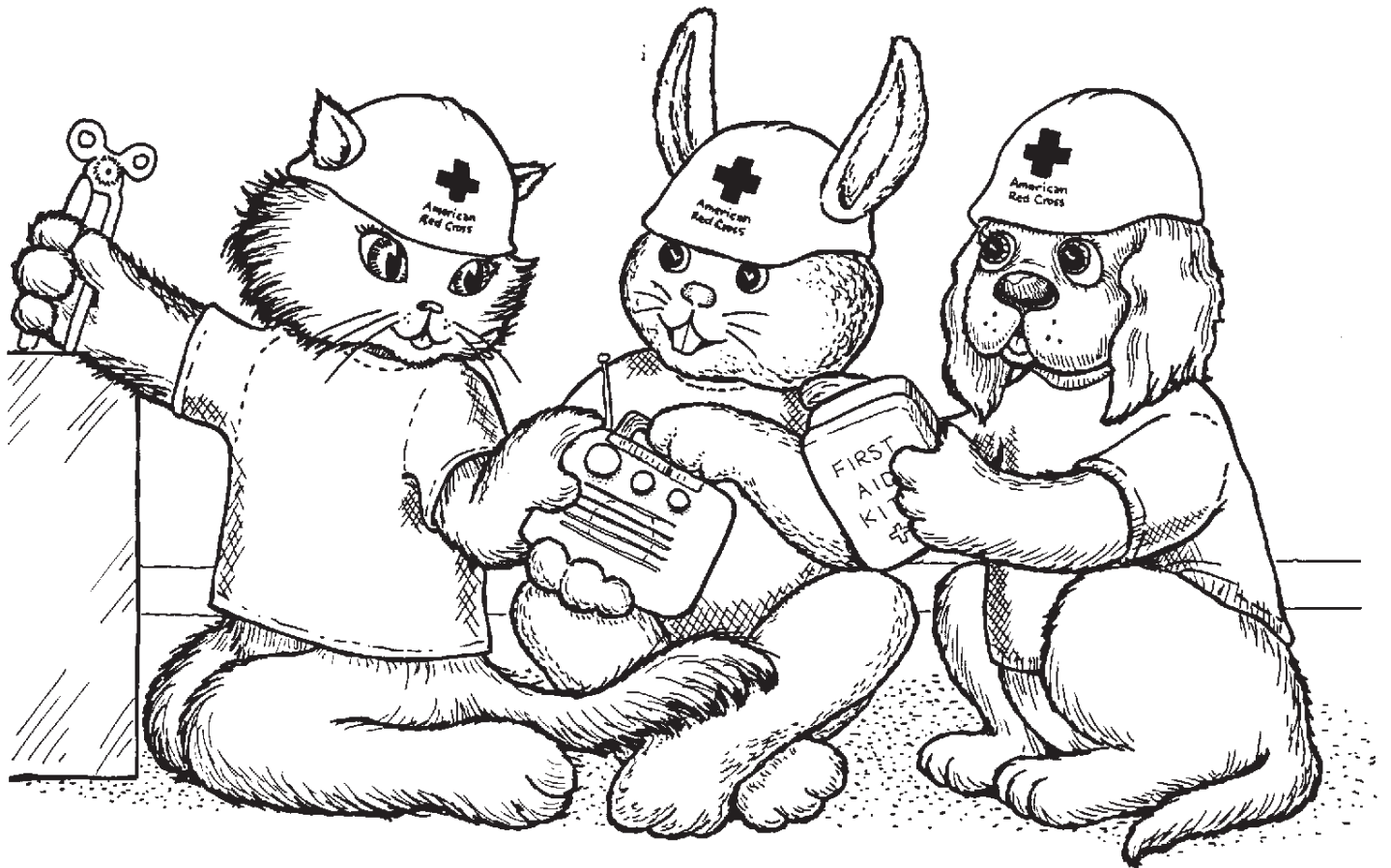


BE READY 1-2-3

Instructor's Manual



Prepare Your Students For Disasters
With Help From
Cool Cat, Ready Rabbit and Disaster Dog

 American Red Cross

The *Be Ready 1-2-3* Program was developed by the Oregon Trail Chapter, American Red Cross, with support from a grant provided by the Educational Community, Emergency Services Support Program of the American Red Cross.

For more information contact your local Red Cross chapter.

www.redcross.org/disaster/safety

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INTRODUCTION

BE READY 1-2-3

INTRODUCING BE READY 1-2-3

The Oregon Trail Chapter of the American Red Cross is pleased to introduce a new program in disaster preparedness: *Be Ready 1-2-3*, designed for children in primary grades. This exciting, fun-to-teach curriculum was created with support from a National Red Cross Educational, Community, Emergency Services Grant, along with talented and generous community representatives.

Be Ready 1-2-3 teaches emergency preparedness for the three disasters most likely to occur in the Pacific Northwest: home fires, winter storms, and earthquakes. To teach appropriate responses to these disaster threats, Red Cross has created three “experts”: Cool Cat (Home Fires), Ready Rabbit (Winter Storms), and Disaster Dog (Earthquakes). These characters are presented in *The Be Ready Book*, which is used as a text for this course, and as puppets supporting the curriculum.

Be Ready 1-2-3 lessons are designed to encourage self-reliance and a positive “can do” approach in dealing with disasters. Students will learn simple preparedness skills, practice appropriate responses, and involve their families in general preparedness.

The importance of teaching disaster preparedness cannot be overstated. Simply put, preparedness saves lives. Join our “experts” and make a difference.

Use this page for your own notes

ACKNOWLEDGEMENTS

**BE READY
1-2-3**

The American Red Cross, Oregon Trail Chapter, wishes to thank and acknowledge the contributions of the following people, and the organizations they represent. The strengths of the *Be Ready 1-2-3* program are reflected by the time, talents and generosity they have invested.

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Field Test Sites Portland, Oregon

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Credits

The following publications have been used, in part, to enhance the *Be Ready 1-2-3* program. We appreciate their permission to do so.

Jerky Forces Activity & Illustration (Handquakes). Science in Action Learning Series: Earthquakes (published 1987), California Academy of Sciences, Golden Gate Park, San Francisco, CA 94118, and Kay Productions, P.O. Box 1728, Sonoma, CA 95476.

Earthquake Hazards in Western Oregon - Answers to the 8 Most Common Questions, Oregon Department of Geology and Mineral Industries (published July, 1990).

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TEACHING CRITERIA

BE READY 1-2-3

Instructors Instructor eligibility is determined by the sponsoring Red Cross Chapter. There are no prerequisites for *Be Ready 1-2-3* instructors. However, based on a thorough field testing of the materials, the following criteria are recommended to chapters as they consider granting instructor status for the program. Instructors should be:

- oriented to the program by a chapter-approved *Be Ready 1-2-3* Instructor Trainer;
- at least 15 years of age and mature enough to present the course as written;
- experienced in teaching young children, 6-9 years of age, or eager to co-teach with someone who has that experience; and
- able to communicate well and keep a group of young children on task.

Students *Be Ready 1-2-3* has been created for children in grades 1, 2 and 3. Portions of each lesson may be appropriate for younger and older students as well. This decision is best made by an adult familiar with the ability level of the students in question.

Program Presentation The three *Be Ready* lessons may be taught in any order. Lessons may be taught in a three-week time frame, or split up to accommodate seasonal changes or local disaster preparedness campaigns.

To ensure that students don't lose their *Be Ready* books between lessons, it is suggested that instructors collect the books after each lesson. The student's name can be written in the lower left corner of the cover for easy identification and return. At the conclusion of the program, each child can then take their book home along with the *Be Ready 1-2-3* certificate of completion.

Each lesson is designed to run 1/2 to 1 hour in length. Times will vary based on group size and ability. Instructors may teach a lesson in two parts if time is a factor.

Supporting Resources

Several resources have been included in the Appendix that are designed to support instructors as they prepare to teach *Be Ready 1-2-3*. These include:

- **Developmentally Appropriate Practice.** This resource will assist instructors who have not taught 6-9 year-olds before. The lessons in *Be Ready 1-2-3* were created in support of the learning behaviors defined in this document.
- **Working With Puppets.** Puppets are an extremely effective teaching tool. However, some people feel uncomfortable teaching with puppets. Refer to this resource for quick and easy ideas on puppet use that can be incorporated into your presentation.
- **Letter to Parents.** Instructors are encouraged to send this letter, or a similar one, to parents to announce that their child will be participating in the *Be Ready 1-2-3* program. Since one goal of *Be Ready 1-2-3* is to involve parents in preparedness, this letter may encourage their support early in the program.
- **Earthquake Hazards in Western Oregon.** This resource, produced by the Oregon Department of Geology and Mineral Industries, answers the eight most commonly asked questions about earthquake potential in western Oregon. For information on other states, contact your own State Geology Department.

Instructional Supplies

Instructors within the Oregon Trail Chapter service area (Multnomah, Washington, Clackamas, Yamhill, and Columbia counties) will have access to the instructional supplies listed at the beginning of each lesson. Instructors outside of the Oregon Trail Chapter service area can request directions on developing their own supplies by requesting a copy of *Creating Your Own Be Ready 1-2-3 Instructional Supplies*. To order, call (503) 284-1234 ext. 237.

PROGRAM INTRODUCTION

**BE READY
1-2-3**

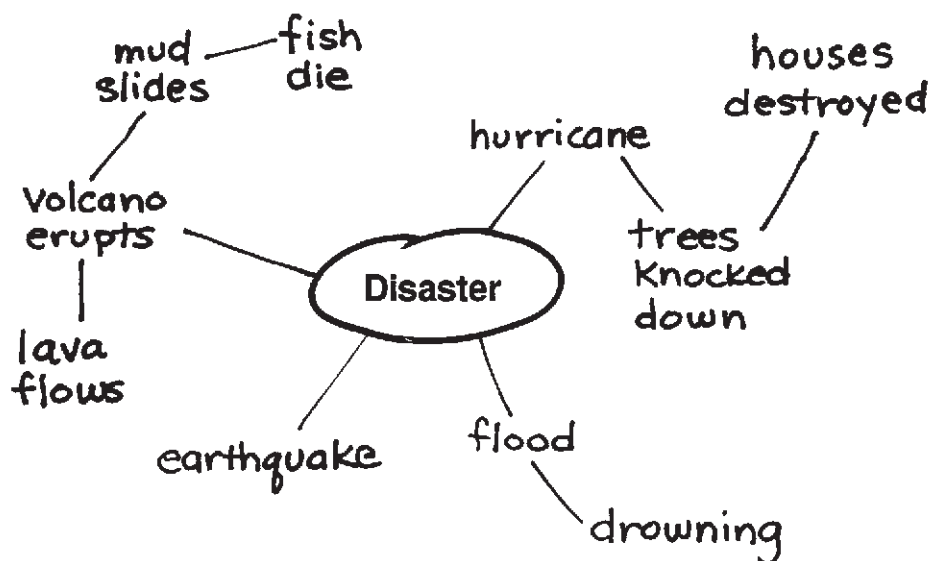
WHAT IS A DISASTER?

Before handing out booklets or teaching the first disaster lesson, write the word "Disaster" on the chalkboard or on chart paper and circle it.

Disaster

Ask the class this question: "What is a disaster?"

As the class begins to give examples of disasters, complete this semantic webbing process* by connecting items together as shown below.



INTRODUCING COOL CAT, READY RABBIT, AND DISASTER DOG

Compare and confirm the children's responses with the introduction of the three characters shown on page one in *The Be Ready Book*. After this exercise is completed, hand each student a copy of *The Be Ready Book* and instruct them to write their names on the front cover (lower left corner is suggested) or have the names already written on them. It is recommended that the *Be Ready* books stay in the classroom until all three lessons have been taught.

*You may wish to simply list examples of disasters for younger students, rather than web their ideas as suggested.

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