Get Ready
Teach kids about being prepared!
Games Guide

October 2008, APHA
www.getreadyforflu.org
Help kids learn about emergency preparedness!

The APHA Get Ready Games Guide is designed as a how-to guide to help kids learn how to be prepared for a disaster or emergency while having fun at the same time.

The guide is a tie-in to APHA’s Get Ready campaign, which helps Americans prepare themselves, their families and their communities for all health threats and disasters, including pandemic flu and infectious disease. For more on the campaign, visit www.getreadyforflu.org.

The Get Ready Games Guide was created as part of APHA’s celebration of Get Ready Day in 2008. APHA staff developed the games and played them with students at an elementary school carnival in Washington, D.C., with great success. All of the games can be made by hand, most with minimal supplies. Signs, materials and instructions are included.

Suggested uses for this guide include:

• Hold a Get Ready carnival at your school or at your health fair. Set up stations where kids can play the games, and give small prizes to players.

• Teach a lesson on preparedness in your classroom or after-school program. Play the games afterward to reinforce the lessons learned by students.

• Use the games as inspiration to create other emergency preparedness games. Use our questions, or come up with your own. Challenge your staff or organization members to come up with their own games!

• Share the Get Ready Games Guide with local community or student groups and suggest that they use it in their community outreach activities.

• Play the games at your next event on Get Ready Day, which is observed annually on the third Tuesday of September.

www.getreadyforflu.org
Get Ready Bingo

**Game description**

Help kids learn to be prepared with Get Ready Bingo! The game follows the same rules as regular bingo, but the items on the bingo card are related to preparedness. Each square has both a preparedness word and picture or symbol to help younger children who can’t read yet.

**Lesson taught by game**

Recognize the elements of preparedness

**List of supplies**

- Five different bingo cards (use ours or create your own)
- About 60 pennies to use as bingo chips
- Two bowls or paper bags to draw bingo pieces from

**Age range and number of players**

Ages 6 to 11. Five players at a time can play.

**How to create the game**

- Print out the five different bingo cards for use by the players.
- Print out one additional copy of one of the bingo boards and cut the picture squares into individual pieces and fold them in half. Put the pieces into a bowl or paper bag.
- Take the word BINGO from the top of the extra board and cut each letter (B-I-N-G-O) into separate pieces. Fold the pieces and place them into the other bowl or paper bag.

**How to set up the game**

Give each child a copy of the board and 12 pennies. Choose someone to serve as the bingo caller.

**How to play the game**

- Ask the caller to reach into the first bowl and pull out a picture, then reach into the second bowl and pull out a letter. Call out the selection. (Example: B-Flashlight). Return the letters to the second bowl and reuse. Set aside the pictures from the first bowl.
- Players put a penny on their squares when they are called. The first player to line up five pennies horizontally, vertically or diagonally and call out “bingo!” wins.
## BINGO

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American Public Health Association

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Pin the tissue on Sneezy Sam
Pin the Tissue on Sneezy Sam

Game description

Help kids learn how to cover their sneezes to prevent the spread of infection! Modeled after Pin the Tail on the Donkey, Pin the Tissue on Sneezy Sam is a fun-filled lesson.

Lesson taught by game

Sneeze or cough into a tissue or your elbow, not your hand

List of supplies

- Wooden board, or piece of heavy cardboard, approximately 12”x12” in size
- Felt
- Scissors
- Velcro
- Glue (look for glue especially made for cloth)

Age range

Ages 3 to 6

How to create the game

- Cover wooden board or cardboard with a solid piece of felt and glue felt to the back of the board.
- Cut out a boy/girl with his/her elbow covering his/her mouth (be creative) and glue him/her to the wooden board or cardboard.
- Cut out two squares of white felt for tissues and glue a small square of Velcro to the middle of each one.
- Cut out three strips of felt to use as blindfolds. Glue pieces of Velcro to each end.

How to set up the game and play the game

- Select two adults to run the game.
- Ask the player what they’re supposed to do when they sneeze or cough.
- If they don’t know or get the answer wrong, tell the player that they’re supposed to cover their mouths with a tissue or with their elbow so that they don’t spread germs with their dirty hands. Tell them that they will now get to try to Pin the Tissue on Sneezy Sam.
- Blindfold the player and hand them a tissue.
- Point the player in the direction of Sneezy Sam and tell them to pin the tissue on the appropriate spot.
- Remove the blindfold.
- If the player failed to pin the tissue on the appropriate spot, ask her or him to try again without the blindfold.
- Congratulate the player and give her or him a prize.

Tips:
Playing the game should only take a minute or so per player. Players should line up for the game and play one at a time.
Get Ready

WHEEL OF HEALTH
Get Ready Wheel of Health

Game description

Help kids learn to prevent infectious diseases and stay healthy! The Wheel of Health allows kids to spin a colorful wheel and answer trivia.

Lesson taught by game

Preventing infectious diseases and staying healthy.

List of supplies

- Square piece of board or cardboard to draw or paint wheel on
- Markers or paint
- Wheel spinner and nail or screw
- List of health trivia questions (samples follow)

Age range

Ages 5 to 10

How to create the game

- Create a list of about 12 to 16 health trivia questions, or print out ours.
- On the square piece of cardboard or board, draw a circle to fill the space. Using a ruler, draw lines across the circle, cutting it into “pie” pieces.
- Paint or color the pie pieces four different alternating colors (such as red, blue, green, orange)
- Assign 3 to 4 of the trivia questions to each of the colors you painted on the wheel. Cut out each question, fold and sort by color into piles.
- Using a nail or bolt, attach spinner to center of board. (A homemade spinner can be made using a piece of foam posterboard with a hole cut in it.)

How to play the game

- Choose two adults to help run the game.
- Set the Wheel of Health on a table or desk.
- Have each child approach the game individually and spin the wheel. When the spinner lands on a color, have the student pick a question from the corresponding question color pile.
- Read the question and have the player answer the question. If she or he gets it wrong, give the correct answer and explain why.
Sample Wheel of Health trivia questions

Handwashing and preventing colds (green)

• How many seconds should you spend washing your hands? (Answer: 20 seconds, or the amount of time it takes to sing “Happy Birthday” twice.)

• When should you wash your hands?

• True or false? If you have a cold or the flu, you should go to school and play with your friends. (Answer: False)

• What is the best thing to do when you are sick?

Nutrition and physical activity (red)

• Name two kinds of foods that can help you stay healthy

• True or false? French fries are better for you than a salad. (Answer: False)

• Which activity will help you stay healthy: Playing video games or playing soccer? (Answer: Soccer)

• What is your favorite way to exercise?

Flu vaccination (blue)

• Who should get a flu shot?

• How many times a year should you get a flu shot?

• How do you feel when you get the flu?

• What makes you feel better when you have the flu?

Germ prevention (orange)

• What are germs? (Answer: Bacteria and viruses that can make you sick.)

• How do you keep from getting germs? (Answer: Wash your hands often, and eat well and exercise to stay healthy.)
Get Ready Bowling

Game description

Help kids learn what to put in their emergency preparedness kit, then let them try their hand at bowling! A fun, active game that includes a lesson.

Lesson taught by game

What to put in an emergency preparedness kit

List of supplies

- 10 empty water bottles with tops, dried out
- 10 pieces of paper
- Tape
- 20 pictures of bowling pin (template follows)
- 50 pennies
- Two small, medium-weight balls
- Streamers for lanes
- List of questions (samples follow)

Age range  Ages 6 to 11 (questions can be customized for age group)

How to create the game

- Drop five pennies into each water bottle and screw shut. (These will create a “strike” sound when pins are hit.)
- Wrap a piece of white paper around each water bottle and tape in place so it does not slide off.
- Cut out 20 pictures of bowling pins. Tape two pins to opposite sides on each water bottle.

How to set up the game

- Using streamers, tape out lanes and starting position on the floor.
- Set up 10 pins at opposite end of lane (four in back row, three in next, two in next, then one)
- Choose two to three adults to help run the game.

How to play the game

- Ask each child a true or false trivia question about emergency preparedness. If the child gets the question incorrect, tell her or him the answer.
- Give each child two balls to throw one at a time at the pins.
Sample Get Ready Bowling Emergency Preparedness Kit Questions

QUESTIONS 1 THROUGH 6: OLDER KIDS

1. True or False? Your emergency stockpile kit should include a radio that plugs into the wall electrical outlet.

FALSE -- Your emergency kit should have a radio, but it needs to be the kind that uses batteries or is cranked up by hand. During an emergency, the power may be out.

2. True or False? You should always have fresh fruit, such as strawberries and bananas, in your emergency stockpile kit.

FALSE -- Fresh fruit is yummy, but it should not be in your emergency kit. Instead, store food that won’t spoil quickly, such as canned food.

3. True or False? An electric can opener is an important tool to keep in your emergency stockpile kit.

FALSE -- Your emergency kit should have a can opener, but it needs to be the hand-operated kind. During an emergency, the power may be out.

4. True or False? Keeping a three-day supply of water for each person in your household is a good idea in the event of an emergency.

TRUE -- In case there is no water during an emergency, you should have water stored at home (one gallon per person per day). After all, you’ll need water to drink, brush your teeth and wash your hands.

5. True or False? Bottled water in your emergency stockpile kit should be replaced every six months.

TRUE -- Bottled water doesn’t stay good forever. Replace the water in your stockpile every six months.

6. True or False? You should avoid keeping salty foods in your emergency stockpile kit.

TRUE -- Salty foods will make you thirsty and you may have limited water during an emergency. Choose canned fruit or low-salt crackers instead.

QUESTIONS 7 THROUGH 12: YOUNGER KIDS

7. True or False? You don't need to keep water at home for an emergency.

FALSE -- Your emergency kit should have a 3-day supply of water for every person who lives in your home.

8. True or False? You should have lots of candy and chips in your emergency kit.

FALSE -- You should avoid keeping sugary and salty foods in your stockpile kit.

9. True or False? You don’t need to have batteries in your emergency kit.

FALSE -- If you don’t have power during an emergency, you will need batteries for important things like flashlights and radios.

10. True or False? If you have a pet, you should keep extra pet food in your emergency stockpile kit.

TRUE -- Pets need food too. You should have enough food for them in case there is an emergency.

11. True or False? It’s important to have a first aid kit in the event of an emergency.

TRUE -- You should always have a first aid kit in case someone gets hurt during an emergency.

12. True or False? A flashlight is a good thing to have in your emergency kit.

TRUE -- If you lose power during an emergency, you will need flashlights to see.
Get Ready

WHAT DOESN'T BELONG?
What Doesn’t Belong?

Game description
A quick and easy hands-on game to help kids learn what to put in their emergency stockpile kit.

Lesson taught by game
What to put in an emergency preparedness kit

List of supplies
- Box
- Tissue paper
- Tape
- “Emergency Stockpile Kit” sign (sample attached)
- Five to 10 items that belong in an emergency preparedness kit, such as flashlight, batteries, bandages, canned food, bottle of water, manual can opener, small radio, etc.
- Three to five items that DO NOT belong in an emergency preparedness kit, such as a banana, carrots, CD, video, DVD, etc.

Age range  Ages 6 to 11

How to create the game
- Cover a box with tissue paper, leaving one end open. Cover flaps on the open end with tissue paper as well.
- Tape sign on front of box that says “Emergency Stockpile Kit”
- Place items that do and do not belong inside the box.

How to play the game
- Have the child close her or his eyes and reach inside the box and pick one item.
- Ask the child to show the item she has chosen, then ask “Does it belong in your emergency stockpile kit?”
- If the child gets the answer wrong, explain why.
EMERGENCY
STOCKPILE KIT
Anita’s Story

Game description
Use a story about Anita and her family and their experience with a snowstorm to teach kids why emergency preparedness is important.

Lesson taught by game
This activity shows why it is important to be prepared and reminds kids what to have on hand in case of an emergency.

List of supplies
• Copies of Anita’s story (attached)
• Items mentioned in the story to use as props, such as flashlight, batteries, canned food, can opener, etc.

Age range  Ages 6 to 11

How to create the game
• Print one copy of Anita's story for the reader and one for each child involved in the activity so they can read along.

How to play the game
• Pass out copies of Anita's story to each child.
• Select an adult to read Anita’s story aloud. Or, choose six children to read the story aloud, with each child reading one paragraph.
• As the emergency items in the story are mentioned (in bold) hold them up or pass them around to the group. (Having the items on hand and passing them to the children can help them remember better.)
• After the story is over, ask the children the questions at the end of the story. Ask them additional questions if desired.
Why emergency supplies are important: Anita’s story

One day last winter when Anita came home from school, her mom said, “We have to get ready. A winter storm is coming. There could be ice and snow, and we may have to stay inside the house for awhile.”

A few minutes later, the power went out. Anita and her mom went to the closet where they kept their emergency supplies. They took out their FLASHLIGHTS and RADIO. They put BATTERIES inside each one and turned them on. The news said the storm could last for days.

When it came time for dinner a few hours later, Anita’s mom went back to the emergency supplies and took out some CANNED FOOD and a CAN OPENER. They could not cook without power, but Anita thought it was fun to eat cold green beans, tuna and canned spaghetti.

Anita’s dad went to the sink to wash the dishes, but said, “Uh-oh! The water is out! The pipes must be frozen.” He went to the emergency supplies and took out the family’s BOTTLED WATER so they could have water to drink and brush their teeth. Luckily, Anita’s parents knew that everyone should have three days worth of FOOD and WATER stored for an emergency.

Anita used one of the FLASHLIGHTS to walk to the bathroom to brush her teeth, but accidentally fell and skinned her knee. Her dad went to the emergency supplies and took out the FIRST AID KIT. He washed her knee with the BOTTLED WATER and applied one of the BANDAGES. “It’s a good thing we have emergency supplies,” said Anita’s mom.

Anita went to bed bundled up in BLANKETS. The next morning she woke up and looked out the window — everything was white. There was ice and snow on the trees and ground. “Guess what, Anita? School is canceled,” said Anita’s mom. Thanks to their EMERGENCY SUPPLIES, Anita knew her family would be safe staying inside the house all day.

QUESTIONS TO ANSWER:
1) Name three things that Anita and her family had in their emergency supplies.
2) Why did Anita’s family need batteries?
3) How many days should you have enough food and water stored for?