

**Earthquake Preparedness and 72 hour kits Family Home Evening**  
**by Sarah Dye (any questions, contact [dyesor@outdoorbabytog.com](mailto:dyesor@outdoorbabytog.com))**

*Preparation for FHE:*

1. Obtain materials for Activity #2
2. Read information in packet and decide what information you would like to cover and is pertinent to you and your family. If you have small kids, keep it simple. For older kids, give them all the information they can handle. And for adults, learn what you can so you can help others who will be in need of your assistance.

*Welcome:*

*Opening Song:* Hymn # 140 Did You Think to Pray?

*Opening Prayer:*

*Scripture:* D&C 38:30

**Activity #1:**

*Earthquake drill:* (please read Earthquake Preparation before doing this drill, to help guide your actions)

Turn all the lights off, and pretend there is an earthquake. Where are you going to go? What are you going to do? Get under a table or under a doorway, and wait with your family for 2 minutes until the imaginary earthquake subsides. Make sure to talk to your family members throughout the earthquake to make sure they are alright.

With the lights still off, pretend the earthquake has cut off electricity. What are you going to do now? Ask the children what they would do if the parents were not home. Find emergency flashlights or candles. Continue with your evacuation plan as far as you would like to go, and then turn on the lights to continue with Activity #2. With older children, pretend that you could smell gas – how do you turn off the gas? What if pipes burst – how would you turn off the water? And how do you turn off the power before evacuating the house?

**Activity #2:** (Adapted from Earthquakes by Janice VanCleave)

*Materials Needed:*

- 2 wooden blocks, each approximately 2X4X6
- 1 sheet of sandpaper, the courser the better, 50 or lower
- 2 pieces of duct tape.

*Procedure:*

1. Wrap each wooden block with half of the sheet of sandpaper, and secure with duct tape.
2. Hold one block in each hand. The blocks should be held straight up and down.
3. Push the blocks together tightly.
4. While continuing to push the blocks together, try to slide the blocks in different directions.

*Results:* The sandpaper-covered blocks temporarily lock together and then move with a jolt.

*Why?:* The lithosphere is broken into major sections referred to as tectonic plates. Where the edges of two plates push against each other, the crack between the plates is called a fault. Friction (the resistance to motion) causes the plates to be temporarily locked together. Faults that are temporarily locked together are called lock faults. The two blocks of wood represent two tectonic plates pushing against each other. They temporarily lock together, but as the actual tectonic plates, the friction between the blocks eventually fails, causing a sudden jolt. The bond holding a locked fault in place is under tremendous stress, but may last for years before suddenly slipping, resulting in an earthquake. We need to be prepared for when this may happen.

**Lesson:**

- Evaluate how your earthquake drill went. What could you do to improve?
- Go over the guidelines and discuss with your family, the Earthquake Preparation page

- Come up with an evacuation plan that will put you in your worse case scenario. And make sure everyone knows it!
- Check your 72 hour kit, and make any ideas for improvement that could be done so if you needed to run out, it would be ready to grab and go. Check ideas and items on 72 hour kit page. Make a plan for improvements over the next 6 months, for when you should hold a drill again.
- D&C 38:30 tells us that if we are prepared, we shall not fear. Let's take this counsel, and prepare ourselves, our families, and our homes, so when an emergency comes, we will not fear, but will be prepared and able to help others.

*Closing Song:* Hymn #241 Count Your Blessings

*Closing Prayer:*

*Refreshment Idea:*

Eat something from your 72 hour kit. Make sure to replenish it 😊

Please see additional information on Emergency Preparedness at the LDS website, [www.lds.org](http://www.lds.org) and click on provident living. Information is abundant, so check it out!