LESSON TITLE - “DEVELOPING TOOLS TO DEAL WITH CRISIS”

<table>
<thead>
<tr>
<th>Age/Grade</th>
<th>9 – 13 years</th>
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<tbody>
<tr>
<td>Audience</td>
<td>Students</td>
</tr>
<tr>
<td>Total Time</td>
<td>1 class period for each part of lesson series</td>
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<tr>
<td>Materials Needed</td>
<td>Students will have a question prepared in advance</td>
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THIS LESSON IS ONE OF A 2 PART SERIES

Total time for each part: 30 to 40 minutes

Guest Speakers - First responders will present information to class

Goal: To open conversation about Crisis events and preparedness of students, schools and cities.

Introduce speakers, after presentation invite students to ask prepared questions pertaining to crisis.

Students may have new concerns or different questions after hearing the presentation; the entire class period has been set aside for the students and first responders to have a full conversation about crisis events and the effects on students and families within the community.

Activity - Depending upon time, we may have further discussion as a class to cover more issues.

Objectives: In the conversation teacher will offer the following issues:

- FEELINGS OF BEING VULNERABLE
- WHAT TO DO WITH THE STRESS A CRISIS CAUSES
- HOW WE MAY REACT TO STRESS AND TRAUMA
- WHAT CAN WE DO TO PREPARE FOR THE UNEXPECTED EVENTS OF LIFE

Examples of crisis events: may include natural disasters such as hurricanes, severe storms, floods and fires. Stress and trauma can occur due to death in the family, auto accidents, medical conditions, divorce or being injured in a bicycle accident or sporting event.

DISCUSSION QUESTIONS:

- How might I feel when a crisis happens
- What should I do and where should I go to be safe
- Why it is important to have a plan in place
PART 2 * Getting Prepared *

Total time: 30-40 minutes

Materials needed: copies of the school and city crisis plans and the materials listed in lesson Part 1

Goal: to examine the plans that are in place for our school and city

Teacher lead review on LED screen with students showing the school crisis and city crisis plans established. Each student will have a copy to study and to keep for future reference and to share with family members. Many students may have experienced several natural disasters due to the location of the city where they live.

Objectives: To outline ways to prepare for crisis

1. Learn the ways natural disasters effect the city or portion of the state where you live
2. Ask questions and talk to your family about your feelings and worries about a crisis
3. Help design a family crisis plan for keeping everyone as safe as possible
4. Include in the plan the gathering of supplies you may need to survive; store them for an emergency
5. Practice following the exit ways your family has set-up for leaving the home or for handling staying in the home during a crisis
6. Have a meeting place away from the home in case you are separated from other members

ACTIVITY INSTRUCTIONS: Students can design their own map and plan for a crisis that they have lived through or one they think they may experience

Examples: The plan may include learning about calling 911, having phone numbers available for contacting relatives or friends that are close by, being familiar with warning signals, sounds and sirens, and having their own kit made with a change of clothes and shoes in addition to the prepared family emergency kit.

DISCUSSION QUESTIONS:

- How can you help yourself and others in a crisis?
- What do you think is the most important thing to do?
• Why being prepared is essential?