

Turbine & Friends

LET'S GET PREPARED!



DISASTER PREPAREDNESS ACTIVITY BOOK



Whitsunday
Regional Council
Disaster Management

DISASTER PREPAREDNESS ACTIVITY BOOK

Hey, kids! Guess what? My name is Turbine and I'm here to help you learn about disasters.



A disaster is something that can happen anywhere, at any time and is most often caused by matters outside of our control such as a flood or a cyclone. That can be a scary thought.

But here's another fact: the better prepared you are, the safer you will be! Being prepared means being ready!

Each game in this book is designed to help you learn about disasters and teach you the best ways to get ready.

Talk with your parents about which disasters could happen near you and what your plan should be. Then make an Emergency Kit and an Evacuation Kit so you and your family will be prepared.

After you finish the games in this book, share what you learn with your family and friends.

Have fun problem solving and remember when you are prepared you can face anything!

Let's get started!

Disasters are bad things that can happen to many people at once. Sometimes they are caused by nature, but other times that are caused by people. When you know what to expect and take action in advance to get ready, you can get through difficult times more easily.

WHAT ARE SOME OF THE HAZARDS IN THE WHITSUNDAYS?



Match the name of the disaster to its definition to learn more!

FLOOD	BUSH FIRE	CYCLONE	HEATWAVE	TSUNAMI
EARTHQUAKE	LANDSLIDE	PANDEMIC	THUNDERSTORM	

I happen when a large amount of water is in an area

I happen when rocks and dirt move down a steep slope

I am created when the hot air meets the cool

I happen and I create loud bangs and clashes of lightning

I burn out of control

I come without warning and shake the ground

I happen when a lot of people get sick very quickly from a disease

I am a long period of extremely hot weather

I am caused by an underwater earthquake

Note to Parents: Help your children identify which disasters can happen where you live. Talk with your family about what your emergency plan is for those disasters. Explain that there will be people in charge in your community who will tell your family if it is okay to stay where you are or if your family should evacuate to a safer place.

Know your Emergency Workers

People whose job it is to help other people in emergencies are known as Emergency Workers. There are many different types of emergency workers, all with the very important job of keeping you and your family safe. Emergency Workers wear uniforms so it's easy for you to know who they are, and what they do. Below are some of the emergency workers that you might need to call for help one day.



POLICE OFFICER

Police protect people in the community, and they make sure that everyone follows the rules and make sure they don't do bad things.



AMBULANCE OFFICER

Ambulance Officers are trained to help you quickly when you are hurt or sick. They can take you to hospital quickly if you need to see a doctor.



FIRE FIGHTER

Fire Fighters are trained to put out fires and to stop them fires from spreading. They sometimes help people who are in road accidents and other emergencies.



SES VOLUNTEER

SES volunteers help rescue people who are stuck in a dangerous storm or a flood. They also remove fallen trees and put covers on damaged houses until they can be fixed properly.



RED CROSS VOLUNTEER

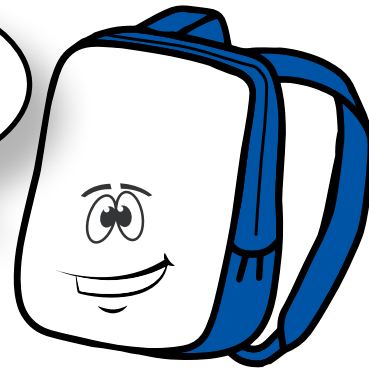
Red Cross groups help people in disasters that need food, water, shelter or medical help.

Match the emergency with the worker who can help.



One of the most important parts of being prepared is to have an Emergency Kit.

MAKE A KIT!



Sometimes in a disaster, the power goes out. You may not have lights to help you see, or heat to cook your food and keep you warm.

When this happens, your Emergency Kit will help you to live without some of the things you normally have in your home.

In some disasters you might hear your parents talk about needing to 'evacuate'. That means you must quickly go to a safer place. Talk to your parents about making yourself an Evacuation Kit in a backpack or pillowcase. Go on a scavenger hunt through your home, most of the things you need are probably in your house already such as a toothbrush, pillows and blankets and don't forget your favourite toy!

If there are things missing, ask your parents to buy them when they can.

Remember; ask your parents before you take anything for your kit.

YOUR KIT

- Soap
- Toothpaste and toothbrush
- Flashlight and batteries
- Paper and pencil
- Blanket
- Change of clothes
- Your family communications plan
- Some of your favourite snacks
- A favourite toy or stuffed animal

YOUR FAMILY KIT

- First aid kit
- Portable radio and batteries
- Whistle
- Any medicines that you take
- A map of your area
- Pet food for your pet
- Canned and dried foods
- Can opener
- 5 litres of water per person per day
- Cash
- Copies of your parents IDs
- Copies of your parents credit cards
- Baby food, bottles and nappies if needed

Find the emergency items hidden in this picture... then colour in!



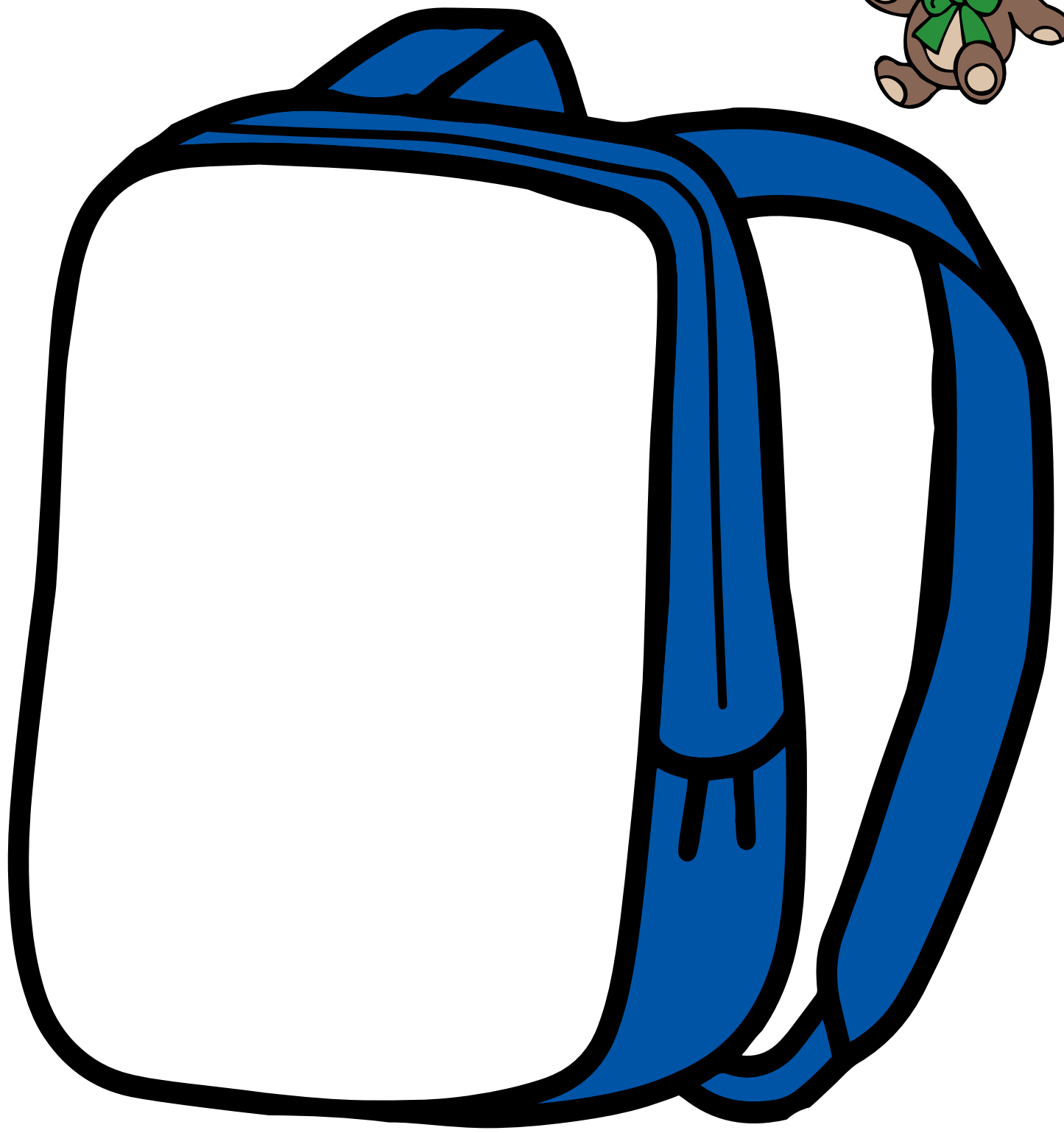
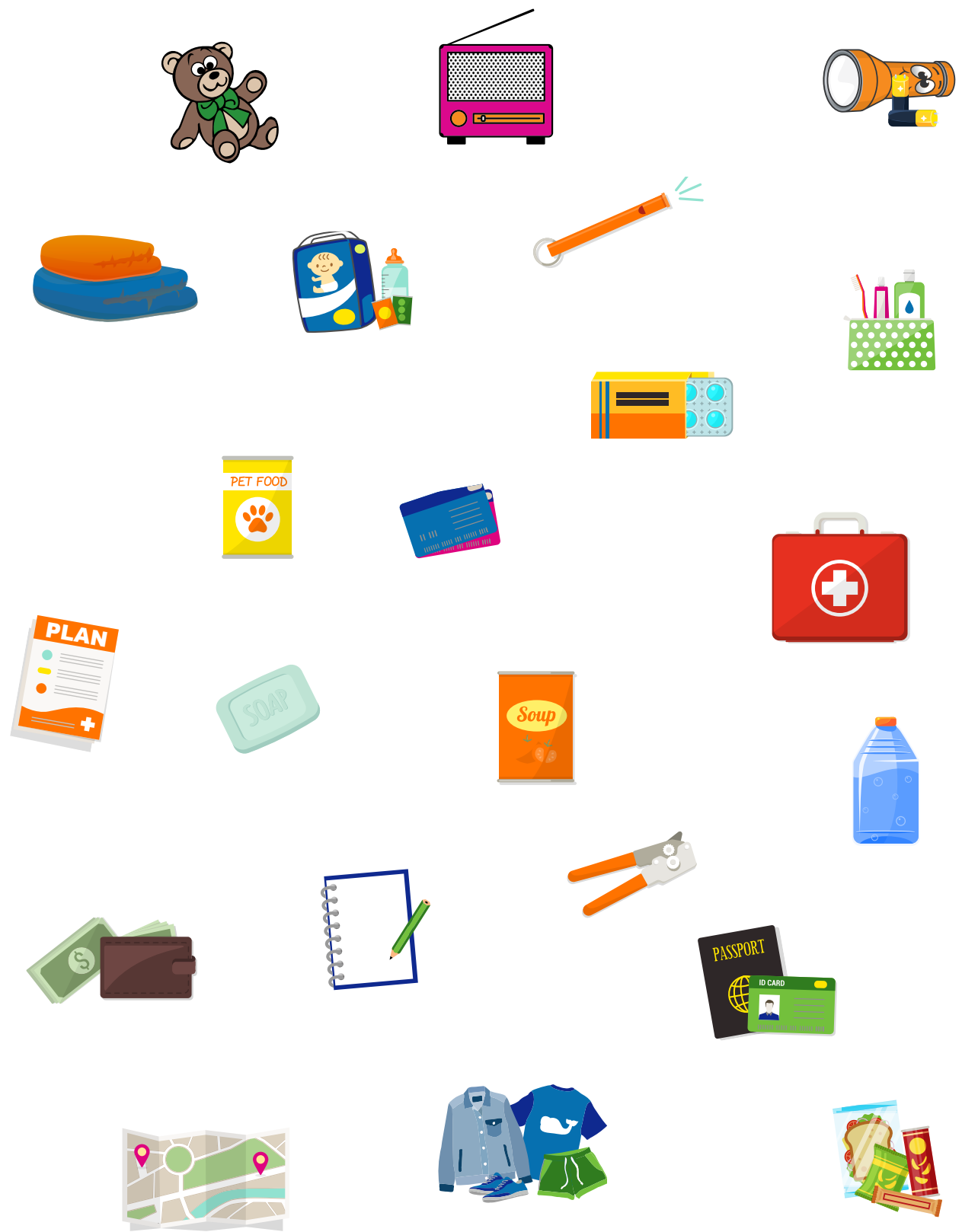
Items to find:



What items below would you put in *your* backpack in an emergency?

Draw the items you would put in *your* backpack...

REMEMBER FROM WHAT YOU HAVE ALREADY LEARNT



Make a cyclone in a bottle.

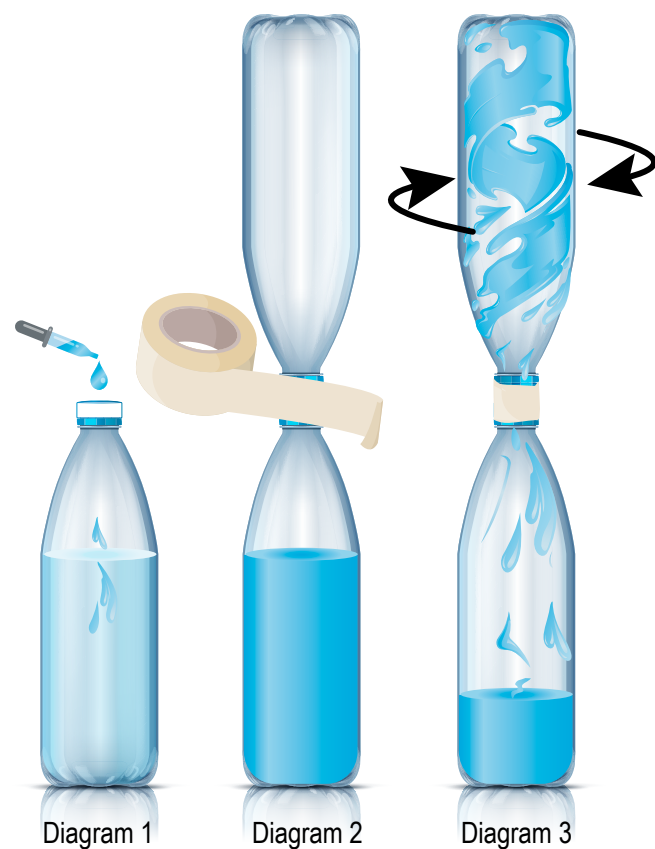
Work with a partner to create a cool cyclone in a bottle.

WHAT YOU WILL NEED:

- Two x 2 litre plastic bottles (clean and empty), the experiment works better if the bottles are the same size
- Roll of masking tape
- A few drops of food colouring (colour of your choice)
- 1.5 litres of water
- Clock or stopwatch to time your cyclone

INSTRUCTIONS:

1. Pour the water into one of the bottles and add a few drops of food colouring (Diagram 1).
2. Stand the water-filled bottle up and place the empty bottle on top of it.
3. Tape the two bottles together by wrapping masking tape around the necks of the bottles. You will need someone to hold the bottles in place while you do this (Diagram2).
4. Flip the bottle over (so the water filled bottle is on top) and swirl them in a circle (Diagram 3).
5. Use the clock or stopwatch to time your cyclone.



As the water from the top bottle flows into the bottom bottle it will create a liquid cyclone. Watch the water fall to the bottom bottle, creating a liquid cyclone.

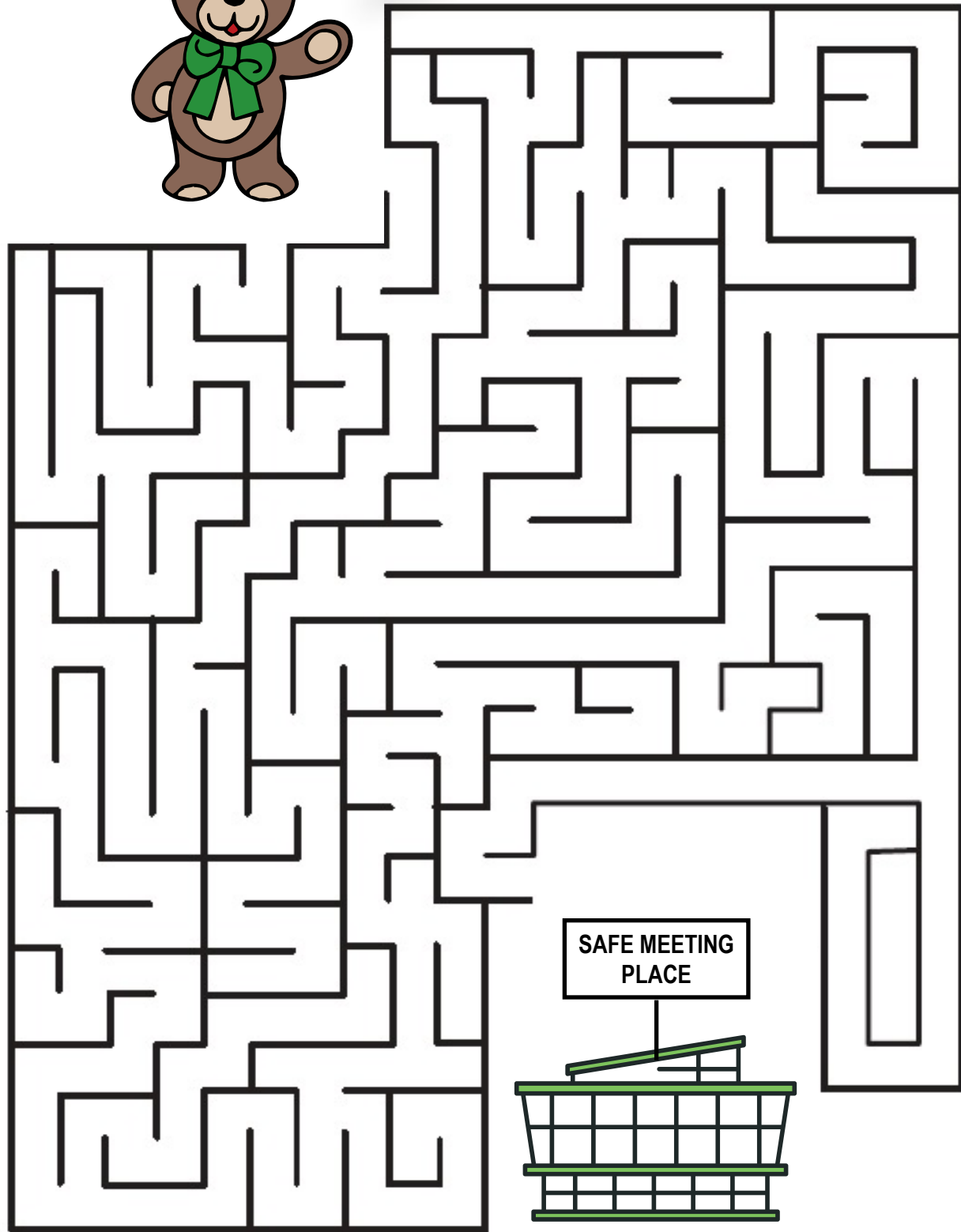
Colour in the different disasters.



Safe Place Maze

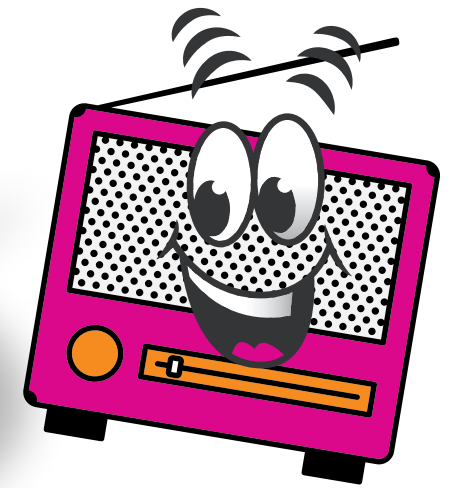


HELP ME FIND THE
SAFE MEETING PLACE



Emergency Word Search

CAN YOU FIND ALL
THE EMERGENCY
WORDS?



R	Y	I	O	S	D	S	A	F	E	T	Y
W	F	L	A	S	H	L	I	G	H	T	M
S	D	W	D	T	H	J	W	S	C	G	A
A	G	A	U	F	I	R	S	T	A	I	D
N	Q	D	B	L	P	E	O	Y	N	E	N
I	N	N	L	W	A	T	E	R	N	F	A
T	F	B	A	T	T	E	R	I	E	S	I
I	Z	G	N	C	M	R	S	T	D	T	J
S	A	O	K	B	S	A	D	L	F	K	R
E	T	L	E	O	X	D	C	P	O	R	C
R	O	O	T	A	Y	I	Q	L	O	W	N
T	E	L	E	P	H	O	N	E	D	H	G

Words to find:

BATTERIES BLANKET CANNED FOOD FIRST AID RADIO
SAFETY SANITISER TELEPHONE WATER FLASHLIGHT

Staying Calm

Disasters can be scary but preparing your mind can help you to stay calm. This is important before, during and after a disaster.

One good way to feel calm and relax is to do 'Octopus Breathing'.

Have a go! Using Turbine's tentacles below, follow the instructions below to breathe in, hold, and breathe out.



- Start at the top left tentacle.
- **BREATHE IN** while you trace your finger down the length of the tentacle.
- **HOLD** your breath when your finger gets to the tip of the tentacle.
- **BREATHE OUT** as you trace your finger back up the other side of the tentacle.
- Keep going until you do all 8 tentacles!
- When you trace all the Octopus tentacles, you will have completed 8 deep breaths.

Thanks for coming along as we learned about getting prepared for an emergency.



REMEMBER:

- **MAKE A PLAN AND PRACTICE WITH YOUR FAMILY**
- **BUILD AN EMERGENCY SUPPLY KIT**
- **FIND A SAFE PLACE TO SHELTER**

Thank you for your participation from the
Whitsunday Regional Council Disaster Management Team



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Regional Council
Disaster Management

Important Information for Parents:

To find out more about preparing for disasters or read the latest news,
visit the Whitsunday Regional Council Disaster Dashboard

disaster.whitsundayrc.qld.gov.au

and

Follow Whitsunday Disaster & Emergency Information on Facebook

