

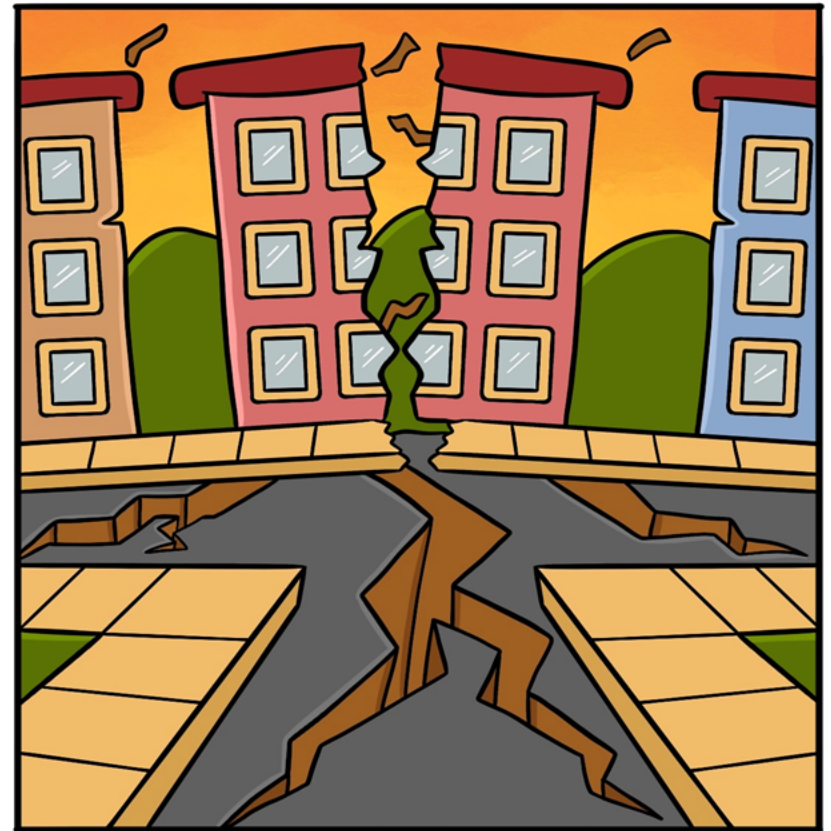
DISASTER EDUCATION: & COPING RESOURCES EARTHQUAKE

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING



EARTHQUAKE

ELEMENTARY LEVEL

GAIN KNOWLEDGE:

HOW AN EARTHQUAKE FORMS, HOW TO MEASURE, & CLUES



DISASTER EDUCATION: EARTHQUAKE

← GAIN KNOWLEDGE

HOW AN EARTHQUAKE FORMS

THE EARTH IS MADE OF BIG PIECES
THE GROUND WE LIVE ON IS MADE OF HUGE PIECES CALLED TECTONIC PLATES THEY ARE ALWAYS MOVING VERY SLOWLY

THE PLATES MOVE
THE PLATES CAN PUSH, PULL APART OR SLIDE PAST EACH OTHER. THIS MOVEMENT CREATES PRESSURE UNDERGROUND.

THE PLATES GET STUCK
SOMETIMES THE PLATES GET STUCK AND CAN'T MOVE. BUT THEY KEEP TRYING TO MOVE, SO PRESSURE BUILDS UP.

THE PLATES SUDDENLY SLIP
WHEN THE PRESSURE GETS TOO STRONG, THE PLATES SUDDENLY BREAK OR SLIP ALONG A CRACK CALLED A FAULT.

ENERGY TRAVELS THROUGH THE GROUND
WHEN THE PLATES SLIP, ENERGY SPREADS OUT IN WAVES THROUGH THE GROUND. THESE ARE CALLED SEISMIC WAVES.

THE GROUND SHAKES
WHEN THE WAVES REACH THE SURFACE, THE GROUND SHAKES, AND WE FEEL AN EARTHQUAKE.

EARTHQUAKE CLUES ACTIVITY

WEATHER CLUES OF A POSSIBLE EARTHQUAKE NOT CLUES OF A POSSIBLE EARTHQUAKE

CUT AND PASTE THE IMAGES ON THE NEXT PAGE AND GLUE THEM TO THE SPOTS BELOW IF THEY ARE CLUES OR NOT OF AN EARTHQUAKE.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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SNOWFALL EXTREME HEAT

DISASTER EDUCATION: EARTHQUAKE

← GAIN KNOWLEDGE

HOW TO MEASURE AN EARTHQUAKE

EARTHQUAKES' MAGNITUDE IS MEASURED USING THE RICHTER SCALE, WHICH TELLS US HOW MUCH ENERGY THE EARTHQUAKE RELEASED. MAGNITUDE IS HOW STRONG THE SHAKE IS.

10-19	20-29	30-39	40-49	50-59	60-69	70-79	80-89	90 and Greater
Micro	Minor	Light	Moderate	Strong	Major	Great		

SMALL CRACKS IN WALLS OR SIDING OR BRICKS MAY FALL OFF. SHELVES, WINDOWS, MIGHT RATTLE. MOST BUILDINGS ARE SAFE.

LARGER CRACKS IN WALLS AND GROUND. CHIMNEYS OR BRICKS MAY FALL. FURNITURE CAN TIP OVER. SOME BUILDINGS MAY BE DAMAGED BUT STILL STANDING.

BIG CRACKS IN ROADS AND GROUND. PARTS OF BUILDINGS MAY COLLAPSE. POWER LINES MAY FALL. MANY AREAS BECOMING UNSAFE.

BUILDINGS COLLAPSE. COMPLETE LARGE GROUND SPLITS AND DESTRUCTION. MANY PEOPLE NEED HELP AND RESCUE.

EIGHT ACTIVITIES

DISASTER EDUCATION: EARTHQUAKE

← AFTERMATH / COPING

AFTER THE QUAKE: EXPRESSING LOSS

IT'S NORMAL TO FEEL LOTS OF DIFFERENT EMOTIONS AFTER SOMETHING SCARY HAPPENS, AND IT'S IMPORTANT TO EXPLORE AND MANAGE THOSE FEELINGS.

A MEMORY THAT MAKES ME SMILE IS...
Type here.

SOMETHING I MISS IS...
Type here.

WHEN I FEEL SAD, I CAN...
Type here.

DISASTER EDUCATION: EARTHQUAKE

← STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
1. DO YOU GET SCARED, NERVOUS OR UPSET WHEN YOU THINK ABOUT THE EARTHQUAKE?			
2. DO YOU GO OVER IN YOUR MIND WHEN HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT THE EARTHQUAKE?			
3. DO THOUGHTS ABOUT THE EARTHQUAKE COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE EARTHQUAKE OR HAVE TROUBLE SLEEPING?			

POWERPOINT & DIGITAL VERSION

STRESS ASSESSMENT

BE PREPARED: EARTHQUAKE PREPARATION & DRILL PRACTICE



PERFECT
LESSON FOR AN
AREA PRONE TO
QUAKES

DISASTER EDUCATION: EARTHQUAKE

BE PREPARED

EARTHQUAKE PREPARATION

BEFORE AN EARTHQUAKE

- MAKE A SAFETY PLAN
- MAKE AN EMERGENCY KIT
- PRACTICE DRILLS
- SECURE ITEMS

DURING AN EARTHQUAKE

- DROP, COVER, AND HOLD ON
- STAY INSIDE
- STAY AWAY FROM WINDOWS
- IF OUTSIDE, MOVE TO AN OPEN AREA

AFTER AN EARTHQUAKE

- CHECK FOR INJURIES
- BE READY FOR AFTERSHOCKS
- WATCH OUT FOR DEBRIS
- HELP OTHERS IF YOU CAN

EARTHQUAKE DRILL

- 1** DROP
GET DOWN ON YOUR KNEES
- 2** COVER
GET UNDER DESK/TABLE, COVER HEAD
- 3**
- 4**

COPING TIPS FOR PARENTS

EXPERIENCING AN EARTHQUAKE CAN BE FRIGHTENING FOR CHILDREN AND FAMILIES. HERE ARE SOME SIMPLE WAYS TO SUPPORT YOUR CHILD AS THEY COPE WITH THE AFTERMATH:

- SUPPORTING YOUR CHILD EMOTIONALLY**
 - LISTEN AND REASSURE - ALLOW YOUR CHILD TO SHARE FEELINGS AND REMIND THEM THEY ARE SAFE
 - MAINTAIN ROUTINES - KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT
 - ENCOURAGE EXPRESSION - LET CHILDREN DRAH PLAY OR TELL STORIES TO PROCESS FEELINGS
- COPING STRATEGIES TO PRACTICE TOGETHER**
 - SPICELING - TRY SMELL THE CLOVER OR LEMON OUTRICE CANDLE TOGETHER
 - SPONDING - NOTICE 5 THINGS TO SEE, 4 TO TOUCH, 3 TO HEAR, 2 TO SMELL, 1 TO TASTE
 - POSITIVE AFFIRMATIONS - REPEAT CALMING WORDS LIKE 'I AM SAFE' AND 'I AM STRONG'
- WHEN TO SEEK EXTRA SUPPORT**
 - FREQUENT NIGHTMARES OR TROUBLE SLEEPING
 - ONGOING FEAR, CLINGINESS, OR IRRITABILITY
 - FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES

DISASTER EDUCATION: EARTHQUAKE

BE PREPARED

EARTHQUAKE PREPARATION: ACTIVITY

READ THE SCENARIOS AND CIRCLE IF THE EARTHQUAKE FACT IS TRUE OR FALSE

- True** BEFORE AN EARTHQUAKE YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?
- False** THERE IS NO NEED TO PRACTICE AN EARTHQUAKE DRILL BECAUSE IT COULD HAPPEN AT ANY TIME. TRUE OR FALSE?
- True** BEFORE AN EARTHQUAKE YOU SHOULD SECURE HEAVY ITEMS. TRUE OR FALSE?
- False** DURING AN EARTHQUAKE YOU SHOULD DUCK UNDERNEATH A WINDOW. TRUE OR FALSE?

DISASTER EDUCATION: EARTHQUAKE

BE PREPARED

EARTHQUAKE PREPARATION: DRILL ACTIVITY

WHAT SHOULD YOU DO IN AN EARTHQUAKE DRILL? CIRCLE THE CORRECT ANSWERS AND CROSS OUT THE WRONG ONES

- GET DOWN ON YOUR KNEES** (Circled)
- NOT LISTENING TO YOUR TEACHER'S INSTRUCTIONS** (Crossed out)
- GET UNDER A DESK OR TABLE** (Circled)
- FREEZING UP AND DOING NOTHING** (Crossed out)
- HOLD ON TO OBJECT, DON'T MOVE** (Crossed out)
- COVER YOUR HEAD** (Circled)
- WAIT FOR DIRECTIONS BEFORE GETTING UP** (Circled)
- GOOF OFF WITH YOUR FRIENDS WHILE YOU WAIT** (Crossed out)
- GOING OUTSIDE** (Crossed out)

INCLUDES COPING
TIPS FOR PARENTS

AFTERMATH/COPING: PROCESSING, FEELINGS/COPING SKILLS, LOOK FOR THE HELPERS



EARTHQUAKE FEELINGS

DURING AN EARTHQUAKE, OUR FEELINGS CAN BUILD UP. JUST LIKE EARTHQUAKES, THEY START REALLY STRONG IN THE MIDDLE—SCARY, CONFUSING, OVERWHELMING. BUT IF WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY EASE AND TAPER OFF AND GET SMALLER AND EASIER TO HANDLE.



COPING SKILLS



BREATHING EXERCISES

