

*The*  
**Natural  
Disasters  
PUZZLE  
BOOK**

**Learning Activities for Kids K-5**



**Washington Military Department  
Emergency Management Division**

January 2005

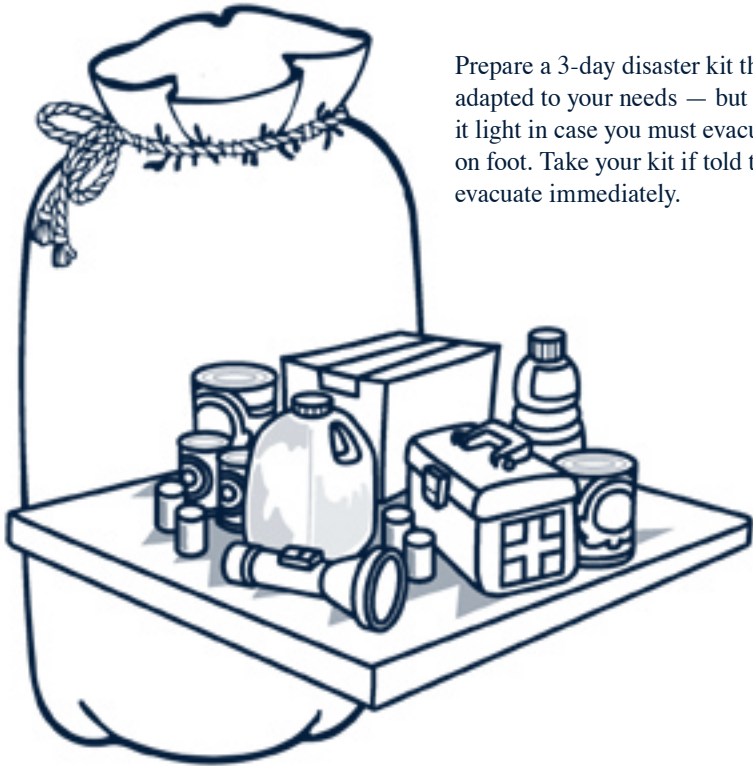
# Help make your home safe.



Help your parents prepare your home for emergencies. Look around your home for these dangerous conditions. Help your parents gather materials to make your home safe. Tell your parents if you see something that might fall or break during an earthquake.

- Hang pictures and mirrors away from beds, couches, and anywhere people sit. Anchor over-head light fixtures and hanging plants to the structural support above the ceiling.
- Secure televisions, computers and stereo equipment using inexpensive products, including adhesive-backed latches; nylon and elastic cords; and shelf edges to prevent items from falling.
- Wood burning and other freestanding stoves pose a fire hazard in an earthquake and should be anchored to the floor.
- Strap the water heater to wall studs. Protect it from damage and leaks.
- Bolt bookcases, china cabinets, and other tall furniture to wall studs. Brace or anchor top-heavy objects — these items can fall over, causing damage or severe injuries.
- Secure kitchen equipment to the floor, wall or countertop, such as stoves and ovens, built-in and countertop microwave ovens, garbage compactors, dishwashers, refrigerators and freezers, clothes washers and dryers.

# Your Disaster Supply Kit



Prepare a 3-day disaster kit that is adapted to your needs — but keep it light in case you must evacuate on foot. Take your kit if told to evacuate immediately.

Write the words on the items above that should be in your Disaster Supply Kit. What's missing?

- Road maps showing safe evacuation routes to high ground
- First-aid supplies and personal prescriptions
- Non-perishable food and eating utensils
- Water (one gallon per person per day)
- Waterproof tote bag
- Blanket, poncho and extra clothes
- Plastic bags for garbage and waste
- Rubber, latex, and heavy-duty gloves
- Flashlights (extra batteries)
- Battery-operated AM radio (extra batteries)
- Whistles
- Dental and personal hygiene items



**E \_ R T \_ \_ U \_ K \_ !**

Cut the blocks apart, and reassemble into a picture. Fill in the missing letters to complete the word. An \_\_\_\_\_ is a sudden shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface.

What must we do when the ground starts to shake?

Color Me!



Color Me!

**D** \_\_ \_\_ \_\_, **C** \_\_ \_\_ \_\_ \_\_ and **H** \_\_ \_\_ \_\_ !

When the ground starts to shake, drop down to the floor, take cover under a sturdy piece of furniture, hang on to a leg of the furniture and move with it if it moves. Hold that position until the shaking stops.

# What is a Lahar?

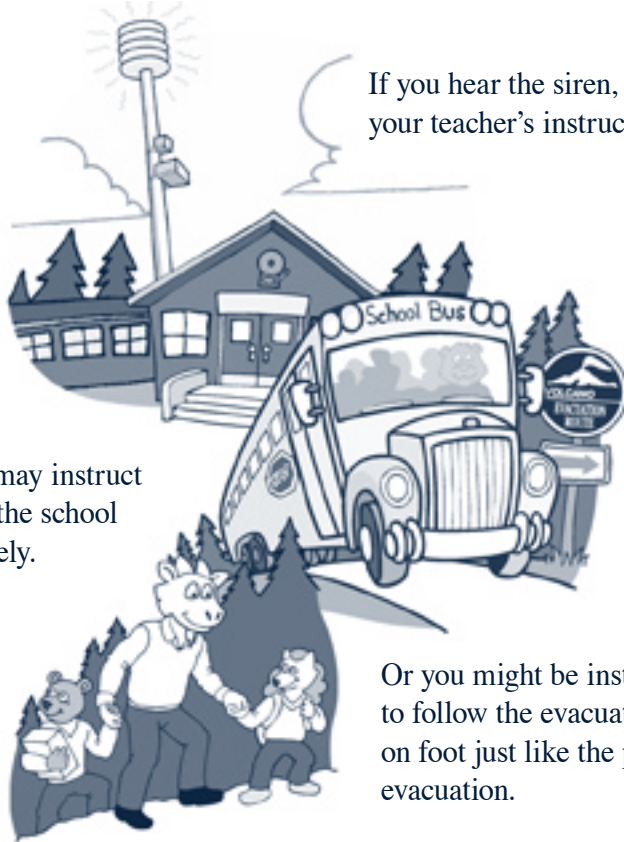


A lahar is a fast-moving mixture of mud, rock and water that flows down the sides of volcanoes. They resemble rivers of flowing concrete. Lahars may originate from landslides or they may form from the mixing of hot lava and snow and ice water. Lahars travel at speeds up to 50 miles an hour and they can destroy nearly everything within their paths.

# What should I do if a Lahar occurs?

If you hear the siren, follow your teacher's instructions.

Your teacher may instruct you to get on the school bus immediately.



Or you might be instructed to follow the evacuation route on foot just like the practice evacuation.

**If you hear the siren, you must follow your teacher's instructions quickly and calmly. Do not leave your group. Follow the evacuation route you've practiced.**



**TS \_ \_ A \_ I!**

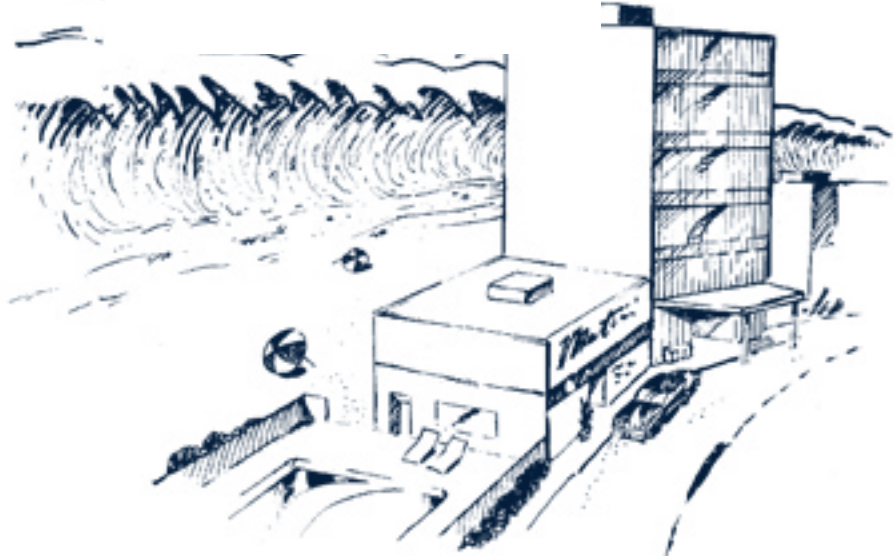
Cut the blocks apart, and reassemble into a picture. Fill in the missing letters to complete the word. A \_\_\_\_\_ is a series of enormous waves created by an underwater earthquake. They can smash into land with 100 foot waves.



The word for these huge waves is pronounced:

**soo-NAH-mee**

Noun: A Japanese word that means “wave in the harbor.”

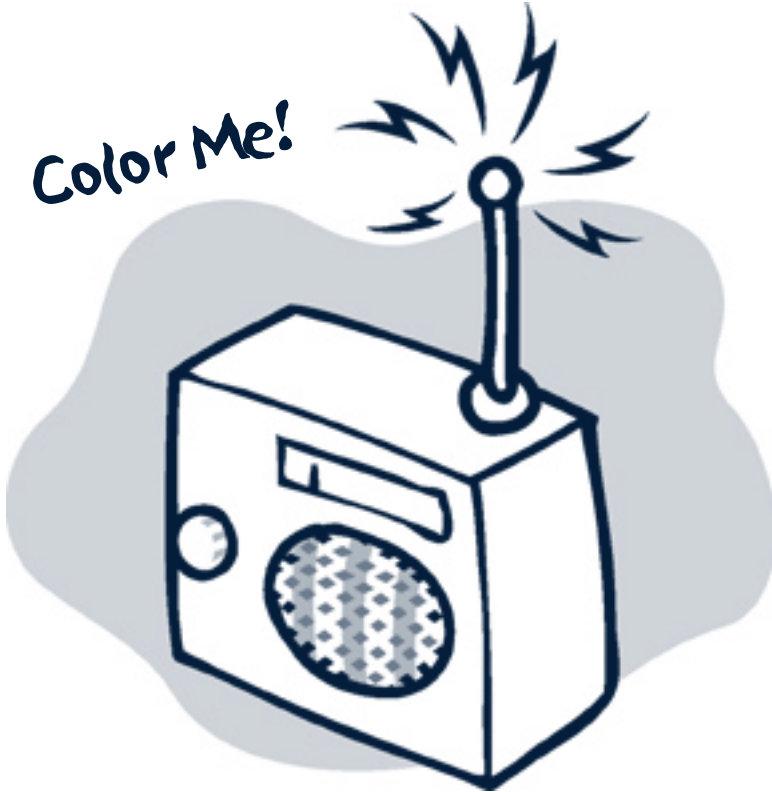


**What must we do when a huge wave will come ashore?**

If you feel the ground shake and you are near the ocean, move immediately inland or to higher ground. **DO NOT** wait for a warning to be announced. Stay away from rivers and streams that lead to the ocean. If a tall building is near and you are unable to quickly move inland or to higher ground, immediately go to the highest floor in the building.

# What should I do during an evacuation?

*Color Me!*



All homes should have an all-hazards NOAA Weather Radio to learn about local emergencies. If you are instructed to evacuate, do so immediately. Take your Disaster Supply Kit with you.



# How do I Shelter-In-Place?

Occasionally authorities may instruct people to either seek shelter where they are (shelter-in-place), or evacuate immediately. If the order is to remain in your home, office or school, you will need to follow these directions to “shelter-in-place.”



■ Stay or go inside.



■ Close all windows and doors.



■ Turn off ventilation systems (heating and air-conditioning, fireplace dampers, etc.).



■ Go into a room with the fewest doors and windows and seal the room.



■ Stay in the room until told by the authorities that it is safe to come out.

**If you are at home and told to seek shelter where you are, should you follow shelter-in-place directions?**

# How do animals behave during disasters?



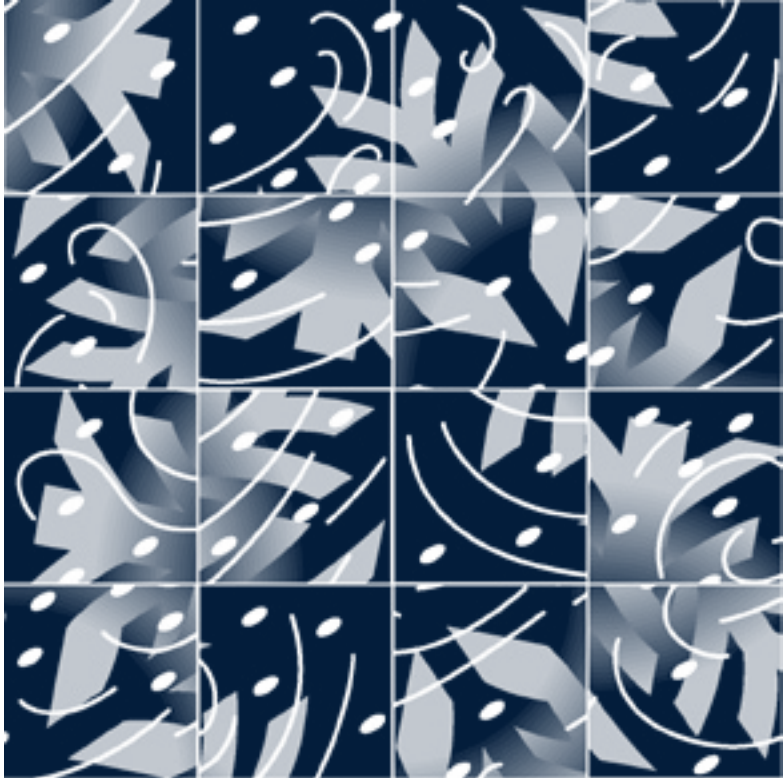
- If an emergency is imminent, bring your pets inside immediately. Animals have instincts about severe weather changes and may isolate themselves or run away if they are afraid.
- Your pet's behavior may change after a disaster. In the first few days after a disaster, leash your pets when they go outside. Be very cautious when you approach them.
- Arrange care for your pets as part of your disaster plan. You may not be able to take your pet to a shelter if you must evacuate. In most cases, trained guide dogs for persons with disabilities will be allowed to stay in shelters with their owners.

# How can I take care of my pets during disasters?



- Select a safe place in your home where you could leave your pet in an emergency, such as bathrooms or utility rooms.
- If your pet is on medication or a special diet, ask your veterinarian what you should do if you must leave it alone for several days.
- Make sure your pets have plenty of water and dry food if you must leave them at home. Birds must eat daily to survive. Use special food dispensers that regulate the amount of food a bird is given.
- If you must leave home, check your pets frequently, or arrange to have neighbors check them.

# Winter Storms



Cut the blocks apart, and reassemble into a beautiful picture.  
Fill in the missing words to complete the sentence.

A \_\_\_\_\_ can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. The time to prepare is before the snow falls and ice forms.

# Be Prepared for Winter Storms



Keep yourself safe and comfortable during winter weather. Wear several layers of light weight, warm clothing rather than one layer of heavy clothing. Wear mittens and a warm, woolen cap. Listen to your weather radio or TV for weather reports.

# **Call 9-1-1 to report a House Fire!**



**If your home catches on fire, leave the house right away. Do not stop to gather anything. Go to a neighbors home to get help. Call \_ - \_ - \_ to report the fire. Stay on the phone to answer questions. Hang up only when the call taker tells you to do so.**



# What to do when the weather gets really hot!



**Summertime is a wonderful time, but too much sun and hot weather can be dangerous. Severe heat may cause illness. If the weather is hot, follow these practices:**

- Invite your friends to play indoors as much as possible.
- Drink plenty of water, and avoid beverages that contain a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a closed, parked vehicle.
- Check frequently on people who are elderly, ill or may need help.
- Make sure pets have plenty of water.
- Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes when outdoors.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Use a sunscreen lotion with a high SPF (sun protection factor) rating to avoid painful sunburns.



# Are there volcanoes in your backyard?

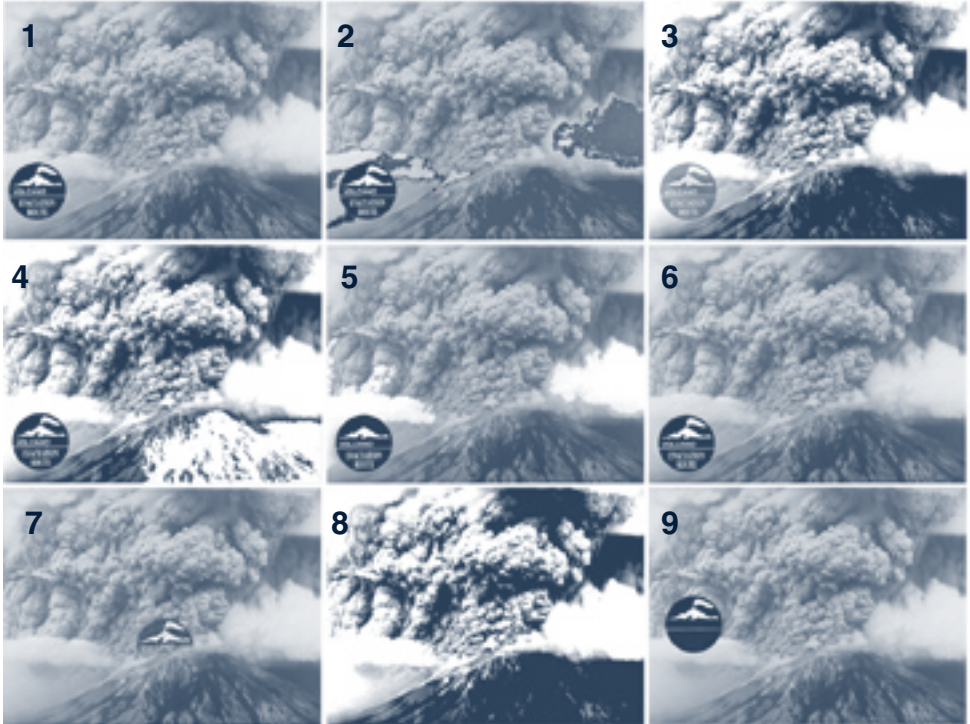
There are five active volcanoes in Washington's Cascade Mountain Range. Circle the names of those volcanoes in this word puzzle.

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

After you locate the names of the volcanoes, print the hidden message here:

-----,  
,  
-----.

# Which 2 photos are identical?



If a volcano erupts in your area, authorities will tell you what you should do. You may be told to shelter-in-place, evacuate immediately and follow the evacuation signs, or the eruption will not affect your area. Write your answer here \_\_\_\_\_.



