

# Entertaining Children in an Emergency

Planning ahead will help your children be less stressed and less bored during an emergency. Without electricity our modern age, X-Box addicted children don't always know what to do with themselves. If you're stuck in a small space at a shelter, it could be even worse. Stocking your 72-Hour Kits with lightweight, multi-purpose items is an important step in preparing for an emergency.

Consider the ages of your children and their interests:

Young children will enjoy coloring books and colored pencils (bring a small sharpener), an inflatable beach ball, Koosh balls, a small doll, matchbox cars, small picture books, small puzzles, a small magna doodle, sidewalk chalk, hand puppets, etc.

School-aged children would enjoy hand-held games (with extra batteries), magnetic board games like checkers or chess, write and wipe boards with games like tic tac toe and hangman, a jump rope, card games like Old Maid and Go Fish, action figures, small puzzles, a chapter book, etc.

Teenagers could use card games like UNO and solitaire, scriptures, a journal for writing, hand-held games (with extra batteries), magnetic games, a chapter book, etc.

It would be helpful for children who are in stress due to an emergency to have comfort items like they have at home. If possible, purchase a duplicate of your child's favorite blanket, toy, book, etc. and put it in their kit.

It would also be helpful to have some ideas for active games that can keep the kids busy. Listed below are some ideas to add to your family favorites.

Active games for large spaces: Capture the Flag; Kick the Can; Sardines; Freeze Tag; Hot Potato; Duck, Duck, Goose; Simon Says; Red Light, Green Light; Red Rover; etc.

Quiet games: I-Spy, 20 Questions, Telephone, Quiet Ball

- THINK IT OVER
- PLAN AHEAD
- PACK A KIT
- MAKE A STRESSFUL SITUATION EASIER FOR YOUR CHILDREN





# Safety Spots

Discuss each spot.

 Color each spot.

