



## SAMPLE LESSON PLANS

### Grade 3 – Safety and Injury Prevention

#### Unit 4

##### **SOLs:**

- 3.3 H Discuss and develop a family safety plan to prevent home, transportation, and recreation injuries.
- 3.3.R Practice disaster-preparedness procedures at home and at school.

##### **Title: Disaster Preparation**

**Objectives/ Goals:** To have students prepare for disasters at home and at school.

##### **Materials:**

- Refer to *FEMA Be a Hero Youth Emergency Preparedness* [https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG\\_082613\\_508.pdf](https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf)

##### **Procedure:**

1. Teach *Disaster Masters Lesson*, and have students complete *Make a Plan*, and *Fire Safety at Home* Activities from *FEMA Be a Hero Youth Emergency Preparedness* [https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG\\_082613\\_508.pdf](https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf)
2. Practice School Disaster Plans.

##### **Assessment:**

- Students complete the attached *Family Communication Plan* with their families.

##### **References:**

- *FEMA Be a Hero Youth Emergency Preparedness* [https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG\\_082613\\_508.pdf](https://www.fema.gov/media-library-data/a09faf19c5354c01beb9f30125a785cb/FEMA%20UE%20TG_082613_508.pdf)
- *Youth Emergency Kit Checklist* and *Youth Family Emergency Plan* pages from <https://www.ready.gov/kids/make-a-plan>



# Family Communication Plan

Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

*Let them know you're OK!*

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

*Text, don't talk!*

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



## Know the Numbers!

Home: _____	Adult: _____
Parent: _____	Home: _____
Cell: _____	Cell: _____
Work: _____	Neighbor: _____
Parent: _____	Home: _____
Cell: _____	Cell: _____
Work: _____	Neighbor: _____
My cell: _____	Home: _____
Sibling: _____	Cell: _____
Cell: _____	Out of state friend/relative: _____
Sibling: _____	Home: _____
Cell: _____	Cell: _____

*Memorize your home and parents' cell phone numbers!*



Cut this out and keep it somewhere safe like your backpack, school notebook, or wallet. Or input these numbers into your cell phone if you have one.



<http://www.ready.gov/kids>



# Know Where to Go... and How to Get There.

## Pick a Meeting Spot

Where will you meet up with your family if you have to get out of your house quickly? Where will you meet if your neighborhood is being evacuated and you're not at home?

**In your neighborhood:**  
(such as neighbor's house or big tree)

**Out of your neighborhood:**  
(such as the library or house of worship)

## Draw a Map

Put a  $\Delta$  to show your home. Put a O to show your school. Mark your out-of-neighborhood meeting spot with an X and label it.

## Know the Exits

Do you know two ways out of every room in your house in case of a fire? Draw a floor plan of your bedroom in the space below and circle the two ways to get out. Hint: one may not be a door!



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