

KIDS' ACTIVITY BOOKLET

FOR JAMES BAY FIRST NATION COMMUNITIES



For more information about how to Be Red Cross Ready and to access additional resources to help you prepare for emergencies, please visit:

WWW.REDCROSS.CA/READY



**CANADIAN
RED CROSS**

WHO IS READY GOOSE?

When Ready Goose was just a little gosling, he was scared of everything. If he heard thunder, he hid. If the power went out, he honked and hid. If it was spring ice break-up time, he hid, honked and covered his eyes. He thought if he couldn't see what scared him, it would go away. It didn't.

As Ready Goose got older he realized that you can't hide from the things that scare you. Thunderstorms happen. Power outages happen. The spring ice break-up happens. He did wonder what he could do to make these things seem less scary. This is when Ready Goose learned a very important lesson that changed him forever: If you don't want to be scared, you just need to be prepared.

Ready Goose decided to learn everything he could about the things that scared him and what he could do to stay safe. He talked to his parents, his grandparents, and his teachers and they answered all his questions about thunderstorms, power outages, floods, forest fires and blizzards. The more Ready Goose learned, the less scared he became.

Ready Goose decided he was going to make sure that no child in his community felt they needed to hide when they heard thunder, honk when the power went out, or cover their eyes during the spring ice break-up. He had an important job to do. Ready Goose went to work as an emergency preparedness expert at the Canadian Red Cross. His role was to teach kids how to Be Red Cross Ready.

Ready Goose wants to help you, your family and your community prepare for emergencies. He wants you to be a Red Cross Ready Kid. Remember...if you don't want to be scared, you just need to be prepared.



STEP 1: KNOW THE RISKS



KNOW WHAT
EMERGENCIES
CAN HAPPEN
WHERE YOU LIVE,
LEARN AND PLAY

WORD SCRAMBLE CHALLENGE: NAME THE EMERGENCY

These are some of the types of emergencies that can happen in the James Bay area. Can you unscramble the name of each type of emergency? Write the name in the space provided. Use the pictures to help you.



SUNDHTORMRET



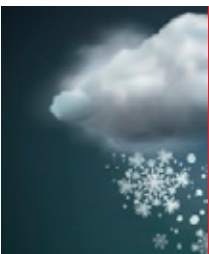
OODLF



TFOERS RIFE



OPEWR GEAUTO

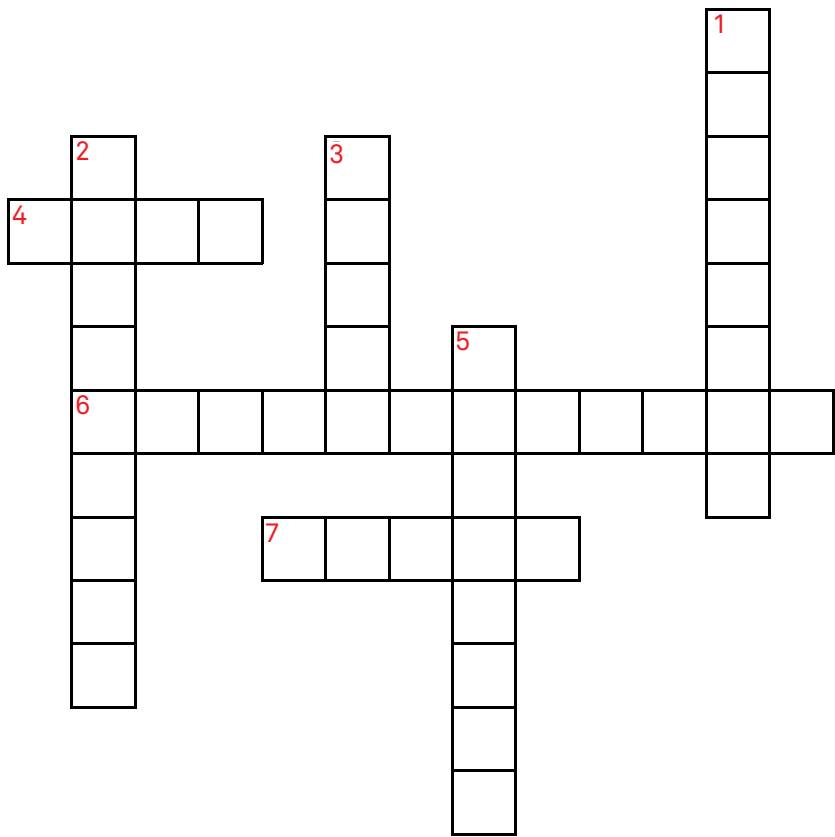


ZZILARBD

ANSWER KEY
• THUNDER STORM
• FLOOD
• FOREST FIRE
• POWER OUTAGE
• BLIZZARD



CROSSWORD PUZZLE



ACROSS

- 4. Not putting out your campfire properly can cause a forest _____
- 6. A severe _____ can produce large hail, heavy rain and/or damaging winds
- 7. Televisions will not work during a _____ outage

DOWN

- 1. During a _____, there are high winds and it can be hard to see through the snow
- 2. During a thunderstorm, you see the _____ and then hear the thunder
- 3. A _____ can happen when the ice breaks up in the spring
- 5. Rain that falls and freezes when it hits objects on or near the ground is called _____ rain

STEP 2: MAKE A PLAN



FAMILY COMMUNICATION PLAN



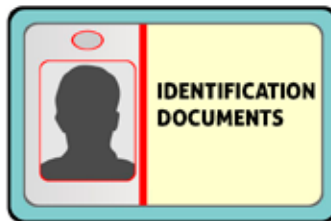
FOR THE GROWN-UPS

- » Emergencies can happen when family members are not all together in one place. Children may be at school or daycare, parents may be at work and grandparents may be visiting friends. It is important to think about how you will all get back together in an emergency.
- » Ask an out-of town relative or friend to be your family's emergency contact person. Your contact should live outside of your community because after a disaster, it is often easier to make a long-distance call than a local call. Each family member should know to call the emergency contact person and tell them where they are. Every family member must know the emergency contact person's name, address and phone number.
- » Pick a location away from your home where family members can meet in case you are unable to return home because of the emergency (e.g., debris blocks the road to your home and you cannot safely get to your house). Everyone must know the location, address and phone number of the meeting place.

STEP 3: GET YOUR KITS



HAVE YOUR ITEMS GATHERED SO YOU CAN DEAL WITH ANY HAZARD



“GRAB AND GO” BAG

READY GOOSE IS PREPARING A “GRAB AND GO” BAG SO HE WILL HAVE EVERYTHING HE NEEDS TO STAY HEALTHY AND SAFE IF HE HAS TO EVACUATE HIS HOME BECAUSE OF AN EMERGENCY. CAN YOU HELP READY GOOSE FIGURE OUT WHAT BELONGS IN HIS “GRAB AND GO” BAG?

CIRCLE THE ITEMS THAT BELONG IN READY GOOSE’S “GRAB AND GO” BAG.



- ITEMS TO CIRCLE
- TOOTH BRUSH/TOOTHPASTE
- BATTERIES
- BOTTLED WATER
- IDENTIFICATION DOCUMENTS
- MONEY
- FIRST AID KIT
- FAMILY EMERGENCY PLAN
- GLASSES
- MEDICATION
- SOAP
- GRANOLA BAR
- KEYS
- SHIRTS AND PANTS

HOME EMERGENCY PREPAREDNESS KIT

In a remote northern community, it is very important to make sure that you have the supplies you need to stay healthy and safe for 7-10 days in your home.

Can you find all of the items that you need to have in a home emergency preparedness kit? Look for the words in the list below. Some of the words you have to find may be spelled backwards.

FLASHLIGHT

RADIO

BATTERIES

FOOD

WATER

CASH

FAMILY EMERGENCY PLAN

FIRST AID KIT

MEDICATION

KEYS

HEALTH CARD

STATUS CARD

BIRTH CERTIFICATE

MEDICAL RECORDS

FAMILY CONTACT LIST

SOAP

TOILET PAPER

TOOTHBRUSH

BLANKETS

OUTERWEAR

WHISTLE

LANTERN

FUEL

(for the grown-ups to use only)

BUSH COOKING STOVE

(for the grown-ups to use only)

WATERPROOF MATCHES

(for the grown-ups to use only)

PLAYING CARDS

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

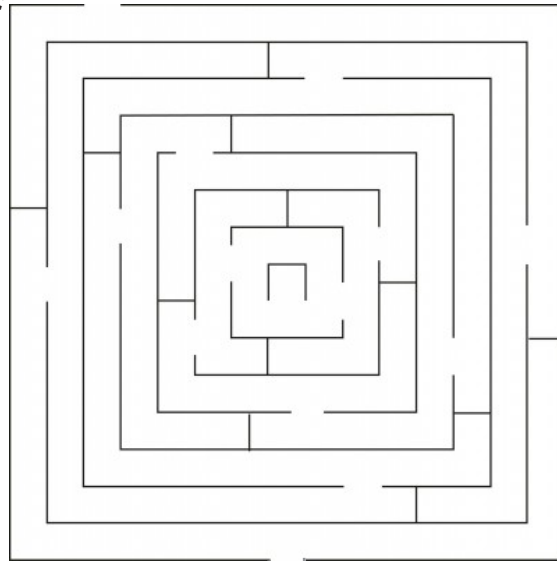
EVACUATIONS

READY GOOSE AIR EVACUATION MAZE

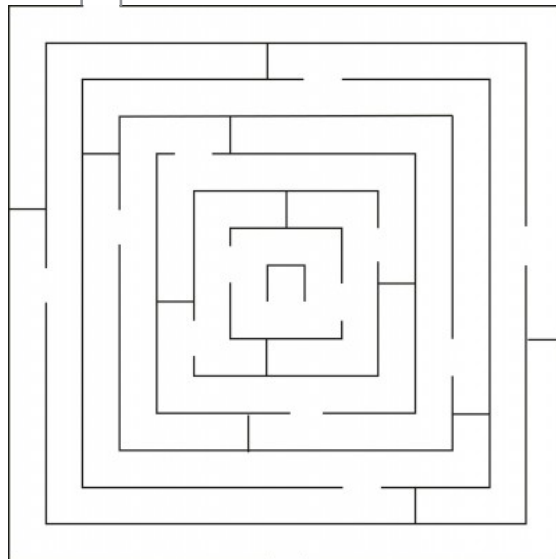
Ready Goose has been told by community officials that for his safety he has to evacuate his home. Ready Goose is going to have to leave his community by airplane and fly to another community where he will go to a Canadian Red Cross shelter until it is safe for him to return home. Help Ready Goose evacuate safely to the Canadian Red Cross shelter.



HOME



AIRPORT



SHELTER

I'M A RED CROSS READY KID...

As a Red Cross Ready Kid in my community, I have talked to my family about the need to prepare for emergencies. We know how to Be Red Cross Ready because we have completed these three steps:

DESIGN A T-SHIRT FOR READY GOOSE

Design a t-shirt for Ready Goose that promotes emergency preparedness for members of your community.



**SHOW YOUR COMMUNITY YOU CARE...
PREPARE!**

STEP 1: KNOW THE RISKS

- Everyone knows what types of emergencies can happen where we live, work and play.
- We understand how each type of emergency could affect the community.
- Everyone knows what actions to take during each type of emergency to stay safe.

STEP 2: MAKE A PLAN

- We have a family communication plan.
- If family members became separated during an emergency, we would know how to get back together.
- We have practised our home escape plan and have a family meeting place near our home.
- We know what we would have to do if we were asked to evacuate our home.

STEP 3: GET YOUR KITS

- We have prepared a 7-10 day home emergency preparedness kit.
- We have prepared a “grab and go” bag.
- We have included items in our emergency preparedness kit and “grab and go” bag for family members with special needs.

**TOGETHER, WE CAN HELP MAKE THE JAMES BAY AREA BETTER
PREPARED FOR EMERGENCIES!**



**CANADIAN
RED CROSS**

PLEASE VISIT:

WWW.REDCROSS.CA/READY

ISBN 978-1-55104-603-7