

Preparedness

“. . . If ye are prepared, ye shall not fear.” (D&C 38:30)

Objective: Learn the gospel and build testimonies by studying the importance of following the prophet's counsel concerning family preparedness. Preparing will be fun and a family that is prepared will have nothing to fear.

Opening Song: “Do What Is Right” (Hymnbook pg. 237)
(copy included)

Scripture: “For if you will that I give unto you a place in the celestial world, you must prepare yourselves by doing the things which I have commanded you.” (D&C 78:7)

Stories: Noah's Ark (pictures included to tell the story)

- Tell the story of Noah, explaining that Noah built the Ark because he was obedient to the Lord, and he wanted his family to be safe. (Little children may want to construct an ark with blocks or a box. Talk about the supplies they need in it to feed the animals and care for Noah's family.)
- Noah built his ark before the flood came, and he and his family survived. Those who waited to act until after flood began were too late.
- “The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.” (President Ezra Taft Benson)
- Ask: What are the most important lessons we learn from the story of Noah? (Emphasize faith in the Lord and obedience to the Lord's instructions.)

The Ant & the Grasshopper (pictures included to tell the story)

Activities: Mock Disaster (outline included)
Build a Survival/72 Hour Kit (outline included)
Evacuation Game (instructions included)

Miscellaneous: You may want to review several of the following also.

1. Show the children where the flashlights are kept and teach them to use them if they are ever at home when the power is off.
2. Make plans so that children coming home unexpectedly from school, when nobody is home, will be able to enter the house, such as a hidden key, or a neighbor they can visit.
3. It's easy to rotate and update your 72 hours kits if you do it the same month as General Conference. This way you do it every six months.

Closing Song: “The Wise Man and the Foolish Man” (Children's Songbook pg. 281)
(copy included)
“Be Prepared” (copy included)

Refreshments: Foil Dinners or 72 Hour Food or hot homemade bread with honey butter.

✓ Parents are responsible for preparing to care for their children in emergencies, but the idea of a disaster might frighten a young child. If the planning is done in a matter-of-fact manner, like a fire drill at school, and if the parents take a positive approach, these lessons need not cause undue alarm. Once your family planning is complete, do not dwell on the subject unnecessarily, but plan to review the plans periodically.

The Ant & The Grasshopper

There once lived a grasshopper who was very unprepared. He never did his homework, he never saved his money, and he seldom thought about anyone but himself. All he did was play all day.

“Unprepared, unprepared, I hate to work, I’d rather play. I’ll get prepared some other day”, the grasshopper thought to himself.

One day, while resting under a milkweed, he saw an ant march by, and as he passed he heard him say:

Our prophet tells us to prepare
So we’ll be strong and steady.
Whatever happens in our lives
He wants us to be ready.
Be prepared our prophet says.
Think about tomorrow.
Be prepared for everything.
Then you will never sorrow.

The ant marched away and looked so busy. He was storing food for the winter.

“Ha, ha, ha! Who cares about being prepared? The sun is so nice and warm, and there is ever so many good things to eat in the garden next door. Why I’ll never run out of food. Unprepared, unprepared, people say I’m unprepared. I hate to work, I’d rather play, I’ll get prepared some other day”, laughed the grasshopper.

(Hold up the sign “Food Storage” and take a minute to discuss the importance of storing food.)

A few days passed, and the grasshopper played and played. While he was playing leapfrog over some toadstools, he saw the ant carrying a pile of heavy books home. He asked the ant what he was doing.

“I’m studying! I study my spelling words, do my homework, and I love to read, read, read. My teacher tells me I’m an A+ ant, because I’m prepared for school every day”, replied the ant.

I want to learn, I study hard
To get an education.
I never, ever miss a day
Unless I’m on vacation.
Be prepared, our prophet says.
Think about tomorrow.
Be prepared for everything,
Then you will never sorrow!

“Gosh”, thought the grasshopper, “I’m impressed. I want to be an A+ grasshopper, too. I’ll start tomorrow.”

And then he hopped away and continued to play.

(Hold up the sign “Education” and take about one minute to discuss the importance of an education.)

A few days later, grasshopper was sunning himself on a cattail, when the ant rode by on a new bike.

“Where did you get that?”, asked the grasshopper.

“I worked for it. I did some jobs every day after school and saved, saved, saved my money for a long time”, replied the ant.

Save your money every day
Don’t spend it all on candy.
Work and budget what you earn
Then buy something just dandy.
Be prepared our prophet says.
Think about tomorrow
Be prepared for everything
Then you will never sorrow!

"Oh, I want a bicycle just like yours!", exclaimed the grasshopper, "I think I'll start saving tomorrow. Today I'm going to buy a candy bar."

"Unprepared, unprepared, people say I'm unprepared. I hate to work, I'd rather play. I'll get prepared some other day", he sang as he hopped off to spend the only quarter he had.

(Hold up the sign "Save Your Money" and take a moment to discuss saving your money.)

A few days later, Ant came by wearing the neatest looking jogging suit. Grasshopper looked at his own ratty outfit and said, "Gee, where'd you buy your clothes? I can't find anything to fit me. I have such long legs."

"Oh, I don't buy my clothes, I sewed it myself, and it only cost five dollars!", replied Ant.

I learned to sew clothes for myself
They seem to turn out nicely
The things I make are tailor-made
And always fit precisely.
Be prepared, our prophet says.
Think about tomorrow.
Be prepared for everything,
Then you will never sorrow!

"Oh, I'd love a new jogging suit!" said Grasshopper, "I'm going to learn to sew- tomorrow. Unprepared, unprepared, people say I'm unprepared. I hate to work, I'd rather play. I'll get prepared some other day." said Grasshopper and off he hopped to play a game of tag.

(Hold up sign "Self Reliance" and take a few minutes to explain self reliance.)

A few days later, grasshopper was trying to see how high he could jump.

"I used to be pretty good at jumping, but now it makes me tired." Grasshopper thought to himself. "I think I'll go and rest."

But just then the ant came by with a basketball, going to practice.

"Hello, grasshopper!" Do you want to come to practice with me? We need a good jumper on our team."

"Oh, that sounds like fun," said Grasshopper, "but I'm too tired."

"Hmm, do you eat lots of fruits and vegetables to give your body energy?" asked Ant.

"No, I live on junk food." replied Grasshopper.

"And do you give yourself plenty of rest at night?" questioned Ant.

"No, I like to watch the late show on TV." said Grasshopper with a yawn.

"Oh grasshopper, I'm sorry that you're not prepared." replied Ant.

Our bodies need good exercise
and food to keep us going.
We must be smart and eat good food
To keep us strong and growing.
Be prepared, our prophet says,
Think about tomorrow
Be prepared for everything
Then you will never sorrow.

And the ant dribbled the ball down the street. Now grasshopper started to feel a little sad. He hadn't thought that being prepared was very important, but he surely hated to miss that basketball game because he wasn't in shape.

"Unprepared, unprepared, people say I'm unprepared. I hate to work, I love to play. So why can't I play ball today?" thought Grasshopper sadly.

And he sat down on a milkweek and started to think. He started to think about storing some food to eat when it wasn't so plentiful. He started to think about saving his money to buy something really special. He started to think about keeping his body strong and healthy and in good shape, and he started thinking about learning skills he didn't know now to be more self-reliant. He was still thinking when ant walked by the day, all decked out in his Sunday suit. He was going to church.

EVACUATION GAME

Family members take turns naming an object they would take with them if they were leaving home, beginning with successive letters of the alphabet, for example:

A	<u>a</u> xe	E	<u>e</u> ggs
B	<u>b</u> edroll	F	<u>f</u> ood
C	<u>c</u> ash	G	<u>g</u> asoline
D	<u>d</u> iapers	H	<u>h</u> ammer

Families with young children may wish to have the children draw a picture of something they would take if they were leaving home. As you compile your survival kits, you can add those things that are important to each family member.

MOCK DISASTER

TO DO AHEAD:

- Decide what kind of disaster you need to plan for.
- (fire, flood, hurricane, earthquake, etc.)
- Secrecy is the key to this lesson.
- Have a backpack for each child.
- Ask a friend to call at a certain time to announce a disaster that is coming.
- You must leave immediately!

Gather the family together as though you are having Family Home Evening on another subject. Watch a church video or play games. Pretend that this is your FHE, don't let the family know what the lesson is really about.

At the appointed time, the neighbor will call. Gather the family quickly and tell them what's happening. Give them 5 minutes to gather what they need for the next 24 hours, then go to the location you have previously decided. (Go somewhere in a care, meet in the basement, or wherever you need to be so you are safe from your mock disaster practice.)

Try to keep them fed, occupied, and happy during the hour or so after you have evacuated. During the time you will find there are many things that are missing. If you are eating you may have forgotten the can opener, utensils, salt or pepper, etc. You may need a fire, but have no matches. If you have a baby, did you grab diapers, food, etc? Do you have something to do? Games to play? Books to read? Scriptures? How can you stay warm?

LESSON:

After the time of evacuation is over would be a good time to talk about what you should do in this emergency. Write a list of what was needed but you did not have ready to take with you. Now is also a good time to go over what you need for your 72-hour emergency kits.

- Did you meet at the best possible place?
- What could have been done that wasn't?
- What was done that shouldn't have been done?

Decide what changes need to be made in your family to be prepared and work on these for the next few family home evenings.