



Earthquake Plan 2-5

Key Points:

- To reinforce the need for earthquake preparedness
- To create an earthquake plan
- To help alleviate anxiety about earthquakes.

Objective:

Many people are afraid of earthquakes, and children are no exception. Earthquakes can be very hard to understand and deal with because they are so unpredictable. When students create an earthquake plan they regain a sense of control over an unpredictable situation, which helps to alleviate fear and anxiety.

Procedure:

1. Discuss earthquakes with the students. Highlight the reasons why earthquakes occur and some of the possible effects of earthquakes. Make sure that they know it is okay to be afraid of earthquakes, but there are things that they can do to take control.
 2. Discuss and practice the earthquake plan that your school follows. Make sure they are aware that they may be separated from their parents for while, but that their parents will come and get them when it is safe.
 3. Identify potential threats. Talk about the safest places to be when you are inside and outside. Example: When you are inside stay away from windows and heavy objects that could fall--get under a sturdy piece of furniture. When you are outside stay away from trees, buildings and powerlines.
- **Note: Most children assume that they will be at home during an earthquake, but it is just as likely that they will be at school, at a park, or at a friends house.**
4. Have the students identify two places where they might be during an earthquake and make an earthquake plan for those locations.

Earthquake Plan Example

Location 1: Jenny's house

- Where is the safest place? Under the dining room table
- What are important phone numbers? Mom's work number (555-3333), Dad's work number (555-4444)
- What will I do? Run to the dining room table and Duck, Cover and hold until all of the shaking stops.

Location 2: The Playground

- Where is the safest place? In the middle of the ball field
- Important phone numbers
- What will I do? Run to the middle of the ball field making sure to stay away from anything that could fall on me like powerlines, or tree branches.