



Prepare with Pedro!

FLOODS

Dear Educator:

Thank you again for inviting us to share our *Prepare with Pedro* emergency preparedness program with your students. To help build on our presentation, we have developed these K–2 lesson plans with separate activity sheets for two age levels.

Pedro will guide you, your students and their households through engaging, standards-based activities that teach science and health concepts while building language arts and critical-thinking skills. The lessons follow a Before–During–After approach to navigating floods that will empower students to be preparedness advocates at home.

We hope that you will use these resources to further enrich your students' learning experience and help them prepare for emergencies.

Sincerely,

Your Friends at the
American Red Cross

Activity 1

Prepare and Pack!

Objectives

- Create awareness among students and households about floods, focusing on how to prepare for them
- Involve students in reading and writing activities to foster language and literacy skills
- Engage students in a graphic recognition exercise to build visual discrimination skills
- Promote parent/caregiver involvement through at-home activities

Introduction: Begin by asking students what they remember about floods based on what they learned with Pedro.

Say: A flood happens when a lot of water flows onto land that is normally dry. This can happen when there's a heavy rainstorm or a hurricane, or a creek or river overflows. Think about what might happen if the water in your bathtub overflowed and started filling up the bathroom floor!

Floods can be dangerous because the water can move very fast, sweeping people off their feet and even washing away cars or buildings. Flood water also has dirt and germs in it, so it can make people sick if they touch it or play in it. Luckily, there are lots of ways to prepare for a flood so we can stay healthy, safe and dry!

Say: You can find out if there is a flood near you from an alert on TV, the radio or a cell phone, or from a grown-up.

A *flood watch* means a flood might be coming to your area, so you need to **be prepared**. A *flood warning* means there is already flooding in your area, so it's time to **take action**. Taking action might mean leaving your home to go somewhere safe, so one of the best things you can do is to pack an *emergency kit* ahead of time so you'll be ready in case a flood happens.

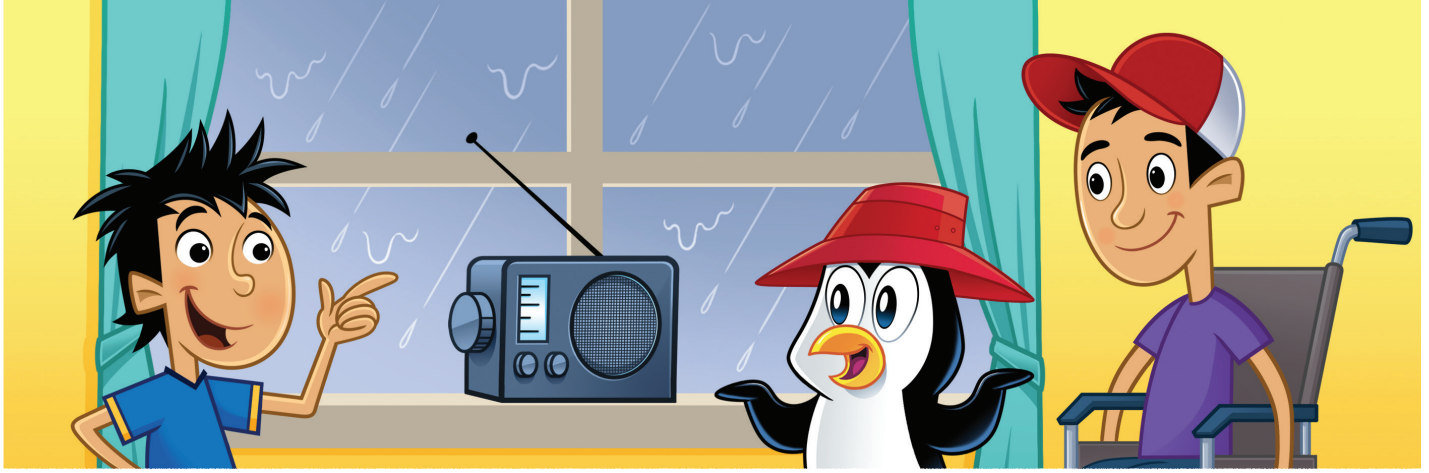
Ask: Does anyone know what an emergency kit is? Why do you think it's important to have one ready in case there's a flood?

Distribute the activity sheets.

Say: Pedro is at his friends Matthew and Martin's home. He wants to help them pack their emergency kit so they're prepared for a flood, but the supplies got jumbled up around the room!

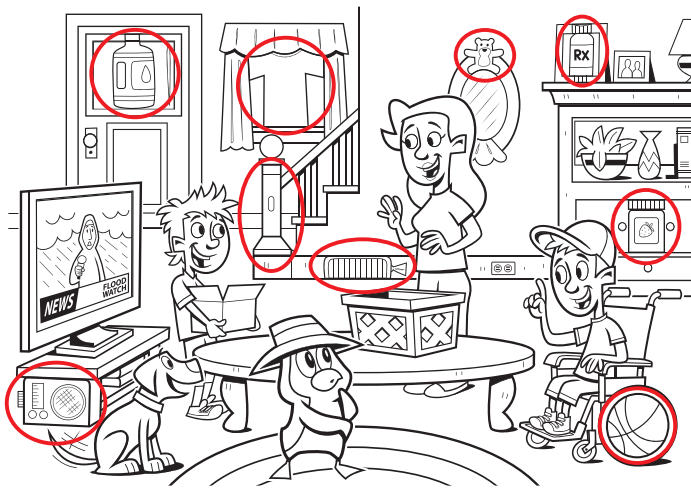
Part 1: Read the directions and the words in the key. Then, on their own or in pairs, have students find and circle the items from the key.

Afterwards, have a class discussion about why each item is important to have in an emergency kit. Suggested responses: **water and snacks** – to have something to eat and drink; **flashlight** – in case the power goes out; **dry clothes** – in case you get wet or need to leave home for a few days;



toys – to stay busy while you wait for the flood to pass;
radio – to hear updates about when it is safe to go outside;
medication – to have your medicines with you so you can stay healthy.

Answers:



Part 2: Read the directions and invite students to draw two favorite items that they would want in their own emergency kit on the back of the activity sheet. Emphasize that the items should be small and light, and not require electricity in case the power goes out.

To conclude, read the message at the bottom of the activity sheet, which encourages households to prepare their own emergency kit. Emphasize to children that they should not do these emergency preparedness actions on their own.

Say: You should share this information with the grown-ups in your home and help them prepare. Your grown-ups will be in charge of making the plan. You're the helper. Do not do this on your own.

Grades 1-2

For **Part 1**, complete the same exercise as in the Grades K-1 activity.

For **Part 2**, have students brainstorm and then list five items they would put in their family's emergency kit. On the back of the sheet, students should draw a picture of themselves with their emergency kit. Ask students to draw what they would use to pack up their kit (a backpack, suitcase, storage tub, etc.).

Have students share their lists and review how many items their lists had in common and items that differed.

To conclude, read the message at the bottom of the activity sheet, which encourages households to prepare their own emergency kit. Emphasize to children that they should not do these emergency preparedness actions on their own. **Say:** You should share this information with the grown-ups in your home and help them prepare. Your grown-ups will be in charge of making the plan. You're the helper. Do not do this on your own.

Activity 2
A-Maze-ing Actions!

Objectives

- Create awareness among students and households about floods, focusing on how to take action during and after them
- Involve students in reading, writing and decoding activities to foster language and literacy skills
- Engage students in a mapping exercise to build spatial relation and symbolic representation skills
- Promote parent/caregiver involvement through at-home activities

Grades K-1

Begin by reminding students that a *flood warning* means there is a flood in the area and it's time to take action!

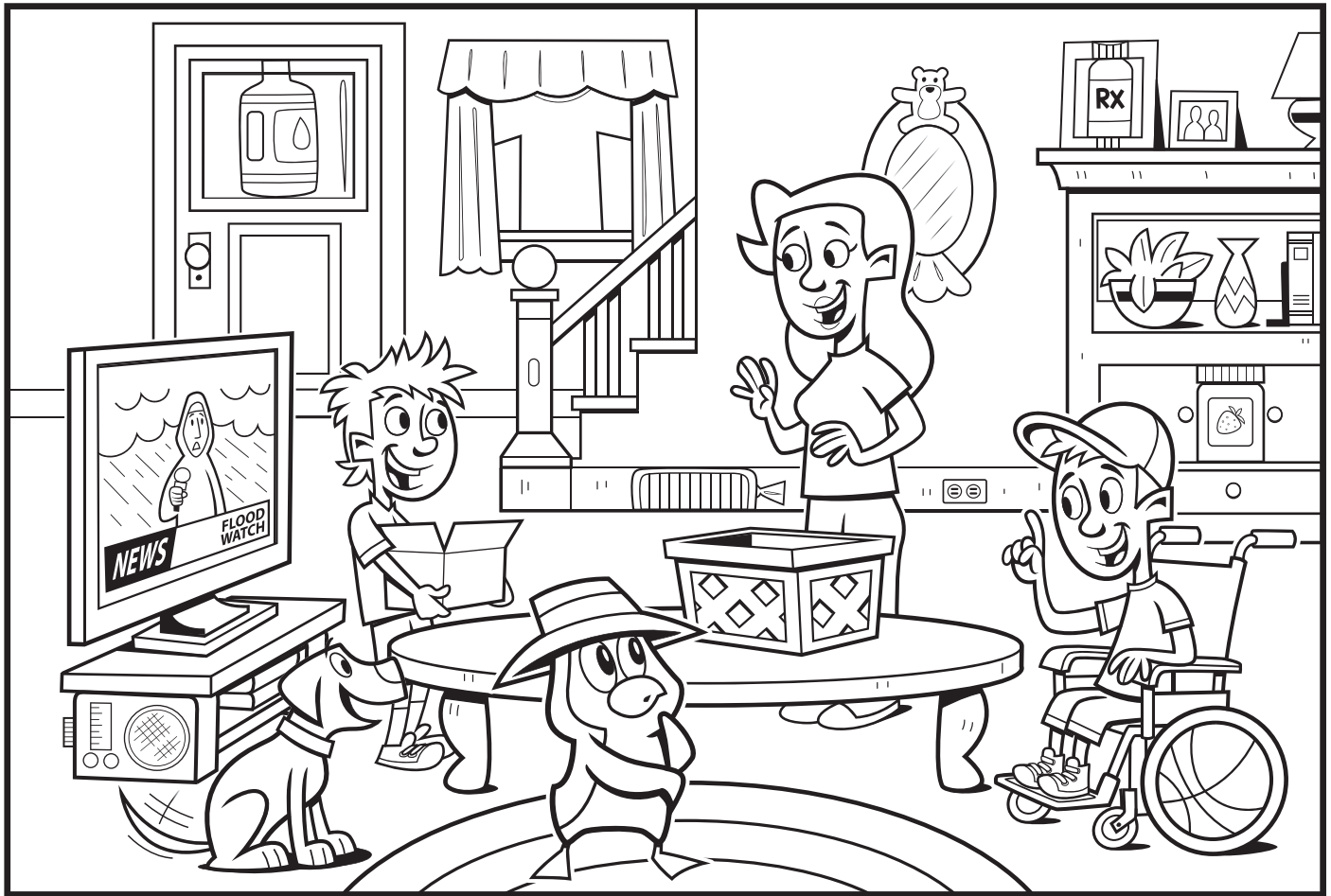
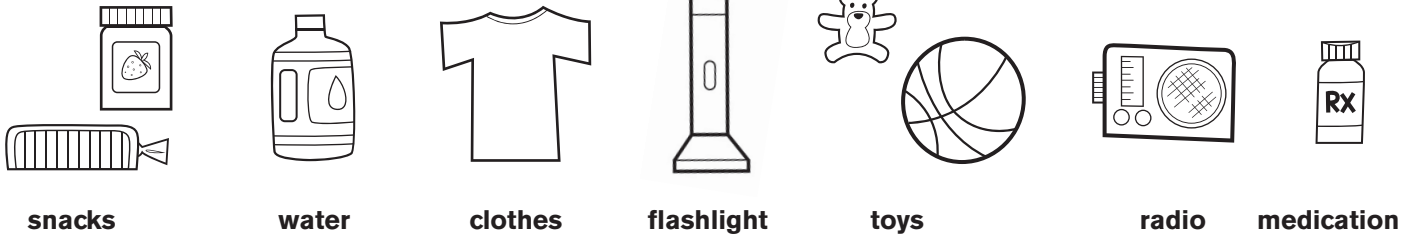
Ask: Does anyone remember what the word *evacuate* means? Remind students it means to leave where you are and go somewhere safer.

Say: There are a lot of dangerous things to stay away from when there is a flood. For example, the water can be deeper than it looks and you could fall in or your car could get stuck; flood water can move quickly and even just a few inches could knock someone over; trees or electrical wires could have fallen down into flood water during the storm; or the flood water could be *contaminated*, which means it can make you sick if you touch it or play in it. There is also something called a *flash flood*, which can happen very quickly and without warning.

Prepare with Pedro! Floods

Prepare and Pack!

Part 1: Help Pedro and his friends prepare for a flood! Can you find pictures of items that they should have in their emergency kit hidden in the room? Circle the supplies. Use the key to help you.



Part 2: On the back of this sheet, draw two special things to put in your own emergency kit!

A MESSAGE TO GROWN-UPS: Floods are the most frequent and costly natural disasters, so it's important to be prepared. As a household, create an emergency kit to take with you if you need to evacuate. Be sure to include water, snacks, a change of clothes, medications, a radio to listen for alerts, and books or non-electronic toys to keep household members occupied until it is safe to go home. Visit the Red Cross website at redcross.org/kit for a complete list.



Prepare with Pedro! Floods

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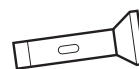
FIND



water



snacks



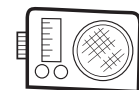
flashlight



clothes



toys



radio



medicine



Part 2: List five things to put in your household's emergency kit. On the back of this sheet, draw a picture of yourself with your emergency kit. It might be a bag, box, backpack, or something else you can carry.

1. _____
2. _____
3. _____
4. _____
5. _____

A MESSAGE TO GROWN-UPS: Floods are the most frequent and costly natural disasters, so it's important to be prepared. As a household, create an emergency kit to take with you if you need to evacuate. Be sure to include water, snacks, a change of clothes, medications, a radio to listen for alerts, and books or non-electronic toys to keep household members occupied until it is safe to go home. Visit the Red Cross website at redcross.org/kit for a complete list.



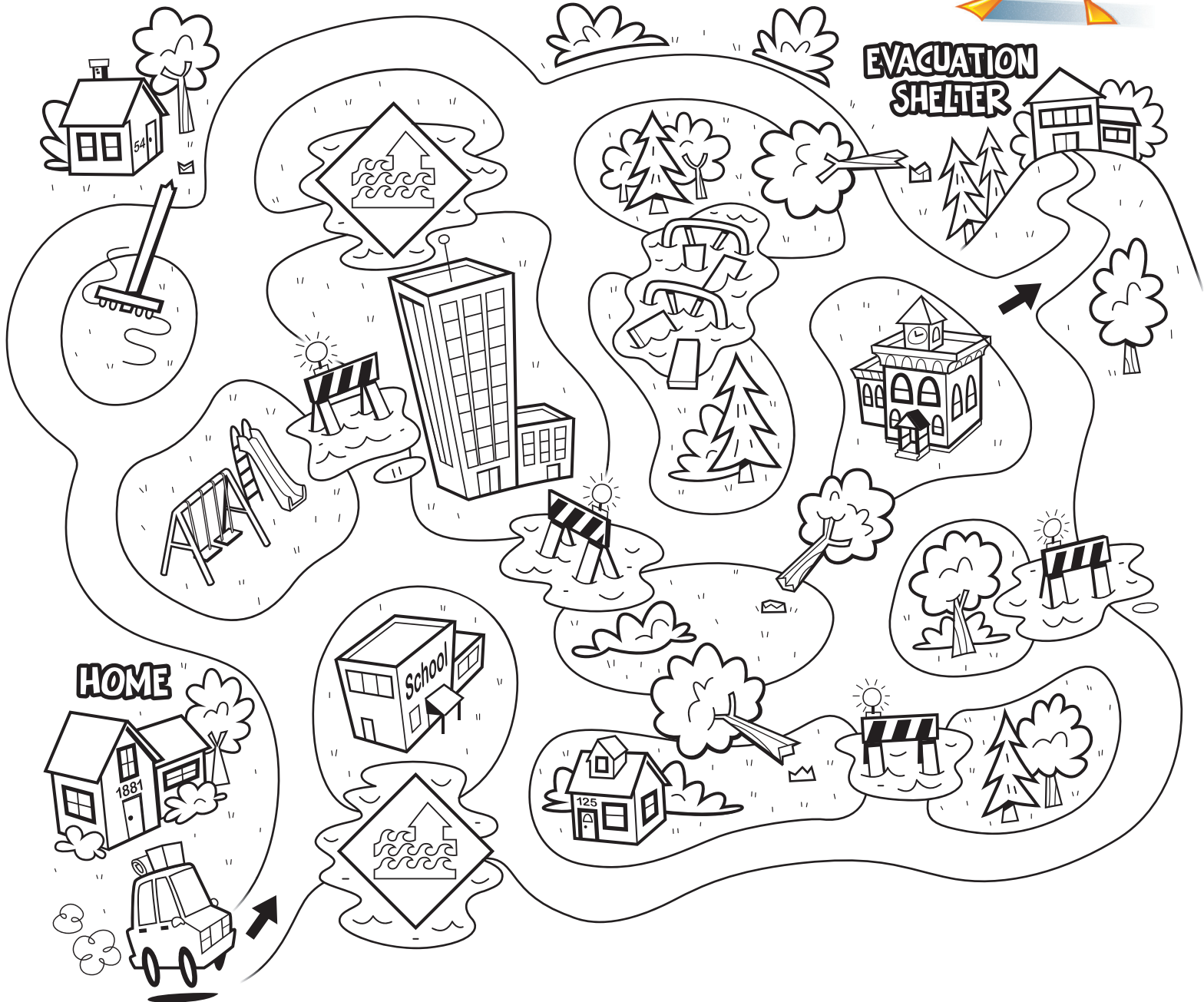
Prepare with Pedro!

Floods

A-Maze-ing Actions!



Help Pedro get to the shelter safely. Show two ways. Be careful of the flood dangers! Circle places where it is not safe to go if there is a flood.



A MESSAGE TO GROWN-UPS: It's important to know two ways to evacuate from your home if there is a flood, since your regular route may not be safe. Together, research two possible evacuation routes to a safe place, such as a building on higher ground or a local shelter. To learn more, visit redcross.org/flood.

Prepare with Pedro! Floods

A Message to Grown-ups



Your child has been learning about floods, including how to prepare for them and how to stay safe and healthy during and after a flood. Ask your child to share what they've learned by asking the following questions:

1. Why can floods be dangerous? (Answer: People can get knocked down and things like cars can get stuck or wash away. Flood water can be contaminated, meaning it is not healthy or safe to touch or play in. Fallen trees and power lines can hurt you.)
2. What are some important things we should have in an emergency kit? (Answer: water, snacks, toys, medications, a radio, a flashlight, dry clothes.)
3. What do we need to remember if we have to walk or drive outside during a flood? (Answer: "Turn around, don't drown!")
4. Why should we avoid touching or playing in water during or after a flood? (Answer: Flood water has dirt and germs in it, even if it looks clean. If toys or clothes have been in flood water, an adult should clean them before children touch them.)

Talk through the steps you would take as a household if there was a flood watch or warning in your area, to ensure that your child feels prepared and safe. For example, review these steps:

- Have your emergency supplies ready.
- Check for updates from the authorities.
- Be ready to evacuate if you need to.
- Designate one or two evacuation locations your household could get to quickly during a flood warning. Identify locations your community may have designated as evacuation go-to locations. The American Red Cross recommends going to the highest part of a building that you can, to stay safe from flood waters and debris.

- Draw a map of your area with your child. Include your home, your evacuation destinations and key roads and landmarks in between. Invite children to label each of these points on the map (or you can do so). Then have children draw arrows pointing from your home to the evacuation sites and trace lines showing how your household would evacuate to those spots.
- Practice your evacuation plan together and set calendar reminders to continue practicing twice a year so you are prepared!

A lot of feelings can emerge when discussing potential stressful events. To learn more about different coping skills to support your child's resilience, go to [redcross.org/youthresilience](https://www.redcross.org/youthresilience).

Learn More!

For more information, check out these resources:

- American Red Cross: [redcross.org/flood](https://www.redcross.org/flood)
- Ready.gov: [ready.gov/floods](https://www.ready.gov/floods)
- Centers for Disease Control and Prevention: [cdc.gov/disasters/floods/index.html](https://www.cdc.gov/disasters/floods/index.html)

