



Emergency Preparedness Classroom

Help Youth Become Emergency Preparedness Champions

Emergency Preparedness Week (EP Week) is an annual national awareness campaign in Canada that encourages individuals, families, and communities to be ready for emergencies and disasters. It is typically held during the first full week of May.

The Emergency Preparedness Activity Kit is an engaging, interactive resource designed to teach students the importance of being prepared for emergencies. Developed in alignment with Emergency Preparedness Week, the kit supports educators in introducing key preparedness concepts in a fun and age-appropriate way.

The Canadian Red Cross (CRC) is pleased to offer a FREE digital Emergency Preparedness classroom activity kit for elementary students in Grades 1–6. The toolkit includes ready-to-use materials such as:

- Preparedness Activity Booklet – a classroom-ready resource with fun and interactive prompts to help students explore emergency preparedness together.
- A downloadable Certificate of Completion for students who participate in EP Week activities.

Contact us at: DRRCCA@redcross.ca



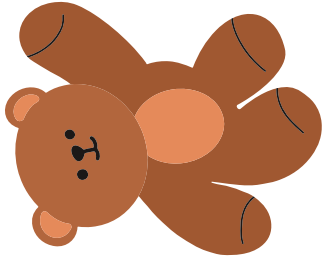
Emergency Kit Card Game

This game is a simple and fun way to get students engaged, sharing and talking about preparedness planning and 72-hour kits. Consider this an icebreaker and a great way to get the preparedness conversation going.

Printing instructions: print one copy for the group.

1. Divide the room in half, with half of the class receiving a “need” card (the text) and the other half with an “item” card (the photos).
2. Go around the room and have each person read their “need”.
3. Each person with an item card that could help with that specific need should show their item and say, “I have a ____!” It may take a little thought to match the resource with the need!
4. Then we have a match!

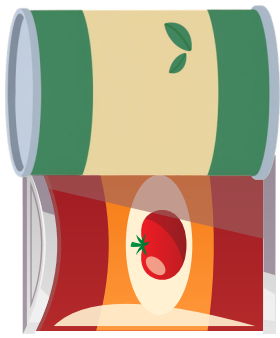
This is also an activity that can be adapted to include movement. Students can be split up and need to find who their match is without speaking or without outright saying what is on their card. Lots of adaptable options!



TEDDY



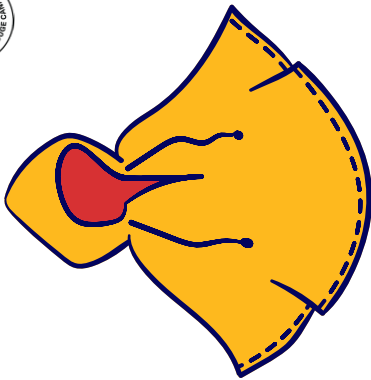
FIRST AID KIT



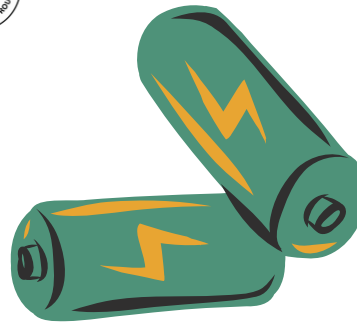
EMERGENCY
FOOD RATIONS



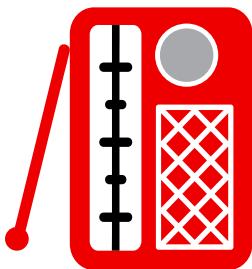
WHISTLE



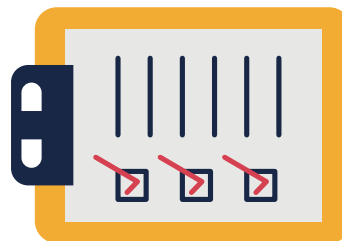
RAIN JACKET



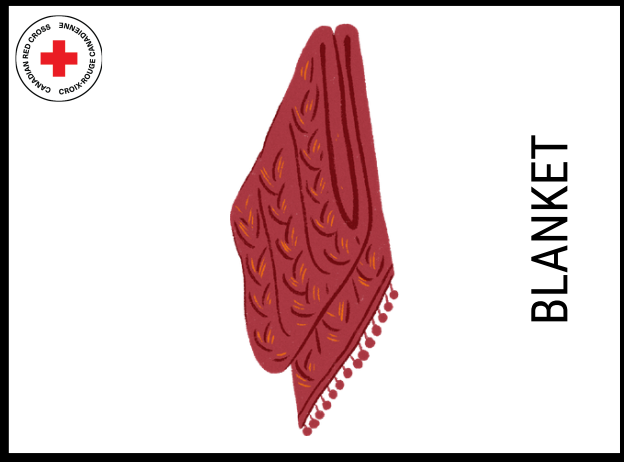
BATTERIES



RADIO

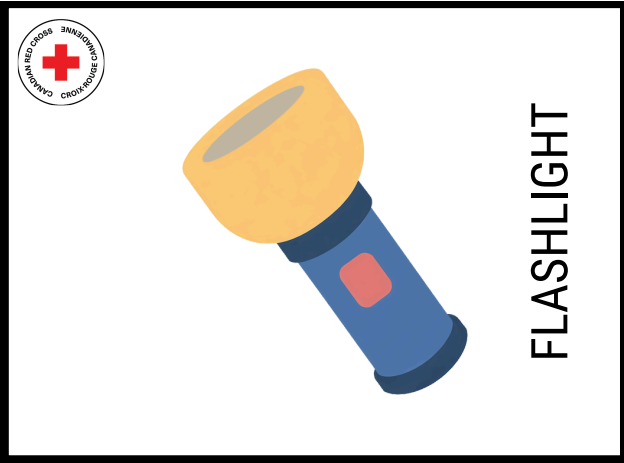


EMERGENCY
PLAN



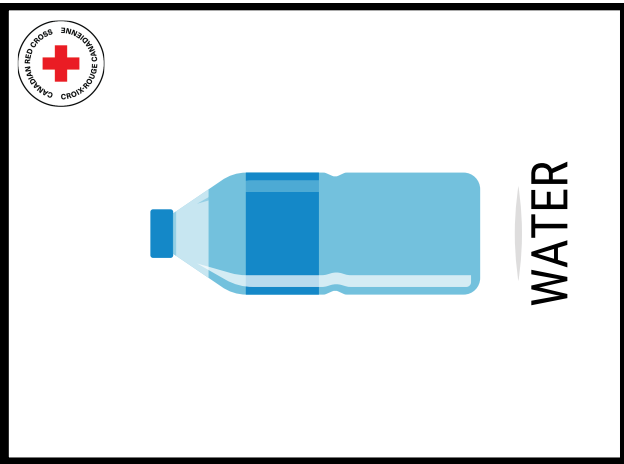
BLANKET

I AM REALLY SCARED
AND WISH I HAD MY
COMFORT ITEM TO
HOLD AND MAKE ME
FEEL BETTER.



FLASHLIGHT

I KEEP TRYING TO
GET PEOPLES
ATTENTION BUT
THEY CAN'T HEAR
ME. I NEED
SOMETHING LOUD.



WATER

THAT FLASHLIGHT
WAS GREAT, BUT IT
ONLY LASTED A FEW
HOURS. HOW CAN I
FIX IT?



TOILETRIES

I DONT KNOW WHERE
TO GO OR WHAT TO
DO.



I DON'T KNOW
WHAT'S HAPPENING.
I CAN SEE FLASHING
LIGHTS, BUT I NEED
MORE INFORMATION.



IT IS RAINING HARD AND I
AM GETTING WET ...WHAT
CAN I USE TO STAY DRY?



IT'S ALMOST LUNCH
TIME AND I AM
STARVING!



THE WATER HAS
BEEN OFF FOR A
WHOLE DAY. I'M
THIRSTY!



I FELL DOWN AND
SCRAPED MY KNEE
DURING THE STORM
AND I NEED A
BANDAID



I USE THESE TO STAY
CLEAN WHEN I AM
AWAY FROM HOME



I CAN'T FIND
ANYTHING, IT IS SO
DARK.



BRR I AM SO COLD
AND NEED TO WARM
UP.



Emergency Preparedness: Make a Plan & Build a Kit

Students will envision how to safely evacuate their home, identify emergency contacts, and recognize the importance of having an emergency kit. This is a discussion-based activity and can be done as a class. The handouts can be completed in class or at home. Below are some guiding questions and conversation prompts to support student thinking and participation.

Printing Instructions:

- Print one set of handouts for each student.

Introduction:

A few things to think about as a group before beginning:

- “What kind of emergencies could happen where I live?” (e.g., fire, flood, blizzard, power outage, etc.).
- Why might an emergency require us to leave our home quickly?
- Can being prepared and talking about our emergency plans help families stay calm and organized?

Emergency Contact List - page 8

This is an excellent activity that allows students to test their knowledge of important emergency contacts. Students can begin creating or thinking about their contact list in class and then go home to review and double-check their information with their families.

- It is important for students to know who to contact in an emergency and how to reach them quickly.



- Speaking with family members helps ensure that all information is accurate and up to date, while also identifying any missing details or gaps in their emergency plan.

Why is it important to have an emergency kit? -page 9

- An emergency kit has important supplies to help you stay safe and comfortable if you need to leave your home.
- In an emergency, stores may be closed and help may take a long time.

What Goes in an Emergency Kit? –page 9

Each emergency kit, or to-go bag, needs to be customized to the person that will be using it. On page 2 of the handout, there are multiple examples listed of items that could go in a to-go-kit. Students can spend some time brainstorming other items that would be useful to include such as:

- Batteries, wind-up radio, medication, can opener for canned goods, non-perishable food, comfort items such as a stuffie, pictures of a loved one, etc.

Additional prompting questions:

- What is your must-have item to include in your kit?
- How might your kit be different than someone else's?
- Why is it important to check and update your kit twice a year?

Evacuation Plan Discussion – page 9

A few things to think about as a group:

- How many ways can you think of to safely leave your home?
- Why is it important to agree on two safe meeting places? Why isn't one enough?
 - Follow-up prompt: what if my meeting place is unsafe?

Emergency Plan



Your personal information



Name: _____

Address: _____

Phone number: _____

Health card number: _____

Household members contact information



Home phone number: _____

Parent or guardian 1 (cell and work): _____

Parent or guardian 2 (cell and work): _____

Meeting place



Close by: _____

Out of area: _____

Contact list



Emergency Social Services, Fire department: 9-1-1 or _____

Police (non-emergency): _____

Poison Control: 1-844 POISON-X _____

School: _____

Work: _____

Other adults: _____

Neighbour(s): _____

Friends: _____

Out of area contact: _____

Other: _____

Place to stay



Name: _____

Phone: _____

Address: _____

Pets



Name: _____

Breed/License: _____

Name: _____

Breed/License: _____

Household specific needs



(Rescue inhaler, medications, wheelchair, Epinephrine Auto-injector, etc.) _____

Others





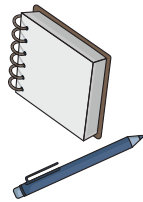
Emergency kit list

Make your own kit in an old bag. Make sure you can carry it with you if you need to evacuate.

Water



Paper and pens



First aid kit



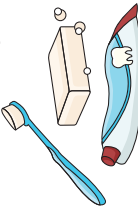
Flashlight



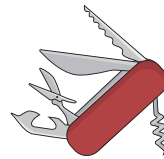
Games & books



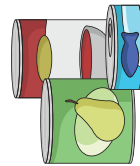
Personal hygiene items (pads, deodorant, etc.)



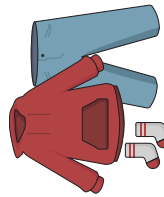
Pocket knife



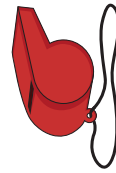
Food



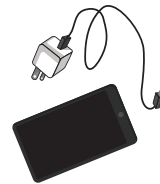
Change of clothing (including socks & underwear)



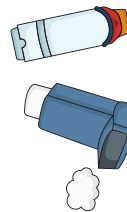
Whistle



Phone charger



Items you cannot be without



Evacuation plan

Draw different evacuation routes for every floor and room of your home.

I've practiced my evacuation plan with my household members.

I've tested the smoke alarms and changed the batteries every year.

www.redcross.ca/ready



Scavenger Hunt

This activity will help us think about situational awareness. When visiting new buildings or facilities (hotels, rec centers, shopping malls) it is good practice to observe emergency signs, evacuation routes, and emergency exit locations.

Printing Instructions:

Print one copy of the scavenger hunt items per pair or group of students.

In pairs or small groups, students locate the below emergency/evacuation items and their location.

Provide 10-15 minutes to identify each of the items and write a brief comment about the school's emergency information.

Afterward, discuss your findings and observations as a group. Include in the discussion how to find this information in other buildings and facilities, plan a family meeting place if there is an emergency, and where you can ask for help or more information.

Feel free to add-on to the instructions to make it more challenging.



Scavenger Hunt Questions

- Find the **nearest emergency exit** from the room. *Note its exact location.*

- Locate an **emergency information poster or sign in the hallway**. *Identify where it is posted. If you cannot find one, note that.*

- Locate three **fire alarms**. *Note their exact location.*

- Determine the designated **meeting place** outside the school in case of evacuation. *Write down its location.*

- Provide **one positive comment about** the emergency information or signage available at the school.

- Provide **one critique** about the emergency information or signage available at the school.

- BONUS:** Where is the AED and first-aid kit kept at your school?



Emergency Preparedness Kit Riddles

Students will solve riddles about common emergency preparedness items and use their answers to learn how to build and understand a household emergency kit.

Printing Instructions:

Print one copy of the riddles per group of students, if students are working in small groups. *Print only one copy total if using together as a whole class.

Riddle Solving

- **Option A: Whole Class**
 - Read one riddle at a time, display card on screen
 - Students write down their answers and add up points at the end
- **Option B: Small Groups**
 - Give each group a set of riddles
 - Students work together to solve them

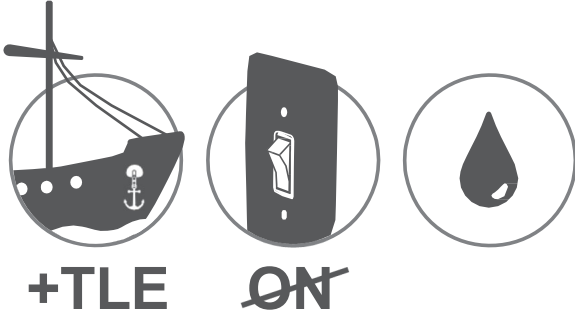
Answer key:

- | | |
|-------------------------------|---------------------------|
| 1. Bottle of water | 11. Toothpaste |
| 2. Canned food | 12. Identification Papers |
| 3. Can opener | 13. Evacuation Plan |
| 4. Flashlight | 14. Card Games |
| 5. Light, dark, shine, candle | 15. Radio |
| 6. Matches | 16. Sleeping bag |
| 7. Keys | 17. Safety whistle |
| 8. First Aid Kit | 18. Garbage bags |
| 9. Money | 19. Toilet Paper |
| 10. Medicine/medication | 20. Pet food |



Word puzzle

Find the answer to this word puzzle. Each image helps you find a word you are searching for. Find the words and you will find the symbol.



Riddle

Find the answer and you will find the symbol you are searching for.

I am a small metal container.

I am used to preserve ingredients or food.

I am hard to open.

I might contain legumes, fish or even soup.

Riddle 1

Riddle 2



Riddle

Find the answer and you will find the symbol you are searching for.

I am a small tool.

I can be manual or electric.

You can find me in the kitchen.

People use me to open small metal containers.



Riddle

Find the answer and you will find the symbol you are searching for.

When the sun
Dips below the horizon,
I become very useful
And make life easier.

For you who likes to wander at night
Take care, because my light
May suddenly go dark
If the built-up energy
Is suddenly all used up.

Riddle 3

Riddle 4



Find words in the grid below

They will guide you to the symbol you are searching for. In this "Word Search Puzzle", you will find clues and the correct answer. It's up to you to find the symbol that corresponds to the identified words.

Clue: light

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

Riddle 5



Riddle

Find the answer and you will find the symbol you are searching for.

I am a small metal object.

That is often one of a kind.

My shape and my teeth easily help me open.

Doors, safes, cars and treasure chests.

Riddle 7



Riddle

Find the answer and you will find the symbol you are searching for.

I am a little sliver of wood.

You might find me in a cardboard pack,

With one side covered in sandpaper.

When you use me, the first thing you should do is scratch me.

Riddle 6



Riddle

Find the answer and you will find the symbol you are searching for.

For a wound? A gauze pad.

For a scratch? A bandage.

Always use disinfectant, that's the key.

We need something to carry these items in.

Riddle 8



Anagram

The letters are scrambled. Rearrange the order to create a new word. This word will help you find the symbol you are searching

Clue: I am rich!

Y O M E N



Riddle

Find the answer and you will find the symbol you are searching for.

Healthy people never eat me.

Sick people sometimes need me.

People hesitate to swallow me.

Because I taste so very bad.

You can find me in various forms (solid, liquid, gas).

Riddle 9

Riddle 10

Decode

Decode the following word. It will help you find the symbol you are searching for.



Braille alphabet

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



Decode

Decode the Morse alphabet, discover what is written and you will find the symbol you seek.



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



Riddle 11

Riddle 12



Anagram

The letters are scrambled. Rearrange the order to create new words. These words will help you find the symbol you are searching for.

Clue: emergency exit

V C O E I A N A T U
L A N P

Riddle 13

Word puzzle

The image and clues will help you find the word that you are searching for. Find the word and you will find the symbol.



-SH +O

Riddle 15



Word puzzle

Each image helps you find a word that you are searching for. Discover the words and you will find the symbol.



Riddle 14

Riddle

Each line helps you find a syllable in the words that you are searching for. Find the words and you will find the symbol.

1. What you do when you go to bed.
Zzzzzzzz.
2. My second is the opposite of "out".
3. My third rhymes with tag, rag and gag.

Riddle 16





Word puzzle

Each image helps you find a syllable or a word that you are searching for. Find the words and you will find the symbol.



Riddle 17



Riddle

You can find me in a waste can,
but I am not trash.

You can use me in so many ways...
To carry things, to protect objects
from the rain, or even...

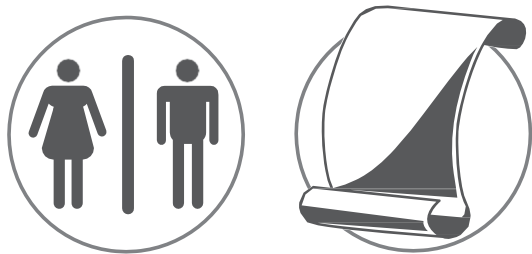
To put your trash in.

Riddle 18



Word puzzle

Each image represents a word. Find the words and you will find the symbol.



Riddle 19



Decode

Decode the following sentence. Each letter of the alphabet has been replaced by a number. Discover what is written and you will find the symbol you are searching for.

16/5/20
6/15/15/4

- A - 1 F - 6 K - 11 P - 16 U - 21 Z - 26
- B - 2 G - 7 L - 12 Q - 17 V - 22
- C - 3 H - 8 M - 13 R - 18 W - 23
- D - 4 I - 9 N - 14 S - 19 X - 24
- E - 5 J - 10 O - 15 T - 20 Y - 25

Riddle 20



Mix & Match Natural Disasters

Nature is full of surprises! When it unleashes its full force, it can turn daily life upside down in your community. In Canada, there are many hazards that affect people daily. They range from home fires and floods to ice storms, wildfires, and power outages. Knowing the hazards and understanding how you and your community are at risk will help you be prepared. This activity is designed to get students moving but can be easily adapted into a sit-down activity. To make it more challenging, some hazards may appear in more than one scenario, so pay close attention!

Additional resource: *Introduce or close this activity by discussing a list of hazards that can be Canada-wide and in your community. To see an in-depth list of hazards and information on how to prepare and respond, please visit: [Types of Emergencies - Canadian Red Cross](#).*

Printing Instructions:

- One set of large hazard icons (cut out) to place around the room
- One hazard description sheet per group to cut out/read out loud

Instructions:

- Place hazard icons around the classroom.
- Give each student or group handout sheet with all hazard descriptions.
- Assign each student or group with a specific description to focus on.
- Students walk around the room to find the hazard icon that matches their description.

Discussion:

- Ask students: Which hazards could happen in our community?
- Which hazards might happen at the same time as each other?
- Discuss simple ways to stay safe during each hazard.

Answers: 1) wildfire, 2) flood, 3) winter storm, 4) power outage, 5) tornado, 6) extreme heat, 7) hurricane, 8) hazardous materials spill, 9) earthquake, 10) thunderstorm, 11) tsunami. 12) landslide, 13) wildfire, 14) flood, 15) winter storm, 16) wildfire, 17) power outage, 18) extreme heat



Mix and Match: Natural Disasters

	Scenario	Hazard/ Station
1	Lauren's family likes to camp in the summer. They always make sure to put their campfire out, especially when it hasn't rained in a long time.	
2	Mateo lives near a river. When the snow melts in the spring, water sometimes seeps into his house.	
3	Valerie wants to go outside and build a snowman, but high winds, very cold temperature, and lots of snow means she has to stay indoors.	
4	Nicholas always plays video games when he gets home from school. He is very disappointed because his community has been without power for the last two days.	
5	Leila's teacher talked about a very impressive natural phenomenon in class that causes 100 to 200 km/h winds and can damage houses and uproot trees.	
6	Katy doesn't like very hot days. Sometimes the temperature gets so high that it's safer and more comfortable for her to stay inside.	

	Scenario	Hazard/ Station
7	Gabrielle is fascinated by this coastal storm but knows that it can bring dangers like high winds, torrential rain and hail.	
8	Diego noticed a strange liquid was leaking from a barrel into the lake near to his house. He ran to tell an adult because he knew the strange liquid could be dangerous for people, animals, and plants.	
9	Connor was working on his assignment in class when suddenly he felt the walls shaking. His teacher told him to hide under his desk and protect his head and torso.	
10	Priya was swimming outside when the sky started to get dark. She knew it was dangerous to swim during this weather event and quickly exited the pool and ran inside.	
11	Ethan was walking along the beach when he noticed the water pulling back quickly. He ran to higher ground because he knew this was a warning sign of a _____	
12	Ravi was hiking with his family when he noticed the soil on the hill was very soft and starting to slide. His family quickly moved to a safe place and called for help.	

	Scenario	Hazard/ Station
13	Kerri's family goes to their cabin every summer, but this year, they had to stay home because there was too much smoke in the air.	
14	Aria was riding her bike home when she noticed the park was filled with water and the path home was blocked. She decided to move to higher ground and ask a trusted adult for help.	
15	Noah was getting ready for school, but it was snowing so hard that his school closed for the day and he stayed home drinking hot chocolate with plenty of blankets.	
16	Eli was watching a movie where he saw how helicopters drop water over large areas to help control a _____	
17	Levi was reading a book on the couch when suddenly the room went dark. He had to find a flashlight so he could continue reading.	
18	Dakota and his friends wanted to play soccer in the afternoon. The weather network warned that the temperature would be dangerously hot. They decided to postpone their game until the evening when it cooled down to a more comfortable temperature.	



Floods



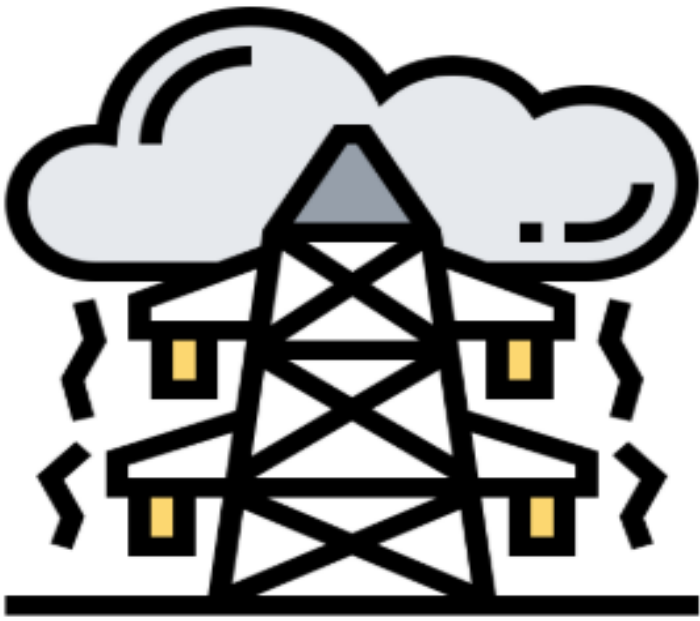
Wildfires



Extreme
Heat



Winter Storms



Power
Outages



Thunderstorms



Tsunamis



Tornado



Hurricane



Hazardous
Material Spill



Landslide



Earthquakes



Certificate of Completion

THIS AWARD IS GIVEN TO

**You are on your way to becoming a
preparedness expert and helping everyone
stay safe during emergencies!**

