Use this grid map to track 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 – *latitude* and *longitude*. Look at the numbers along the left side of the grid map to find the *latitude* number. Look at the numbers along the top of the grid map to find the *longitude* number. 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 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 ahead to evacuate when a hurricane heads your way. Be sure the grownups in your home listen to the news to find out what to do for hurricane watches and warnings. Make sure your Pillowcase Kit is ready to go. Remind grownups 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, and don't walk in puddles – they could be dangerous. Help toss out any food that might have spoiled in the fridge or freezer – when in doubt, toss it out!

To Learn More about hurricanes, visit kids.earth.nasa.gov/archive/hurricane/index.html, www.noaawatch.gov/themes/tropical.php, and www.ready.gov/kids/know-the-facts/hurricanes. You can also ask an adult to download the free Red Cross Hurricane App at redcross.org/mobile-apps/hurricane-app.

Thunderstorms and Lightning

Thunderstorms can happen anytime conditions are right. 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 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. Some can even produce 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 connects the thundercloud to the ground. It's so hot that it causes the air to "explode" – that's the sound we hear as thunder. However, thunder travels much slower than the light from a lightning bolt, so we usually hear thunder a few seconds after we see lightning.

It takes 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 was 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 seconds ÷ 5 seconds to travel a mile = _____ miles



Answers on page 27

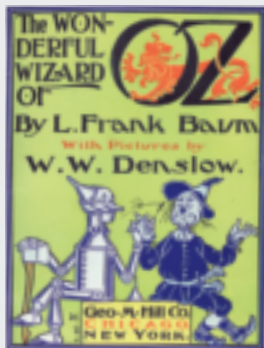
Be Prepared! Remember the safety rule: *When the thunder roars, go indoors!* Always pay attention to weather reports. If there is a chance of thunderstorms, you are better off staying indoors – save outdoor fun for another day! During a thunderstorm, stay away from windows and glass doors in case they break. Lightning can come in through the plumbing in your home, so don't do things that need running water. If you can't get inside, stay away from trees and power lines, and make sure you aren't the tallest object in the area. If you are in a car, stay there and don't touch anything metal. If you are in the water when a thunderstorm happens, get out immediately and go indoors for safety.

To Learn More about thunderstorms and lightning, visit www.noaawatch.gov/themes/severe.php and www.ready.gov/kids/know-the-facts/thunder.

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 where many tornadoes happen. In fact, more tornadoes happen in the central and southern U.S. 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.



Answers on page 27

This is a wonderful way to start a story, but do you think it could ever really happen? Find out about real tornadoes by visiting www.ready.gov/kids/know-the-facts/tornado. Then answer these questions:

1. Does the wind always come from opposite directions when a real tornado forms? _____
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? _____

Be Prepared! Talk to grownups about tornadoes. Make a plan about what to do if you live in an area where tornadoes happen. Then practice your plan. Remind the grownups in your home to listen to the news to find out what to do for tornado watches and warnings. The best way to stay safe during a tornado is to have a storm shelter or a safe room. (Finding out about these special rooms ahead of time might be a good project for your family or school class.) If a storm shelter or safe room is not available, find a safety spot like a basement or a windowless room on the lowest floor of your home, kneel down and bend over as tight as a ball with your hands over your head to protect yourself from things blown around by the wind. Stay there until the tornado goes away. If you live in a manufactured home, and you hear there is a tornado watch, get out and go to a safety spot, safe room, or storm shelter in a sturdy building.

To Learn More about tornadoes, visit www.noaa.gov/themes/severe.php and redcross.org/prepare/disaster/tornado. You can also ask an adult to download the free Red Cross Tornado App at redcross.org/mobile-apps/tornado-app.

Tilly Spots a Tsunami

A tsunami (soo-nah-mee) is a series of waves that can cause dangerous surges of water along shorelines. These surges can last minutes, hours, or even days. Most tsunamis are caused by earthquakes under the ocean. The energy released from the earthquake pushes the entire column of ocean waters and sends waves rushing through the ocean until they run up on the shore. The word *tsunami* is Japanese for harbor (tsu) and wave (nami).

Tsunamis move fast when they are in the ocean, sometimes up to 450 miles per hour. That's almost as fast as a plane. They can be caused by earthquakes, volcanoes, or meteor impacts thousands of miles away. Sometimes, even landslides can cause tsunamis. 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 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, most people 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, 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 or on a beach, that could be the start of a tsunami, too. Drop, Cover, and Hold On to protect yourself from the earthquake. Then, once the shaking stops, move as quickly as possible from the coastline to higher ground. 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 www.noaawatch.gov/themes/tsunami.php, www.ready.gov/kids/know-the-facts/tsunamis, and redcross.org/prepare/disaster/tsunami. 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 slabs of rock that fit together like the pieces of a puzzle. Each of these slabs 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, in the Aleutian Islands, is so far out to sea that no one knew it had erupted in 2006 until astronauts spotted it from the International 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. Remind the grownups in your home to check the emergency supply kit, especially for clean drinking water. (Do you remember how much you need? Look at page 11 for the answer!)

To Learn More about volcanoes, visit volcanoes.usgs.gov/about/index.php, www.noaawatch.gov/themes/volcanoes.php, www.ready.gov/kids/know-the-facts/volcano, and redcross.org/prepare/disaster/volcano.

Wildfire Home Protection

Wildfires destroy millions of acres of forests and grasslands each year. They happen most often in the western states, but a wildfire can start almost anywhere. Some are caused by lightning, but nine out of ten wildfires are started by people who are careless with fire outdoors.

Each year, wildfires also damage or destroy hundreds of homes. To help protect homes from wildfire, experts recommend creating a wide space around the home where there are few trees and plants for the fire to burn. This open space helps keep a wildfire away from the home by reducing the fuel it needs to spread.

Here is a home at risk of being damaged or destroyed in a wildfire. Which **six tips** on the list below could help this family protect their home? All of the tips are good ways to keep wildfire away from a home, but this family doesn't need to do everything on the list. Look at the picture to decide which six tips are right for their home. Check off those tips so this family knows what chores they need to do to help keep their home safe from wildfire.



Tips for Protecting a Home from Wildfire

- 1. Keep the lawn mowed to a height of four inches or less, and water frequently to keep the grass green.
- 2. Keep all trees and shrubs at least five feet away from the home.
- 3. Trim low hanging tree branches and keep branches far away from the chimney.
- 4. Trim/remove trees and shrubs so that they are spaced far apart around the home.
- 5. Remove all dead leaves, pine needles, and branches from the lawn, decks and porches, the roof, and rain gutters.
- 6. Clear dead leaves, pine needles, and other debris out from under decks and porches, and remove anything stored underneath a deck or porch.
- 7. Keep firewood and propane tanks at least 30 feet away from the home.
- 8. Make the home address easy to see so firefighters can find it quickly in an emergency.

Answers on page 27

Now here's a bonus question: You can't see it in the picture, but this house has a pile of firewood and a deck in the back. Find two more tips on the list above that this family should know about to protect their home from wildfire. Write the tip numbers in the answer spaces below.

TIP ____ TIP ____

Be Prepared! Visit your neighborhood fire station and ask the firefighters if you live in an area with a wildfire risk. If you do, get together with the people in your home and make your own "to-do list" to help protect your home from wildfire. Make it a fun project with the grownups in your household – assign "chores," check them off the list when they are done, and afterwards, plan a "we did it" activity. If a wildfire happens in your area, make sure the grownups in your home listen to the news to find out if the authorities are saying you should evacuate from your neighborhood. If you do evacuate, be aware of where the wildfire's smoke is, and be prepared to move away from the fire if it suddenly changes directions.

To Learn More about preventing wildfires, visit www.smokeybear.com/kids. To learn how to protect your home from wildfire, visit www.firewise.org and www.readyforwildfire.org. To learn how to stay safe when a wildfire happens, visit www.ready.gov/kids/know-the-facts/wildfires and redcross.org/prepare/disaster/wildfire. You can also ask an adult to download the free Red Cross Wildfire App at redcross.org/mobile-apps/wildfire-app.

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 forecasters 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 is exposed to 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 okay 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 and others need to be on the road when the news is warning about winter storms, remind grownups to have an emergency kit in the car. If you get stuck on the road, remind grownups to stay in the car, and don't try to go outside to look for help. Make it a project to get your home and car ready for winter storms. Is your pillowcase ready?

To Learn More about winter storms, visit www.noaawatch.gov/themes/winter.php, www.ready.gov/kids/know-the-facts/winter-storms-extreme-cold, and 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 deal or cope with the thoughts and feelings that might come up during an emergency. One of the adults squawked, "Think about what 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. Everyone may have different feelings in an emergency situation, and things don't always go as planned. That's why it is important to be flexible, be prepared, and practice your 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

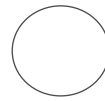
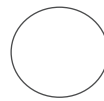
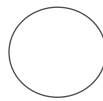
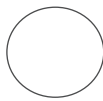
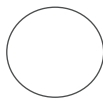
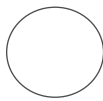
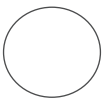
Tuesday

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!

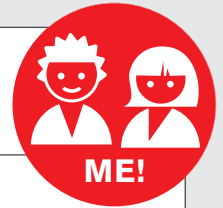
Think about how you coped with a tough situation in the past. Maybe you talked with a grownup or told yourself a good story. Write down what you did. Remember, if it helped once, it can help again!

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!

Visit our partners' websites, listed at the bottom of each activity page. 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; Uniformed: B, D, G.

Mapping Emergencies (page 14)

1-3: Depends on where you live; 4: Depends on where your relative or friend lives; 5: All states and territories; 6: Two of these states-Alabama, Florida, Georgia, Louisiana, Mississippi, and Texas; 7: Two of these states and territories-Alaska, California, Guam, Hawaii, Northern Mariana Islands, Oregon, and Washington; 8: 17 states and territories.

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

Track the Hurricane (page 17)

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

Thunderstorms 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-No, the wind can come from any direction when a real tornado forms; 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 Home Protection (page 22)

Check off 1, 2, 3, 4, 5, and 8; Bonus: 6 and 7

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 for 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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