



# The Pillowcase Project

*Learn. Practice. Share.*

Dear

THANK YOU FOR TAKING THE TIME TO LEARN ABOUT THE PILLOWCASE PROJECT, A FUN, INTERACTIVE, AND **FREE** RED CROSS PROGRAM THAT STRIVES TO BRING EMERGENCY PREPAREDNESS EDUCATION TO EVERY COMMUNITY IN THE UNITED STATES.

THE PILLOWCASE PROJECT WAS CREATED BY THE SOUTHEAST LOUISIANA CHAPTER OF THE AMERICAN RED CROSS AND IMPLEMENTED IN NEW ORLEANS SCHOOLS AFTER HURRICANE KATRINA IN 2005. IN 2013, THE WALT DISNEY COMPANY FUNDED THE DESIGN AND DEVELOPMENT OF THIS STANDARDIZED, STATE-OF-THE-ART PREPAREDNESS EDUCATION PROGRAM. AS A RESULT, THE PILLOWCASE PROJECT CAN BE USED BY RED CROSS CHAPTERS TO REACH CHILDREN ACROSS THE UNITED STATES.

THE AIM OF THIS PROGRAM IS TO CREATE A GENERATION OF CHILDREN WHO UNDERSTAND THE SCIENCE OF HAZARDS, ARE EMPOWERED TO TAKE ACTION BY PRACTICING HOW TO PREPARE FOR EMERGENCIES, AND UNDERSTAND THAT BY SHARING WHAT THEY HAVE LEARNED WITH FAMILY AND FRIENDS, THEY CAN HELP CREATE A PREPARED COMMUNITY.

WE HOPE THAT YOU WILL SHARE THE INFORMATION IN THIS KIT WITH YOUR COLLEAGUES AND HELP THE RED CROSS BRING EMERGENCY PREPAREDNESS EDUCATION TO YOUR CHILDREN.

SINCERELY,

**THE AMERICAN RED CROSS**

## TARGET AUDIENCE & VENUES

This program is designed to be delivered to youth ages 8-11 in 3<sup>rd</sup>-5<sup>th</sup> grade in schools, after-school programs, summer camps, and other youth programs and events.

## GOALS

The Pillowcase Project is a program that will:

- Increase youth awareness of hazards and the importance of personal preparedness
- Build skills in hazard-specific protective actions to reduce the impact of emergencies on youth and their families
- Increase coping skills to manage emergencies and build resilience in youth
- Increase household preparedness levels
- Incorporate preparedness education into the elementary school curriculum

## PROGRAM STRUCTURE

The Pillowcase Project is:

- Implemented by Red Cross chapter staff and volunteers
- **A program that meets many performance expectations for the Common Core Math and Language Arts Standards and Next Generation Science Standards for grades 3-5**

## LEARNING OBJECTIVES

Students who participate in The Pillowcase Project will be able to:

- Use their knowledge to act as advocates for emergency preparedness in their homes and communities
- Identify the best ways to stay safe during emergencies that occur in their region
- Use coping skills to help manage stress during emergencies and in every day situations
- Gain confidence in their abilities to be prepared for emergencies through hands-on activities
- Create an enhanced sense of community through collaborative preparedness activities
- Discuss the role science plays in emergency preparedness

## CURRICULUM COMPONENTS

The Pillowcase Project consists of:

- A Learn, Practice, Share framework to discuss preparedness concepts
- Emergency preparedness skills and information specific to locally prominent hazards
- Age-appropriate Coping Skills for emergency situations
- Home and personal preparedness skills and tools
- *A My Preparedness Workbook* and Disney Pillowcase for students to take home
- *Science of Safety Teaching Kit* for teachers and program staff to use after the presentation

## WHAT IS INCLUDED IN THIS PACKET?

This packet includes a sample of several materials used in The Pillowcase Project, including:

- Five pages from the My Preparedness Workbook that students will receive:
  - Dear Parent/Guardian letter
  - Our Home Fire Escape Plan
  - Our Emergency Supplies Kit
  - My Pillowcase Kit
  - Earthquake Ready
- Samples of the posters that are in the Science of Safety Teaching Kit that teachers and program staff will receive, including:
  - Be Prepared! Learn, Practice, Share
  - Hazards Map
  - Coping Skills
- Pillowcase Project completion certificate
- Testimonials & thank you letters from students, and photos of The Pillowcase Project in action



## HOW DO I GET THE RED CROSS TO BRING THE PILLOWCASE PROJECT TO MY STUDENTS?

If you want your students to learn more about emergency preparedness with The Pillowcase Project, contact:



**American  
Red Cross**

# The Pillowcase Project

**Learn. Practice. Share.**



**My Preparedness Workbook**

# 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.**







# 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:

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

Centered in the oval:


**The Pillowcase Project**  
**Learn. Practice. Share.**

Top right of the oval:



American Red Cross

Bottom right of the oval:

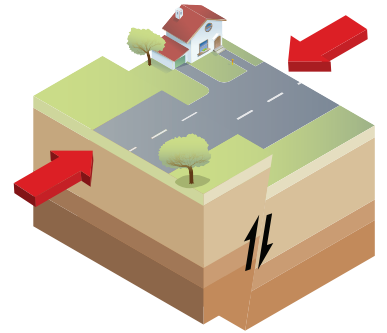


# Earthquake Ready

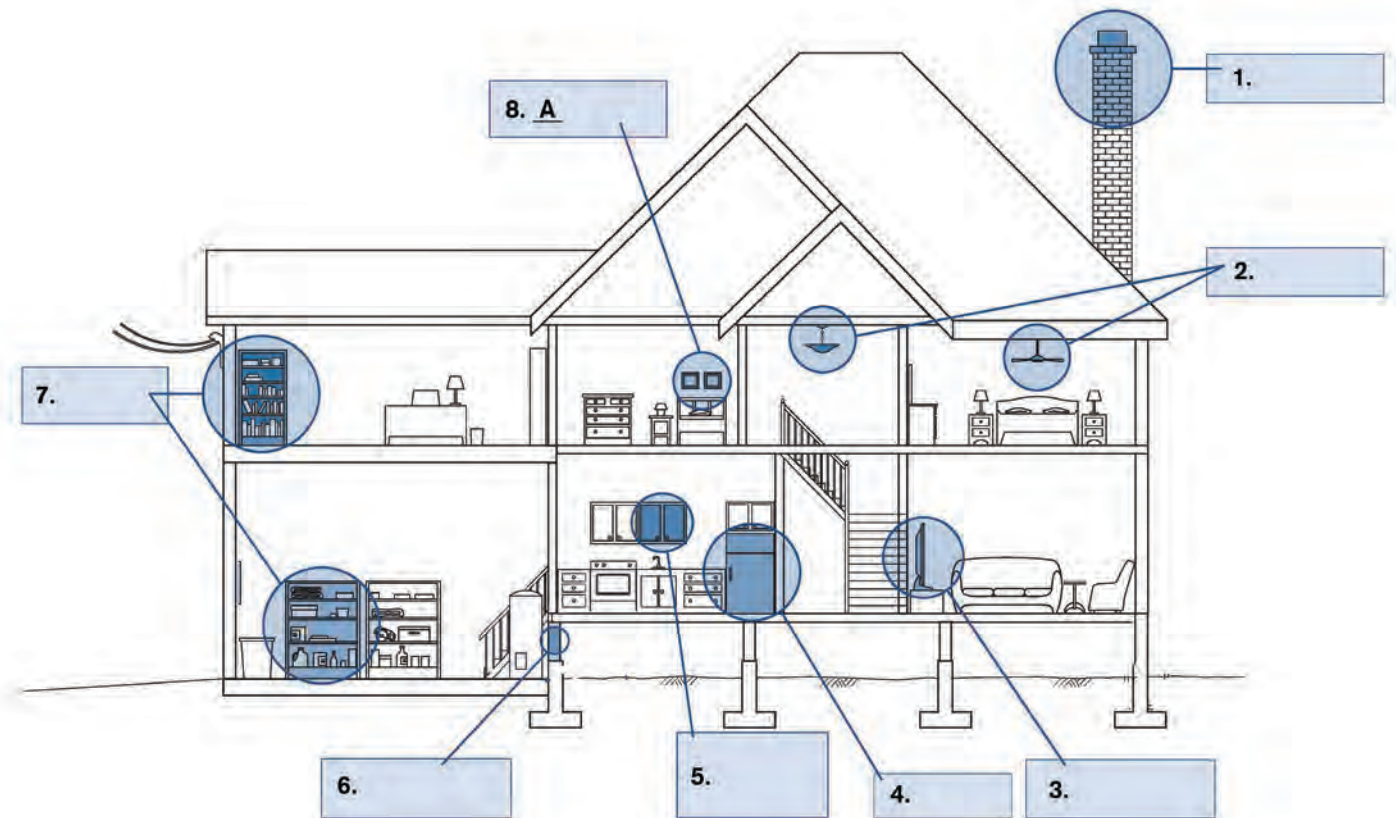
Earthquakes happen when gigantic pieces of the Earth, called *tectonic plates*, rub and push against each other. The pushing usually lasts only a minute, but it causes the ground to shake for miles around!

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](http://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](http://redcross.org/mobile-apps/earthquake-app).



# Science of Safety Teaching Kit Posters



## Coping Skills

Be prepared for the thoughts and feelings that come with emergencies.

**Understand What Feelings You May Have**

- Feeling scared
- Thinking you may do something wrong
- Feeling worried
- Thinking you may forget to do something
- Worried that people you know may get hurt





**Use Your Coping Skills to Stay Strong**

- Breathe with Color.
- Stick with a buddy when you get to a safe place.
- Sing a favorite song or tell a favorite story.
- Use your Symbol of Strength—it's always there.
- Listen to grownups who care for you.
- Remember family and friends can help when you work together.
- Think of a small way to help someone. It will make you feel better and can make a big difference for someone else.

**Remember, coping skills work any time you need them!**  
**Don't wait for an emergency. Your coping skills can help you through any situation.**

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www.redcross.org/prepared



## 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.

### We're part of The Pillowcase Project

We've learned, practiced, and shared – so we're prepared!


# Hazards Map

Natural hazards happen all over the United States. Use this map to find out which kinds of hazards to prepare for where you and your relatives live.



- Earthquakes & Wildfires
- Wildfires
- Hurricanes & Earthquakes
- Tornadoes
- Volcanoes



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



**Flooding**  
The much rain or melted snow can create big surges or streams of water. Raising roads and levees help 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 cause roads and blocks not present in the south, melt a little snow and ice can do the same.



**Power Outages**  
Hundreds of power lines happen every day. Be prepared with working smoke alarms and a home escape plan.

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**American  
Red Cross**

# The Pillowcase Project

**Learn. Practice. Share.**

I pledge to be prepared for emergencies by  
Learning how emergencies happen,  
Practicing how to stay safe, and  
Sharing what I've learned at home  
and with my friends.

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(Student Signature)

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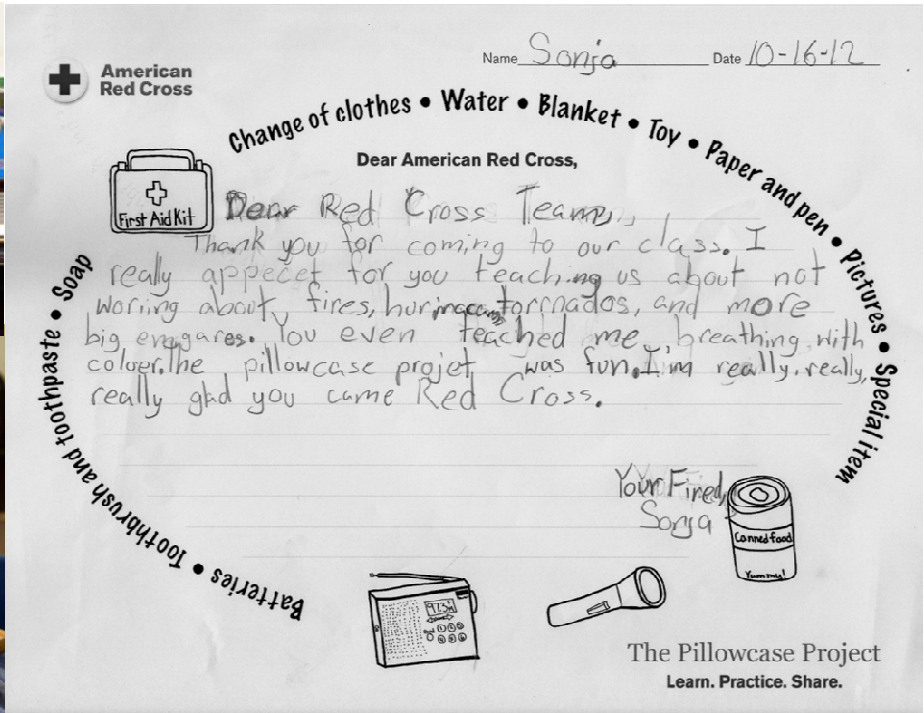
(American Red Cross Signature)

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(Date)

**Congratulations from your friends at the American Red Cross!**





"I love my pillowcase! When I went to extended daycare, everyone wanted to make one."

**"Thank you for helping us for emergencies."**

"You really impressed me!"  
"Thank you for the pillow cases and teaching us to be prepared for a fire, and to stay calm."  
"I'm really really glad you came."

**"The lesson helped me a lot. I told my family all about it. Now my parents really care about fire safety!"**

"I loved I mean LOVED your coming into our classroom. I hope you can come another time. I could not stop telling my parents about your visit."

**"This was great!"**

**"I LOVE the Red Cross"**

