



P R E S E N T S



M I S S I O N F I L E S
P R I M A R I E S

Apprentice Name

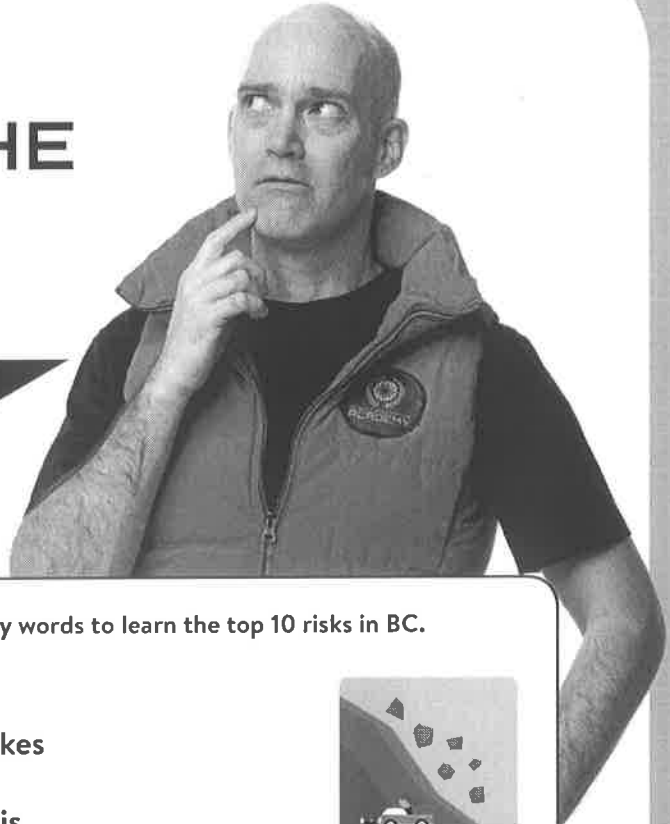
Team Name

MISSION	DUE DATE	DONE ✓
1. TALK TO YOUR FAMILY ABOUT EMERGENCIES		
2. MAKE A PLAN		
3. GET A KIT		

It's a game you play. A story you're part of. Lessons to learn. And real-life missions, too.



ASSEMBLY KNOW THE RISKS



WHAT ARE
THE RISKS?

Draw a line from the picture to the emergency words to learn the top 10 risks in BC.



- Earthquakes
- Tsunamis
- Floods
- Landslides
- Avalanches
- Severe Weather
- Power Outages
- Hazardous Material Spills
- Wildfires
- Disease Outbreaks



2 POINTS!

Superhero Calming Breath!

BREATHE IN nose for **4**

HOLD IT for **2**

BREATHE OUT mouth for **4**

HOLD IT for **2**

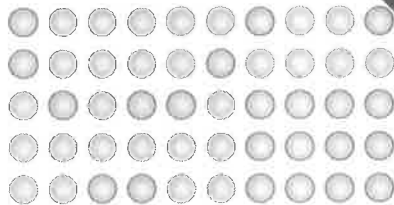
Repeat!

Good anytime you feel less than great!
For body, mind, stress, worry, fear, anger, upset, numbness, anxiety.

Do the superhero pose to feel strong.

BONUS POINTS!

1 point for every day you practice the Superhero Calming Breath!



TOTAL POINTS





LEVEL 1 MAKE A PLAN



YOUR MISSION:
Get your family
to make a plan!

Go to www.PlanetProtectorAcademy.com/parents/eps



With the adults in your family:

- Go to above website
- Fill out an emergency plan
- Print the plan
- Put the plan in a safe place
- Put copies of plan in child's backpack

DONE PLAN? 4 POINTS!

Bring this back to school by:

Date _____

APPRENTICE INFO:

Name _____

Team Name _____

MISSION REPORT: Choose ONE:

- Mission complete! We filled out an emergency plan.
- Mission underway! We started but didn't finish.
- Mission ahead! We haven't made an emergency plan YET but we pledge to do so soon.
- Mission declined. We didn't make an emergency plan and aren't likely to.

Parent/Guardian Signature: _____



1. Draw a floor plan of one room in your home.
2. Plan emergency exits from one room of your home.
 - Try to think of two possibilities.
 - If you live in an apartment, don't use the elevators.

BONUS POINTS

Parents/Guardians read & initial:

NATURAL GAS SAFETY – Info for Grownups

- 1) Adults, locate and learn how to shut off the water, natural gas and electricity.
- 2) After an emergency, if you smell or hear natural gas, turn it off (if safe) and leave the building. If you don't suspect a gas leak and your home is habitable, your family can decide to leave the natural gas supply on for cooking and warmth.
- 3) Adults, securely strap your hot water tank, as it will keep your natural gas line and water line from breaking in the event of an earthquake. Do this the next time your hot water tank is serviced.

Parent/Guardian
Initials:

1 POINT!





LEVEL 2 GET A KIT



YOUR MISSION: GET STARTED ON YOUR KIT! Do the word search to help you know what items to put in your kit!

Search for the items that you need in your kit:

BASIC KIT:

- THREE DAYS FOOD
- BOTTLED WATER
- PLAN
- FLASHLIGHT
- MEDICATION
- GLASSES
- EXTRA CLOTHES

PLUS:

- FIRST AID KIT
- RADIO
- EXTRA BATTERIES
- WHISTLE
- CELL PHONE
- CHARGERS
- CAN OPENER
- DUST MASK
- GARBAGE BAGS
- WET WIPES

2 POINTS!

W M E X T R A B A T T E R I E S
 T G V S U V F Y H Z X F O M T G
 Q A F P X F I R S T A I D K I T
 Y R I W Y A S C E L L P H O N E
 I B Y B X K K F B Q H P U D R D
 C A T H R E E D A Y S F O O D C
 A G D U S T M A S K I N P G J H
 N E X T R A C L O T H E S T L A
 O B F L A S H L I G H T Z T G R
 P A F D M U S G J A S B T H L G
 E G H N L R A D I O P L A N A E
 N S T J V W H I S T L E B V S R
 E B B O T T L E D W A T E R S S
 R T M N N Q E V W E T W I P E S
 R H U B M T X X M Z U S Y X S Q
 F H A M E D I C A T I O N Z R T

MISSION POINTS One point for every item you put in your kit

POINTS!

Bring this back to school by:

Date _____

APPRENTICE INFO:

Name _____

Team Name _____

MISSION REPORT: Choose ONE:

- Mission complete! Our kit is ready!
- Mission underway! We started putting together our kit
- Mission ahead! We haven't started our kit YET but we pledge to do so soon.
- Mission declined. We didn't make an emergency kit and aren't likely to.

Parent/Guardian Signature: _____



LEVEL 2

Time to RAP!

Write a rap song about the things
that go in your kit!

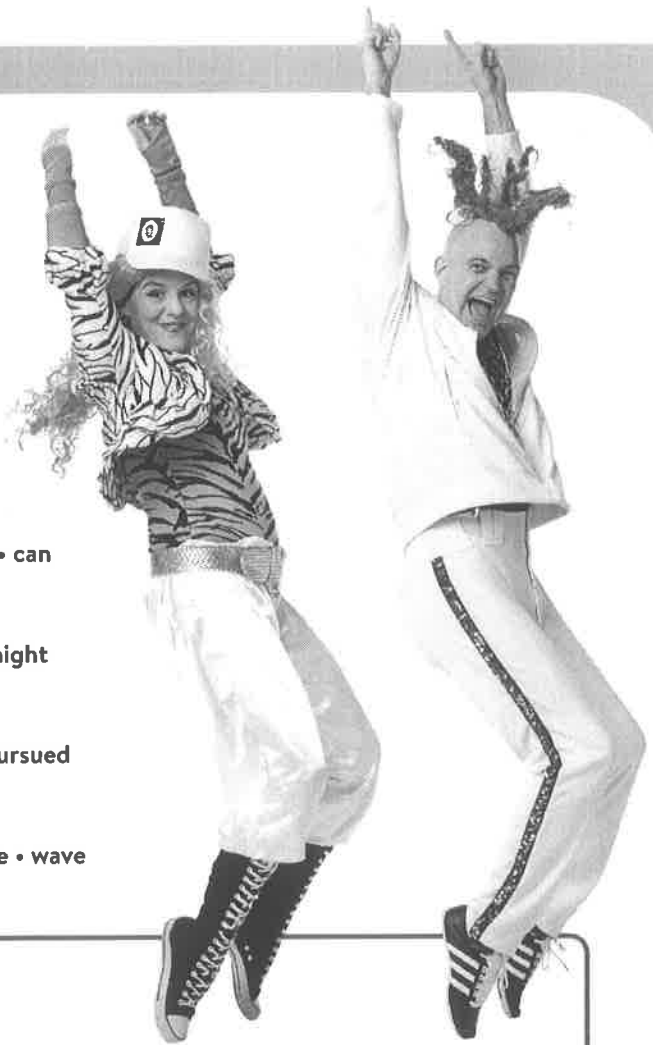
Here are some rhymes to help you!

RHYMES WITH PLAN: than • man • began • van • ran • can
• pan • spam • span • scan • ban • tan

RHYMES WITH FLASHLIGHT: bright • fright • good night
• flight • quite • right • site • tonight • write • white

RHYMES WITH FOOD: include • mood • conclude • pursued
• crude • rude • subdued • chewed • glued

RHYMES WITH SAVE: behave • brave • crave • forgave • wave



Write your lyrics here – your team will get 1 point for
every 2 lines that rhyme.

_____ POINTS!

