

# Be Smart, Be Prepared!

## Planning an Emergency Backpack Preparing for the Next Great Earthquake

Imagine that the ground begins shaking from a great earthquake! You take protective measures (duck, cover and hold) and when the shaking stops, you follow your emergency plan and evacuate your home. As you leave, you grab your emergency backpack knowing that you may need to be away from home for several days and possibly longer.

What is in your backpack? What are the essential things that you will need away from home?

### Objective

In this three-part activity, participants learn what to do before, during, and after a great earthquake using Earthquake and Tsunami emergency planning resources such as the booklet: *Living on Shaky Ground, How to Survive Earthquakes and Tsunamis* distributed by Oregon Emergency Management and DOGAMI.

**Part A:** Plan an Emergency Backpack

**Part B:** Share and discuss earthquake and tsunami preparedness

**Part C:** Make a presentation using a poster or skit that describes earthquake and tsunami safety

### Science Standards (NGSS; pg. 287)

- From Molecules to Organisms—Structures and Processes: MS-LS1-8
- Ecosystems—Interactions, Energy, and Dynamics: MS-LS2-1, HS-LS2-1, MS-LS2-4, HS-LS2-8
- Earth's Systems: HS-ESS2-2
- Earth and Human Activity: HS-ESS3-1, MS-ESS3-2



### Part A: Plan an Emergency Backpack

1. In small (4 person) groups, each person will be assigned a category of items that should go into an Emergency Backpack. Brainstorm what to put in the backpack taking into consideration the size of the backpack and the ability of someone to carry it once it is filled. Consider:
  - *Water & Food*
  - *Shelter & Warmth*
  - *Medical & Personal Care*
  - *Other Items*
2. As a group, share and discuss the lists making additions to create a final combined group list.
3. Compare the combined list with the information provided in the Earthquake and Tsunami emergency planning resources you are using. Add to your list if desired. You may have different items than those listed in your resources!

[Part A cont.]

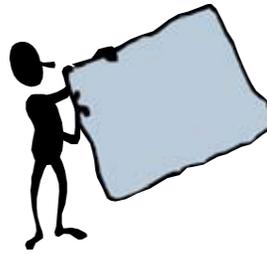
### Other ideas:

- Create an Emergency Backpack list as a whole class, having each student contribute ideas of items to include. Discuss, adding or subtracting items.
- Send the class list home to discuss with families.
- Ask students to bring items from home and see if they will all fit in a backpack.
- Have students create their own emergency backpack at home and bring to school to share and discuss.



### Part B: Share & Discuss Earthquake & Tsunami Preparedness

1. Using a “Jig Saw” learning method, participants divide into teams.
2. Each team is assigned one or more of the Earthquake and Tsunami emergency planning steps found in the resources you are using. For example, using the resource *Living on Shaky Ground*, use: Seven Steps to learn about Earthquake and Tsunami Safety (found on the back cover of the booklet and corresponding pages)
3. Each team then presents the content of their topic to the entire group.



### Part C: Present an Earthquake or Tsunami Safety Poster or Skit

#### Instructions:

Choose a topic related to what to do before, during or after a great earthquake or tsunami to protect yourself from the earthquake, escape the tsunami, or meet your basic survival needs afterwards. Create a poster or a skit to share with the class that will inspire them to be smart and take action to be prepared.

#### Poster Criteria:

- Title with lettering large enough to read from a distance
- Communicate a clear simple message
- Picture and lettering fills most of the space
- Use color, a thoughtful design, and neatness.
- You may use pictures from the computer
- Everyone in the team contributes in making the poster
- Less is more; keep it simple

#### Skit Criteria:

- Dramatizations could be a skit, an interview, puppet show, or game show etc.
- Demonstrate the content of the backpack or other preparedness concept
- Script shows a story line (beginning, middle and end)
- Demonstrate safe procedures rather than unsafe procedures
- Everyone in the team participates
- Rehearse so that the presentation flows smoothly
- Props are helpful
- Time is limited to under 5 minutes

## Resources:

- Living on Shaky Ground, How to Survive Earthquakes and Tsunamis in Oregon:  
[http://www.oregon.gov/OMD/OEM/plans\\_train/earthquake/shakygroundmagazine\\_final.pdf](http://www.oregon.gov/OMD/OEM/plans_train/earthquake/shakygroundmagazine_final.pdf)
- Living on Shaky Ground, How to Survive Earthquakes and Tsunamis in Northern California:  
<http://humboldt.edu/shakyground/>
- Emergency Preparedness Guide for Disasters  
[http://www.emd.wa.gov/preparedness/documents/0001-2013EmergencyPreparednessGuide\\_000.pdf](http://www.emd.wa.gov/preparedness/documents/0001-2013EmergencyPreparednessGuide_000.pdf)
- Emergency Backpacks from “Essential Packs”: [www.essentialpacks.com/](http://www.essentialpacks.com/)
- How To Make A 72-Hour Emergency Backpack from Matrix Institute:  
<http://www.matrixinstitute.com/preparedness/123-how-to-make-a-72-hour-emergency-backpack->
- Earthquake Backpack - QuakeKare, Inc.: [www.quakekare.com/](http://www.quakekare.com/)
- Build A Kit, from FEMA (Federal Emergency Management Agency): [www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit)
- Emergency Preparedness Checklist from the Pacific Disaster Center: [www.pdc.org/pdf/preparedness/epc-all.pdf](http://www.pdc.org/pdf/preparedness/epc-all.pdf)  
and their build a kit: <http://www.pdc.org/resources/preparedness-info/disaster-supply-kit/>
- How To Assemble a Home Disaster Kit - Disaster Preparedness (Red Cross):  
[http://homebuying.about.com/cs/saferooms/a/disaster\\_kit.htm](http://homebuying.about.com/cs/saferooms/a/disaster_kit.htm)