

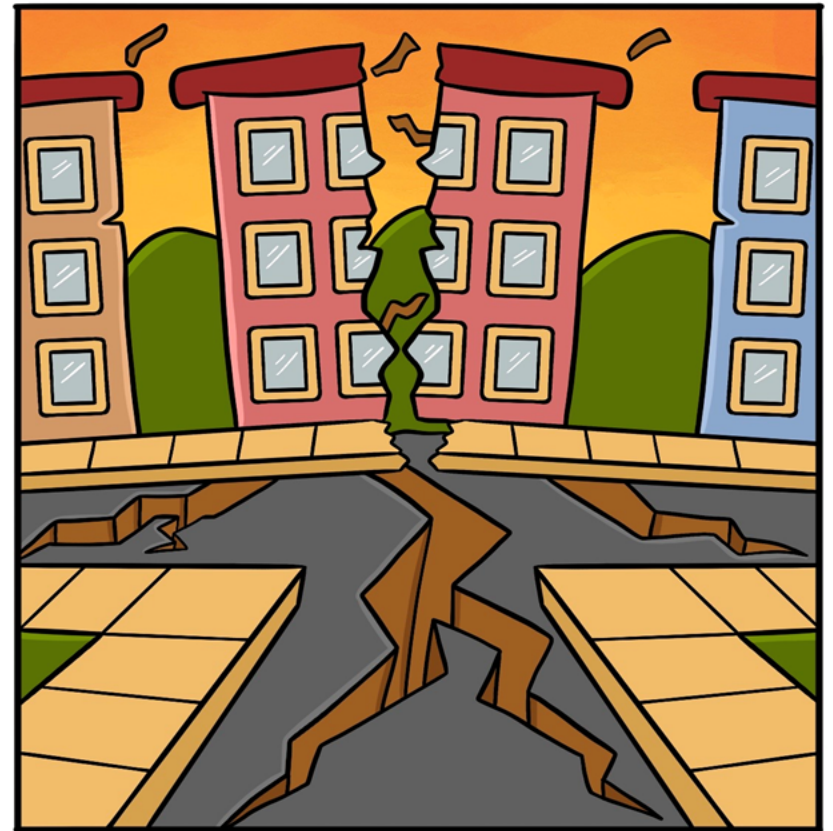
DISASTER EDUCATION: & COPING RESOURCES EARTHQUAKE

GAIN

KNOWLEDGE

BE PREPARED

AFTERMATH/
COPING



EARTHQUAKE

MIDDLE SCHOOL 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 CANT 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

CLUES OF A POSSIBLE EARTHQUAKE

NOT CLUES OF A POSSIBLE EARTHQUAKE

READ THE SCENARIOS AND WRITE THE WEATHER CLUES IN THE BOX

MAYA PAUSED AS HER WATER BOTTLE STARTED TO RIPPLE ON HER DESK. THE CLASSROOM FELT ODDLY QUIET FOR A MOMENT AND THEN SHE NOTICED THE LIGHTS ABOVE HER BEGINNING TO SWAY BACK AND FORTH.

ETHAN FELT A LOW RUMBLE BENEATH HIS FEET WHILE WALKING DOWN THE HALLWAY. THE LOCKERS BEGAN TO RATTLER SOFTLY.

DIEGO NOTICED HIS DOG PACING BACK AND FORTH AND WHINING NEAR THE DOOR. OUTSIDE, BIRDS SUDDENLY FLEW AWAY ALL AT ONCE, AND EVERYTHING FELT STRANGELY TENSE AND QUIET. A FEW SECONDS LATER, HE FELT A RUMBLE UNDER HIS FEET.

CLUES OF A POSSIBLE EARTHQUAKE

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 SIDEWALKS
ITEMS 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, PAVES CRACK
BUILDINGS MAY COLLAPSE POWER LINES MAY FALL MANY AREAS BECOME UNSAFE

BUILDINGS COLLAPSE COMPLETELY
LARGE GROUND SPLITS AND BROKEN ROADS MANY PEOPLE NEED HELP AND RESCUE

EIGHT

ACTIVITIES

DISASTER EDUCATION: EARTHQUAKE

→ AFTERMATH / COPING

AFTER THE QUAKE: EXPRESSING LOSS

SOMETHING I MISS IS...
Type here.

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

WHAT IS SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT?
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
9. DO YOU FEEL MORE ALONE INSIDE, OR MORE ALONE WITH YOUR FEELINGS-SOME OTHERS DONT UNDERSTAND?			
10. DO YOU STARTLE MORE EASILY OR FEEL MORE JUMPY OR NERVOUS THAN BEFORE THE EARTHQUAKE?			
11. DO YOU SLEEP WELL AFTER THE EARTHQUAKE?			
12. DO YOU FEEL BAD OR GUILTY BECAUSE YOU DIDNT DO SOMETHING YOU WISH YOU HAD DONE?			
13. DO YOU WANT TO STAY AWAY FROM...			

POWERPOINT & DIGITAL VERSION

STRESS ASSESSMENT

BE PREPARED: EARTHQUAKE PREPARATION & DRILL PRACTICE



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

PERFECT LESSON FOR AN AREA PRONE TO QUAKES

EARTHQUAKE DRILL

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

DISASTER EDUCATION: EARTHQUAKE

BE PREPARED

EARTHQUAKE PREPARATION: ACTIVITY

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

BEFORE AN EARTHQUAKE, YOU SHOULD ALREADY KNOW A SAFE PLACE TO GO. TRUE OR FALSE?

THERE IS NO NEED TO PRACTICE AN EARTHQUAKE DRILL BECAUSE IT COULD HAPPEN AT ANY TIME. TRUE OR FALSE?

AN EMERGENCY KIT SHOULD INCLUDE BATTERIES AND WATER. TRUE OR FALSE?

BEFORE AN EARTHQUAKE, YOU SHOULD SECURE HEAVY ITEMS. TRUE OR FALSE?

DURING AN EARTHQUAKE, YOU SHOULD DUCK UNDERNEATH A WINDOW. TRUE OR FALSE?

DURING AN EARTHQUAKE, YOU SHOULD DROP, COVER, AND HOLD ON. TRUE OR FALSE?

DURING AN EARTHQUAKE, YOU SHOULD STAY INSIDE. TRUE OR FALSE?

THE CLASSROOM SHAKES

PUT STUDENTS INTO SMALL GROUPS (3-5) AND GIVE EACH GROUP A ROLE-PLAY (CUT THEM OUT BELOW). HAVE THEM PLAN IT AND THEN PERFORM IT IN FRONT OF THE CLASS.

SETUP: STUDENTS ARE IN CLASS WHEN AN EARTHQUAKE SUDDENLY BEGINS.

ROLES: TEACHER, STUDENT LEADER, 2-3 STUDENTS

ACTIONS: TEACHER CALLS OUT "DROP, COVER, AND HOLD ON!" STUDENTS GET UNDER DESKS AND PROTECT THEIR HEADS. STUDENT LEADER HELPS REMIND OTHERS WHAT TO DO. AFTER SHAKING STOPS, THE TEACHER GIVES "ALL CLEAR" AND CHECKS FOR INJURIES.

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 DRAW, PLAY, OR TELL STORIES TO PROCESS FEELINGS.
- COPING STRATEGIES TO PRACTICE TOGETHER**
 - DEEP BREATHING - TRY SMELL THE FLOWER, BLOW OUT THE CANDLE TOGETHER.
 - GROUNDING - NOISE: 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 WITHDRAWAL.
 - FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES.

INCLUDES COPING TIPS FOR PARENTS

ONE SAFETY

STAY ALONE WHEN AN EARTHQUAKE HAPPENS (ON PHONE AFTER).

COVERS UNDER A STURDY DESK/TABLE. AFTER SHAKING, CHECK FOR INJURIES AND CALL THE PARENT OR GUARDIAN.

STAY IN THE HALLWAY WHEN AN EARTHQUAKE HAPPENS.

IF YOU ARE OUTSIDE, GET UNDER A STURDY OBJECT OR TREE WITHOUT POWER LINES. TALK ABOUT HOW TO STAY CALM AND PASS TIME.

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.

Shock
Relief
Sadness
Anger
Fear
Panic
Worry
Nervous

FEELINGS COPING SKILLS

DEEP BREATHING	USE SAFE TALK	USE GROUNDING	EXERCISING	TALK TO A HELPER
PRACTICE GRATITUDE	DRAW / PAINT	WRITE IN A JOURNAL	USE VISUALIZATION	LISTEN TO MUSIC
STICK TO A ROUTINE	READ A BOOK	MAKE A PLAN	BE IN NATURE	CALL A FRIEND
MEDITATE	I AM GREAT!	USE VISUALIZATION	USE VISUALIZATION	USE VISUALIZATION

Earthquake-Themed Yoga Poses

Strong Ground (Mountain Pose)
STAND TALL WITH FEET FLAT ON THE GROUND. ARMS BY YOUR SIDES OR REACHING UP. PRESS YOUR FEET FIRMLY INTO THE FLOOR.

Swaying Tree (Tree Pose)
STAND ON ONE FOOT. PLACE THE OTHER ON YOUR ANKLE OR LEG. HANDS TOGETHER, OR PAISED OVERHEAD. GENTLY SWAY... THEN BECOME STILL.

Drop, Cover, Hold (Child's Pose)
KNEEL AND SIT BACK ON YOUR HEELS. BEND FORWARD, FOREHEAD DOWN. ARMS TUCKED IN OR STRETCHED FORWARD.

Aftershock Wave (Cat-Cow Stretch)
ON HANDS AND KNEES ARCH BACK UP (CAT), THEN PRESS YOUR BELLY DOWN (COW). MOVE SLOWLY WITH THE BREATH.

Rebuild Bridge (Bridge Pose)
LIE ON YOUR BACK. KNEES BENT FEET FLAT LIFT YOUR HIPS TOWARD THE SKY. HOLD FOR 30 SECONDS. THEN SLOWLY LOWER.

Calm Ground Rest (Starfish)
LIE FLAT ON YOUR BACK. ARMS AND LEGS RELAXED. STAY STILL AND BREATHE SLOWLY. SAY: "THE GROUND IS CALM. MY BODY IS CALM."

STEADY GROUND Breathing

5 things you see
4 things you feel
3 things you hear
2 things you smell
1 slow breath

RIDE THE EARTHQUAKE

Calm Breathing

RATTLE!
START
IN... CALM OUT...
KEEP YOUR BREATHING SLOW & GENTLE!

Thank You, Helpers!