The Hero In You Foundation presents

Rocket’s EARTHQUAKE SAFETY ACTIVITY BOOK

DURING AN EARTHQUAKE:
DROP! COVER! HOLD ON!

In Partnership with

ShakeOut  SC/EC  ShakeAlert
Hi I’m Rocket, your Earthquake Expert. Finish the activities in this book and you will be an earthquake expert too!
WHAT IS AN EARTHQUAKE?

When the ground shakes, we call it an earthquake. Sometimes it shakes a little, and sometimes it shakes a lot. Earthquakes can damage buildings and make things fall. Sometimes people get hurt.

Earthquakes are sometimes followed by more quakes which are called aftershocks. They are usually smaller and can happen for many days or longer.

Color this page.
WHY DO EARTHQUAKES HAPPEN?

The surface of the EARTH is like a cracked eggshell.

PLATE

The pieces are called PLATES. All the pieces are moving very slowly. Usually they are stuck together along their edges which are called FAULTS.

FAULT

Sometimes the pieces SLIP quickly along FAULTS, and the GROUND SHAKES. This is called an EARTHQUAKE!

Color this page.
Use the information about earthquakes from page 2 to help you fill in the crossword puzzle!

Across
2. The outside of the _____ is like a cracked eggshell.

3. Sometimes, the pieces _____ quickly along faults and the ground shakes!

5. When pieces of Earth slip quickly along the faults the ground _____!

6. When the ground shakes, this is called an _____.

Down
1. The edges of Earth’s plates are called _____.

4. Pieces of Earth’s surface are called _____.

7. During an earthquake, the _____ shakes.

Answers to puzzle on page 12
Let's Go On a Hazard Hunt

Many things in your house can fall and hurt you. Move them to a lower place or secure them so they don't fall.

Put an “X” on the items that can hurt you if they fall. Color this page.
FAMILY EMERGENCY PLAN

Make sure you and your family have an emergency plan that includes a safe meeting spot.
Fill out the contact list below so you and your family can find each other if you are separated.

MY EMERGENCY INFORMATION

Name: 
Birth Date: 
My Address: 
Meeting Spot: 
My Phone #: 
Medical Conditions: 
Allergies: 
Medications: 

EMERGENCY NUMBERS:

Police: 
Parent/Guardian Phone: 
Parent/Guardian Phone: 
Relative Phone: 
Neighbor Phone: 

Earthquake Supplies: Are You Prepared?

Make sure you have a “go bag” for your family in case you need to evacuate after the shaking stops.

Circle the items you need in your “go bag”. Then, color this page.
You also need your own "Under-Bed" bag so you can safely leave the house. Make sure the bag is tied to your bed.

Circle the items that need to go in the bag. Then color this page.
DURING AN EARTHQUAKE

When the ground shakes, or you get an ALERT (page 10), you should DROP where you are, COVER your head and neck, and HOLD ON.

- stay away from glass and windows
- do not stand in a doorway
- do not run outside
- if possible, get under a desk or table

DROP
COVER
HOLD ON

Draw a line to match the words to the correct picture of Rocket. Color this page.
Outside, move to a large open area.

In a car, stop at the side of the road. Stay in the car until the shaking stops.

In bed, turn on your stomach and cover your head and neck with a pillow.

In a wheelchair, lock your wheels and cover your head and neck.

Color this page.
EARLY WARNING SYSTEM

If you are close to an earthquake, you may get an ALERT on your cell phone, wireless device, TV, radio or PA system.

If you hear an ALERT, don’t wait for shaking to... DROP, COVER and HOLD on.

If you feel shaking or get an earthquake ALERT, it’s time to... DROP, COVER and HOLD on.
9-1-1

Listen to your local radio station for updates on the earthquake.

If you have a real emergency, like a fire or serious injury, you can call 9-1-1. Remember to stay calm.

The numbers 9-1-1 are in order in this number search 5 times. We circled one. Circle the other 4. Color this page.
KNOW YOUR EARTHQUAKE FACTS

Sit down with your family and answer the questions below.

1. What is an earthquake? (Page 1) ___________________________
2. What is it called when earthquakes follow earthquakes? (Page 1) ___________________________
3. What should you do with large items in your house that could fall? (Page 4) ___________________________
4. Do you know your address and phone number? (Page 5) ___________________________
5. What items go in your Go Bag? (Page 6) ___________________________
7. What should you do when the ground shakes? (Page 8) ___________________________
8. When the ground shakes, should you run outside? (Page 9) ___________________________
9. When the ground shakes, should you get under a desk? (Page 9) ___________________________
10. When the ground shakes and you are in bed, what do you do? (Page 9) ___________________________
11. If you have a real emergency, what number do you call? (Page 11) ___________________________
12. If you get an earthquake alert on your phone, what should you do? (Page 10) ___________________________

Answers to page 3 crossword puzzle

Across
2. Earth
3. Slip
5. Shakes
6. Earthquake

Down
1. Fault
4. Plates
7. Ground
GREAT JOB!

Certificate of Achievement!

Congratulations to

You are an Earthquake Expert!

Date__________________________

Signature____________________

The Hero In You Foundation

Color and fill out this certificate and put it on your wall.
Earthquakes shake the ground, damage buildings, and can injure people.

Rocket’s Earthquake Safety Activity Book teaches kids the tools they need to stay safe and prepared.

**EARTHQUAKE SAFETY CHECKLIST**

- Prepare an EARTHQUAKE GO BAG in case you need to evacuate.
- Know your EMERGENCY CONTACTS’ phone numbers.
- When an earthquake happens, you should DROP, COVER, and HOLD ON.
- SECURE HEAVY ITEMS so they don’t fall.
- STAY CALM to make better decisions.

“Because of school drills such as ShakeOut, kids often know more about how to be earthquake safe than their parents! Rocket’s Earthquake Safety Activity Book is a fun way for kids to learn more and help their entire family be better prepared.”

Mark Benthien, Outreach Director, Southern California Earthquake Center

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