

#1 – **BE PREPARED**

*Be prepared in all things.
D&C 29:8.*

PURPOSE: It's important to prepare for emergencies before they happen.

SONG: "Be Prepared" (follows lesson)

LESSON: Explain what an emergency is. A general rule to follow is that:
An emergency involves danger to your life or your property.

Get a large piece of red paper and a large piece of blue paper. On the red paper write EMERGENCY. On the blue paper write NON-EMERGENCY. Set the papers on the floor or on a table.

Fill a basket with items to represent emergency and non-emergency situations (see suggestions for ITEMS and SITUATIONS below).

Take turns drawing an item from the basket, discussing what the situation is, and deciding whether it's an emergency (is there danger?) or non-emergency. If it's an emergency, set the item on the red paper. If it's not an emergency, set it on the blue paper.

ITEM

Large bandage
Plastic spider
Matches
Broken toy
Twig
Dollar bill
Stuffed animal
Bleach bottle
Baseball cap
Sunday shirt
Electric cord
School book

SITUATION

Deep cut, heavy bleeding
Bit by a spider on the hand
Pile of leaves on fire in the backyard
Favorite toy has broken part
Lost in the woods while on a picnic
Store clerk didn't give correct change back
Family pet hit by car
Someone drinks from bleach bottle
Can't find baseball cap before game
Button missing-must leave for church
Frayed cord plugged in
Homework assignment not finished

HOW TO BE PREPARED

Know how to care for bleeding wound
Know how to care for insect bite
Know how to put a fire out
Have different glues for repairs
Know outdoor safety rules
Check money before leaving store
Know animal hospital phone #
Know Poison Control Center phone #
Keep cap in specific place after games
Check clothes before Sunday morning
Have a home fire safety check
Parent checks homework each day by a certain time

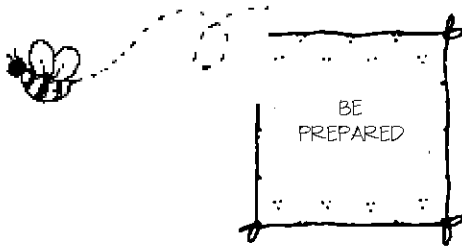
The word "PREPARE" means "to make ready beforehand."

To BE PREPARED means knowing what to expect ahead of time and practicing what to do before it happens. Review the emergency items sitting on the red paper. How can your family be prepared for these emergencies?

What is the difference between losing your baseball cap and getting lost in the woods?
Which one involves danger?
Which one is an emergency?
How would you feel if you were lost?

D&C 38:30 – "If ye are prepared ye shall not fear."

Why is it important that family members (including the youngest child) be prepared for emergencies?



BY PLANNING AHEAD AND KNOWING WHAT TO DO IN AN EMERGENCY...

- ❑ You will improve your chances of being **SAFE**.
- ❑ You will be **MENTALLY AND PHYSICALLY READY** to meet the crisis. You will know what to do because you will have already acted it out. Children are especially vulnerable to psychological trauma after a disaster if they have had no preparedness training.
- ❑ In an emergency, you have **NO TIME TO PLAN ONLY TO REACT**. If you have thought out the possibilities of what to do ahead of time, this will help you control your panic reactions and the emotional stress you're going to feel. In split-seconds, you can make **CORRECT DECISIONS**.
- ❑ You can **HELP OTHERS** who are hurt and afraid.
- ❑ You may make the difference between **LIFE AND DEATH**.
- ❑ You will be **LESS AFRAID** of the unexpected.

Preparation for one kind of an emergency can greatly increase your survival chances in other emergency situations.

BE PREPARED
(Tune: Yankee Doodle)

VERSE 1: Our prophet told us to prepare
 For famine and disaster.
If we obey our family will
 Live happy ever after.

CHORUS: "Be prepared," our prophet said.
 "Store some wheat and honey."
"Plant a garden, learn first aid,
 and don't forget some money."

VERSE 2: When father Noah built an ark
 The people laughed and shouted.
But when the rain began to pour
 Those people never doubted.

CHORUS: REPEAT

VERSE 3: We have been warned in latter-days
 There will be floods and earthquakes.
So put your house in order
 And prepare before the dam breaks.

CHORUS: REPEAT

VERSE 4: Please do not procrastinate.
 Excuses have no muscle.
You'll never find a better time
 Than NOW! So better hustle.

CHORUS: REPEAT