



## EMERGENCY PREPAREDNESS ACTIVITY PACKET

National Preparedness Month 2026

**Learn it. Practice it. Be ready together.**

### WHAT IS INSIDE?

Emergency contacts • “What would you do?” scenarios • preparedness scavenger hunts • family meeting-place mission • communication practice • family drill • completion certificate

|              |       |
|--------------|-------|
| Name         | <hr/> |
| Family       | <hr/> |
| Date Started | <hr/> |

### GROWN-UPS + KIDS = A STRONGER PLAN

Complete these activities together. Follow local emergency instructions and call 911 for life-threatening emergencies.

Write down the people your family can contact during an emergency. Ask a grown-up to help.

## READY RULE

For a life-threatening emergency, call 911. For family check-ins, use the contacts your family chooses below.

## 1. MY IMPORTANT CONTACTS

| Person / Role               | Phone Number | When I Would Contact Them |
|-----------------------------|--------------|---------------------------|
| Parent / Guardian           | _____        | _____                     |
| Parent / Guardian           | _____        | _____                     |
| Out-of-Area Contact         | _____        | _____                     |
| Trusted Neighbor / Relative | _____        | _____                     |
| School / Activity Contact   | _____        | _____                     |

## 2. WHAT INFORMATION SHOULD I KNOW?

☐

My home address

☐

At least one parent/guardian phone number

☐

My out-of-area contact

☐

My family meeting place

☐

How to call 911 and explain where I am

## 3. PRACTICE SAYING IT

### SAY IT OUT LOUD

"My name is \_\_\_\_\_. I am at \_\_\_\_\_. I am safe / I need help. My parent or guardian is \_\_\_\_\_. Their phone number is \_\_\_\_\_."

Practice simple, clear messages before an emergency happens.

## A. MATCH THE SITUATION TO THE BEST ACTION

1. You are safe, but separated from your family.

**Best action:** Use your family plan and contact a parent/guardian or trusted contact.

2. Someone is badly hurt or there is immediate danger.

**Best action:** Call 911 or get a trusted adult to call 911.

3. Cell service is busy.

**Best action:** Try a short text message and follow your family's check-in plan.

4. You cannot reach your parents.

**Best action:** Contact the out-of-area or backup contact your family selected.

## B. WRITE A SHORT CHECK-IN MESSAGE

### KEEP IT SHORT

A useful check-in says who you are, whether you are safe, where you are, and what you are doing next.

I am: \_\_\_\_\_

I am safe / I need help because: \_\_\_\_\_

I am at: \_\_\_\_\_

Next I will: \_\_\_\_\_

## C. CUT-OUT EMERGENCY CONTACT CARD

### READYKIDS CONTACT CARD

My name: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Backup Contact: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Meeting Place: \_\_\_\_\_

### READYKIDS CONTACT CARD

My name: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Backup Contact: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Meeting Place: \_\_\_\_\_

Circle the answer you think is best. Then talk about it with your family.

## 1. The smoke alarm sounds.

You smell smoke and hear the alarm. What should you do first?

- A. Hide in your room.
- B. Leave using your family's safe exit plan and go to the meeting place.
- C. Stop to collect your favorite things.

My answer: A B C Why? \_\_\_\_\_

## 2. The power goes out at night.

The house suddenly becomes dark. What is the safest first step?

- A. Stay calm, get a flashlight, and find a parent/guardian.
- B. Light candles by yourself.
- C. Go outside alone to see what happened.

My answer: A B C Why? \_\_\_\_\_

## 3. A severe-weather alert appears.

Your family receives an official warning. What should you do?

- A. Ignore it unless you can see bad weather.
- B. Follow your family plan and the instructions from trusted officials.
- C. Go outside to watch.

My answer: A B C Why? \_\_\_\_\_

## 4. You cannot find a parent.

You are home and cannot reach the adult who was supposed to be there. What should you do?

- A. Use the family backup plan and contact a trusted adult.
- B. Leave and wander around looking for them.
- C. Post your location publicly online.

My answer: A B C Why? \_\_\_\_\_

## FAMILY TALK

Ask: Where are our exits? Where do we meet outside? Where are flashlights kept? Who is our backup adult?

Use your family plan, trusted adults, and official instructions.

## 1. Separated in a store.

You look up and cannot see your parent or guardian. What should you do?

- A. Stay in a safe public area and ask a uniformed employee or cashier for help.
- B. Go outside to the parking lot alone.
- C. Accept a ride from someone you do not know.

My answer: A B C Why? \_\_\_\_\_

## 2. School emergency.

Your school begins an emergency procedure. What should you do?

- A. Follow teacher/staff instructions and wait for the family reunification process.
- B. Leave campus without permission.
- C. Call everyone you know and ignore instructions.

My answer: A B C Why? \_\_\_\_\_

## 3. Lost at a large event.

You are separated from your family in a crowded place. What is the best move?

- A. Go to the pre-planned meeting point or a designated staff/security area.
- B. Keep walking farther away looking for them.
- C. Leave with another family.

My answer: A B C Why? \_\_\_\_\_

## 4. Evacuation notice.

Your family is told to evacuate because of a nearby hazard. What should you do?

- A. Help follow the family plan, bring only your assigned items, and leave when the adults say.
- B. Delay leaving to pack extra toys.
- C. Go to the hazard to see what is happening.

My answer: A B C Why? \_\_\_\_\_

## REMEMBER

Safe place + trusted adult + family plan. If you are in immediate danger, call 911 or get a trusted adult to help.

With a grown-up, find each item or location. Check it off when you can point to it.

| DONE | FIND THIS                              | MISSION                                                      |
|------|----------------------------------------|--------------------------------------------------------------|
|      | <b>Smoke alarm</b>                     | Find one. Ask when it was last tested.                       |
|      | <b>Two ways out</b>                    | Show two ways to leave your main living area.                |
|      | <b>Family meeting place</b>            | Point to the place you meet outside.                         |
|      | <b>Flashlight</b>                      | Find a working flashlight.                                   |
|      | <b>First aid kit</b>                   | Know where it is stored.                                     |
|      | <b>Fire extinguisher</b>               | Look only. Ask an adult how it works.                        |
|      | <b>Emergency water</b>                 | Find where your family keeps backup water.                   |
|      | <b>Emergency food</b>                  | Find shelf-stable food set aside for emergencies.            |
|      | <b>Battery / power bank</b>            | Find a safe way your family charges phones during outages.   |
|      | <b>Weather / emergency information</b> | Show how your family receives alerts.                        |
|      | <b>Pet supplies</b>                    | Find food, leash/carrier, and other pet needs if applicable. |
|      | <b>Emergency plan</b>                  | Find the printed or saved family plan.                       |

## SAFETY NOTE

Do not test alarms, touch medicine, handle tools, or operate equipment unless a parent/guardian says it is safe and is helping.

Build or inspect a kid-friendly emergency kit with a grown-up.

|    |                              |                                                            |
|----|------------------------------|------------------------------------------------------------|
| 1  | Water                        | A personal bottle or family emergency water.               |
| 2  | Shelf-stable snack           | Choose something you will actually eat.                    |
| 3  | Flashlight                   | Test it with a grown-up.                                   |
| 4  | Extra batteries / power bank | Know what device they are for.                             |
| 5  | Whistle                      | For getting attention if your family uses one.             |
| 6  | Paper contact list           | Keep key phone numbers on paper.                           |
| 7  | Basic first aid supplies     | Bandages and simple supplies. Adults manage medications.   |
| 8  | Wipes / hygiene item         | Something useful for cleanup.                              |
| 9  | Jacket or warm layer         | Choose for your local weather.                             |
| 10 | Closed-toe shoes             | Easy to grab if you must leave quickly.                    |
| 11 | Comfort item                 | Small book, cards, toy, or calming item.                   |
| 12 | Pet item                     | If needed: leash, small food portion, bowl, or waste bags. |

## MY KIT JOB

One item I am responsible for checking each month: \_\_\_\_\_

Where our kit is stored: \_\_\_\_\_

Pick places that are easy to describe, safe to reach, and known by everyone in the family.

## 1. CHOOSE YOUR PLACES

| TYPE         | OUR PLACE | WHEN WE USE IT               |
|--------------|-----------|------------------------------|
| Outside home | _____     | Fire / quick exit            |
| Neighborhood | _____     | Cannot stay at home          |
| Out-of-area  | _____     | Family cannot reunite nearby |

## 2. DRAW YOUR ROUTE

Draw your home, two nearby landmarks, and the safest route to your neighborhood meeting place.

|  |      |  |  |  |  |      |  |
|--|------|--|--|--|--|------|--|
|  |      |  |  |  |  |      |  |
|  |      |  |  |  |  | MEET |  |
|  |      |  |  |  |  |      |  |
|  |      |  |  |  |  |      |  |
|  | HOME |  |  |  |  |      |  |
|  |      |  |  |  |  |      |  |

## 3. MEETING-PLACE RULES

☐

Go there only when the family plan says to.

☐

Stay in the safe location unless a trusted adult or official tells you to move.

☐

Do not go back into a dangerous area for belongings.

☐

Make sure every family member can describe the location.

Practice what to do when family members are in different places.

## 1. OUR COMMUNICATION ORDER

1. First person I try to reach: \_\_\_\_\_
2. Backup person I try next: \_\_\_\_\_
3. Out-of-area contact: \_\_\_\_\_
4. Where I leave a message if our family uses one: \_\_\_\_\_

## 2. BUILD A 20-SECOND CHECK-IN

### PRACTICE MESSAGE

"This is \_\_\_\_\_. I am safe. I am at \_\_\_\_\_. I am with \_\_\_\_\_. I am going to \_\_\_\_\_. I will check in again at \_\_\_\_\_."

## 3. TEXT OR CALL?

| SITUATION                                       | TEXT                     | CALL / 911               |
|-------------------------------------------------|--------------------------|--------------------------|
| You are safe and networks are busy.             | <input type="checkbox"/> | <input type="checkbox"/> |
| You need to send a short location update.       | <input type="checkbox"/> | <input type="checkbox"/> |
| Someone is badly hurt or in immediate danger.   | <input type="checkbox"/> | <input type="checkbox"/> |
| Your parent tells you to call a backup contact. | <input type="checkbox"/> | <input type="checkbox"/> |

## 4. FAMILY CODE WORD (OPTIONAL)

If your family uses a private pickup/code word, write a clue here, not the actual word: \_\_\_\_\_

### PRIVACY RULE

Do not post your home address, meeting place, phone numbers, or live location publicly. Share them only with trusted people according to your family plan.

Pick a day, practice the plan, and fix anything that does not work.

## OUR DRILL

Drill date: \_\_\_\_\_

Emergency we practiced: \_\_\_\_\_

Who participated: \_\_\_\_\_

## DRILL CHECKLIST

|                                                                    |                                                              |
|--------------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Everyone heard the start signal.          | <input type="checkbox"/> We practiced a check-in message.    |
| <input type="checkbox"/> Everyone knew the safest action to take.  | <input type="checkbox"/> We found the emergency kit.         |
| <input type="checkbox"/> We used the correct exit / safe location. | <input type="checkbox"/> We found our paper contact list.    |
| <input type="checkbox"/> We went to the family meeting place.      | <input type="checkbox"/> We identified one thing to improve. |

## AFTER-ACTION REVIEW

|                     |       |
|---------------------|-------|
| WHAT WORKED?        | _____ |
| WHAT WAS CONFUSING? | _____ |
| ONE FIX THIS WEEK   | _____ |

### READYKIDS GOAL

A good drill is not about being perfect. It is about finding problems before a real emergency.

Finish the packet and celebrate your preparedness work.



## CERTIFICATE OF PREPAREDNESS

This certifies that

\_\_\_\_\_

completed the ReadyKids Emergency Preparedness Activity Packet  
and practiced important skills for emergency contacts, safe decisions, preparedness supplies, family meeting places,  
communication, and family drills.

Date: \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

**PREPARED KIDS HELP BUILD PREPARED FAMILIES**

### READYKIDS FAMILY PLEDGE

I will learn our family plan, stay calm, listen to trusted adults and officials, help when it is safe, and keep practicing.