

**BE READY**  
**1-2-3**

# **WINTER STORMS**



Ready Rabbit

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## EDUCATIONAL OBJECTIVES:

After completing this unit it is desirable that the student be able to:

1. Explain how the body can lose heat.
2. Demonstrate how to dress for cold weather.
3. Name people who might be isolated at home.
4. Choose appropriate items for a Winter Storm Supply Kit.

## SUPPLIES NEEDED:

- \_\_\_\_\_ Ready Rabbit Puppet
- \_\_\_\_\_ *Be Ready* Books (one per student)
- \_\_\_\_\_ Pictures of hats (one per student)
- \_\_\_\_\_ Ready Rabbit's Stay Warm Poster
- \_\_\_\_\_ Ready Rabbit's Warm Hat Rap Poster
- \_\_\_\_\_ Ready Rabbit's All Alone Rap Poster
- \_\_\_\_\_ Clothing items (mittens, gloves, socks, boots, etc.)
- \_\_\_\_\_ Clothing for Ready Rabbit
- \_\_\_\_\_ Two pairs of mittens for Relay
- \_\_\_\_\_ Ready Rabbit Relay supplies
- \_\_\_\_\_ *Be Ready 1-2-3* certificates (one per student)
- \_\_\_\_\_ Red Cross stickers (one per student)

## INTRODUCTIONS: (2 minutes)

Introduce yourself and state that you are here to teach a lesson from the *Be Ready 1-2-3* program developed by the American Red Cross.

Introduce Ready Rabbit:\* Hold up Ready Rabbit and tell the class that he's here to teach us about winter storm preparedness, and how to stay safe during cold winter weather.

## KEEPING WARM: (5 minutes)

Ask: "How many of you like wintertime? What are some fun things you enjoy doing during the winter?"

Explain: "Class, Ready Rabbit knows that even though winter can be a time of fun, it can also be a time to protect ourselves from storms and very cold weather."

Have Ready Rabbit whisper in your ear before addressing the class. Then say, "Ready Rabbit is thinking of something very important that everyone must do for themselves if a winter storm

\*For information on working with puppets, see Appendix B.

should arrive. What do you think he's thinking about?" (Answer: staying warm.)

Discuss: "Keeping yourself warm is the most important thing you should do during cold winter weather. Your body is like the furnace in a home. (Show "Ready Rabbit Says: Stay Warm" poster.) Look at the poster. What does the home furnace need in order to work? (Answer: some kind of fuel.) By putting in some kind of fuel, heat is created for a home. How is your 'Human Furnace' similar to your home furnace?" (Answer: Putting fuel, or food, into your body produces your body's heat.)

Explain: "During cold winter weather, we need to keep our body temperature warm (at our normal 98.6 degrees) and not let our body get cold and drop below the normal temperature."

Ask: "Ready Rabbit wants you to guess what part of your body will lose the most heat if it is not kept warm?" (Answer: your head.)

**READY RABBIT'S  
WARM HAT RAP:  
(5 minutes)**

Explain: "Ready Rabbit wants you to know that a lot of heat will leave your body, from your head, very quickly. So, to stay warm you should always wear what? (Answer: a hat.) Not wearing a hat is like having a big hole in your furnace (refer to 'Stay Warm' poster). Lots of heat can escape. Not wearing a hat is also like turning the heat on in your home and opening the doors and windows. Does that sound like a good idea?"

Ask: "What kind of hat would be best in the winter?" (Answer: warm, knitted hat to pull down over ears.)

Discuss: Show the pictures of various hats and discuss why some are good and others are not.

Explain: "Do you know what rap songs are? Ready Rabbit has a rap song about staying warm. We don't have music, but let's practice saying Ready Rabbit's Warm Hat Rap. (Show poster.) Let's look at the poster and rap along with Ready Rabbit."

Now as all you boys and girls should know,  
In the winter you're cold from head to toe.  
So keep the heat in and don't let it out,  
Wear a WARM HAT is what I like to shout!

**PASS THE HAT:  
(8 minutes)**

Explain: "Let's play a game to see why keeping your head warm is so important. We're going to play Pass the Hat."

1. Everyone sits (or stands) in a circle.
2. Give everyone a picture of a hat and have them place it face down on their laps.
3. When Ready Rabbit says his Warm Hat Rap, each student passes his or her hat to the next student. (Have everyone pass in the same direction.) As soon as Ready Rabbit stops his rap, everyone **STOPS PASSING** and puts the hat they have on their head for everyone to see. Ask, "Did you end up with a good winter hat?"
4. Play other rounds. Have the children rap with Ready Rabbit. (You can eliminate students from the game who end up with inappropriate hats during each round. If you do this, though, make sure you remove the same number of hat pictures as students.) Ready Rabbit can stop rapping at different times to surprise the students as they pass the hats.

Ask: "Think about other body parts that can get cold quickly. Name some." (Answer: hands and feet.)

**Hands.** Hold up mittens and gloves. "Who knows which will keep your hands and fingers warmer?" (Answer: mittens. They trap more warm air around the hands and fingers than gloves do.)

**Feet.** "It is important to keep your feet dry when walking or playing on snow, ice, or in the rain. Wear dry socks and waterproof boots. (Show examples.) When your body and clothes are wet, you lose your body heat much faster, so **STAY DRY!**"

**LAYERS OF  
CLOTHING AND  
BLANKETS:  
(5 minutes)**

Explain: (Prior to this activity, Ready Rabbit should be dressed in layered clothing.) "Let's look at how Ready Rabbit is dressed for cold winter weather. Notice his layers of clothing instead of just one big heavy coat. Several layers of clothing traps warm air. Then if he gets too warm, we can take off a layer and Ready Rabbit will stay warm, but not be too hot. Another way to get warm when it's very cold is to get into bed. Do you think Ready Rabbit would be warmer in bed with several light-weight blankets, or with one heavy blanket?"

**IF SOMEONE'S  
ALL ALONE  
PICK UP THE  
PHONE:  
(3 minutes)**

Explain: "Many times during winter storms, roads are so bad from ice or snow, that some people can't get out of their homes. Sometimes even walking in these conditions is dangerous."

Think: "Everyone think for a moment if you know someone who might have trouble getting out and going somewhere during a winter storm. Maybe you have a neighbor, grandparent, or friend who could be stuck at home. These people might need something, or might be lonely for someone to talk to. (Children can share responses.) **ASK YOUR PARENTS FOR PERMISSION** to call someone stuck at home during a winter storm."

With the "Ready Rabbit's All Alone Rap" poster in view, read out loud with the class:

During a winter storm  
If I know someone's alone,  
What I want to do  
Is call them on the phone!

**READY RABBIT  
RELAY:  
(10 minutes)**

Explain: "In a moment you are going to take part in the Ready Rabbit Relay. This Safety Kit has some important items you need to have in order to be prepared for a winter storm. There are also some items in the box you don't need to prepare for winter. During the relay you will be asked to choose good examples of winter supplies. *Don't* take supplies that aren't good examples."

Ask: "What kinds of items might you find in the Safety Kit?"

Ready Rabbit Relay Rules:

1. Two teams form in single lines.
2. The first person in line puts on the mittens.\*
3. *Walk* to the supply box. *Don't run*. Pretend the "sidewalk" has a layer of ice. If you run, you will have to go back and start over.
4. At the supply box, choose an item that could help you during a winter storm.
5. Walk back to your line and carefully put the item in your team's Safety Kit.
6. Take off the mittens and give them to the next person in line.
7. Play until everyone gets a turn.
8. Your team will get one point for every appropriate item chosen. (No points are given for being first, so walk carefully on the "ice.")

\*With groups of children greater in number than ten, you may want to delete the mittens from the relay in order to save time.

Discuss: After the relay, discuss the items in each team's Safety Kit.

- How will this item help you during a winter storm?
- Did you select any items that would *not* be important to you?
- How many points did your team get?

**CONCLUSION**  
**(5 minutes)**

Ready Rabbit should now pass out the *Be Ready* books. Instruct students to look at pages four and five on Winter Storms. Identify a time when these pages can be completed before the next *Be Ready* lesson. It is recommended that, to ensure availability, the *Be Ready* books stay in the classroom until all three lessons have been taught. If this is the last lesson, send the books home with the students and ask them to complete page eight ("Ready or Not?") with their parents.

Hand out the *Be Ready 1-2-3* completion certificates. If this is the first lesson taught, ask each student to write his or her name on the certificate. (If their abilities prohibit this, have the names written on prior to the first lesson.) Give each student a Red Cross sticker and direct them to place it over the circle located under Ready Rabbit on the certificate. Tell them that, as they complete each *Be Ready* lesson, they will get a sticker.

Congratulate everyone for completing the Winter Storms lesson of the *Be Ready 1-2-3* course. Collect the certificates, unless all three lessons have been completed. If this is the last lesson taught, send the certificates home to be proudly displayed.

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