



The Hero In You Foundation presents



Rocket's EARTHQUAKE SAFETY ADVENTURE



Available as
a resource for
**Shake
Out**[™]
EARTHQUAKE DRILLS

Written by Rita Street • Illustrated by Evan Lewis

This book belongs to:

Rocket's EARTHQUAKE SAFETY ADVENTURE

Written by Rita Street
Illustrated by Evan Lewis



The Hero In You
foundation

wonder media

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TheHeroInYouFoundation.org

Hi! My name is **Rocket**.
I'm a **Safety Hero!**





Hey, do you feel that?
It's like a rollercoaster
in here all of the sudden!



It's an earthquake! Time to
Drop, Cover and Hold On!

That was crazy, right? In order to stay safe during an earthquake you've got to be prepared.



Like learning to **Drop, Cover and Hold on!**

I'm gonna teach you that one, but first, don't you want to know what causes an earthquake?

Great! Hop in! This is my **Safety Machine**. It can take us anywhere we want to go. Even below the surface of the Earth!



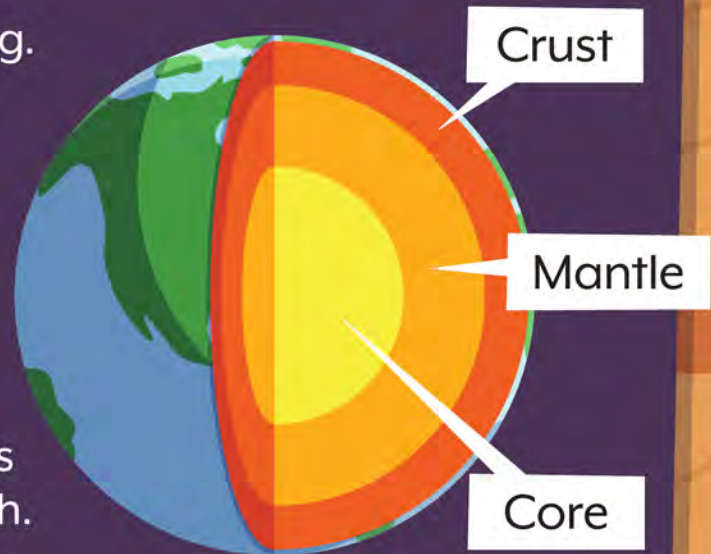
We're heading down into the Earth's Crust. The Crust is one of the three layers that make up the inside of the Earth.



Think of the Earth like a hard-boiled egg. The **Crust** is the egg shell, the white is the **Mantle** and the yolk is the **Core**.



Compared to the Mantle and the Core, the Crust is very thin. But, it's at least ten miles thick and protects the interior of the Earth.

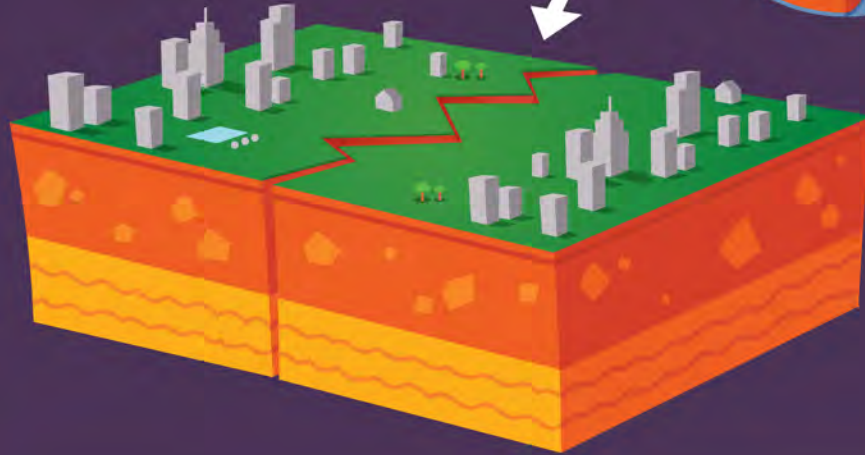
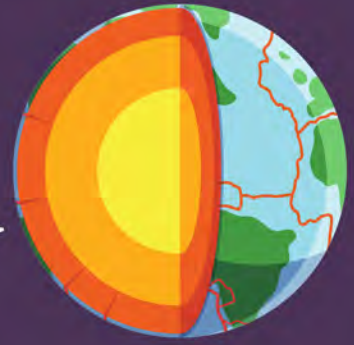


When you crack a boiled egg, the shell shatters, like this:

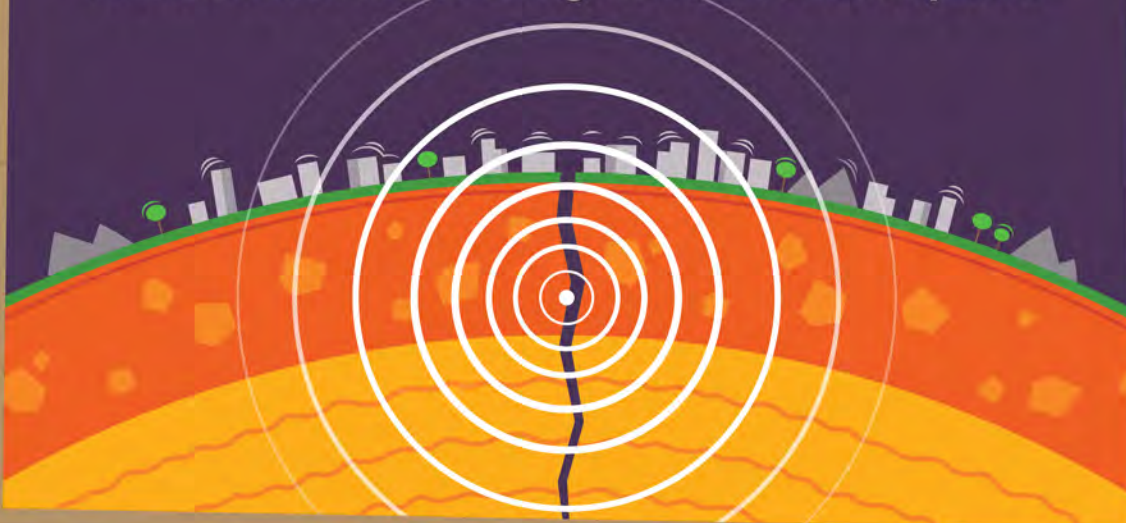


The Crust of the Earth is much like a broken eggshell with many parts that actually move around.

And these giant moving parts are called **Plates**.



Usually Plates are stuck together, but when they break free we feel shaking. That's an **earthquake!**





Whoa! That's a big one.
We better get outta here!




Hold on, this is
gonna be a wild ride!

Thanks Safety Machine! You did a great job doing what you do best, keeping us **Safe!**



Since most of us won't have a Safety Machine during an earthquake, we need to learn how to be prepared!





And to be prepared,
you gotta practice.

That's why I
hang out here...

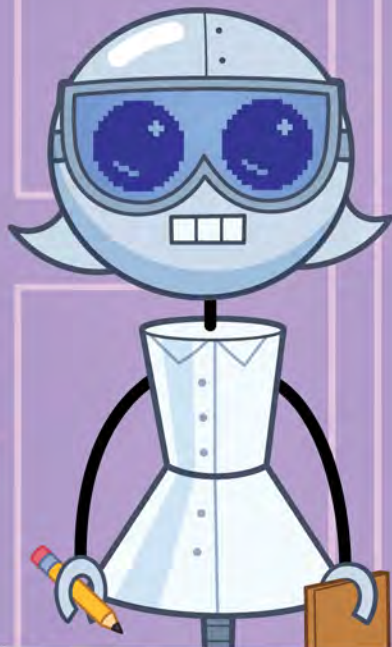


at the
**Earthquake
Preparedness Lab!**

Welcome Rocket.
Nice to have you back.



Meet our Preparedness Bot.
We call her **Terra**, which
means Earth.



Rocket, I'm sure you remember our **Be Prepared Testing Area**. Let's start with things you can do before an Earthquake hits to be prepared. My favorite is building your **Emergency Safety Kit**.



Terra wants us to pick the items that we might need in an emergency and put them in our backpack. Can you pick a few important items with me?





We might need a water bottle, a first aid kit, granola bars, and an emergency blanket.



But you can't take your TV or your toy collection. Take only what helps you in an emergency.



Okay, well maybe you can take one little toy to help you **Stay Calm**.



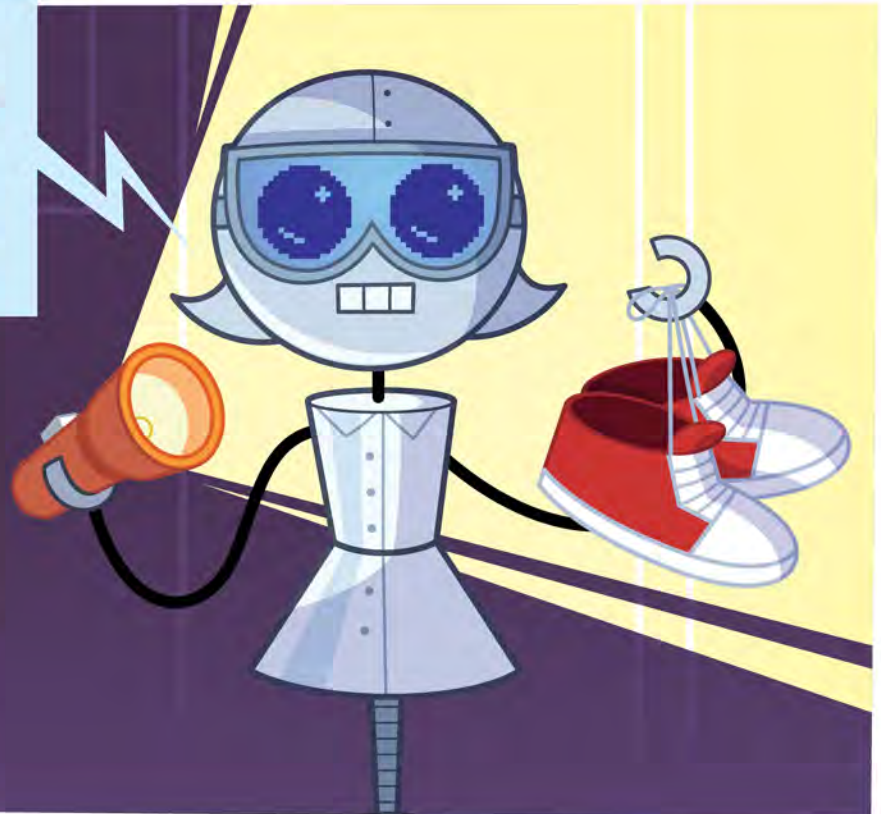
It's important to take deep breaths so that you don't get too scared during an emergency.

You should practice deep breathing whenever you feel nervous so that you can Stay Calm!



Because the lights usually go out during an Earthquake, you want to keep a flashlight in your kit.

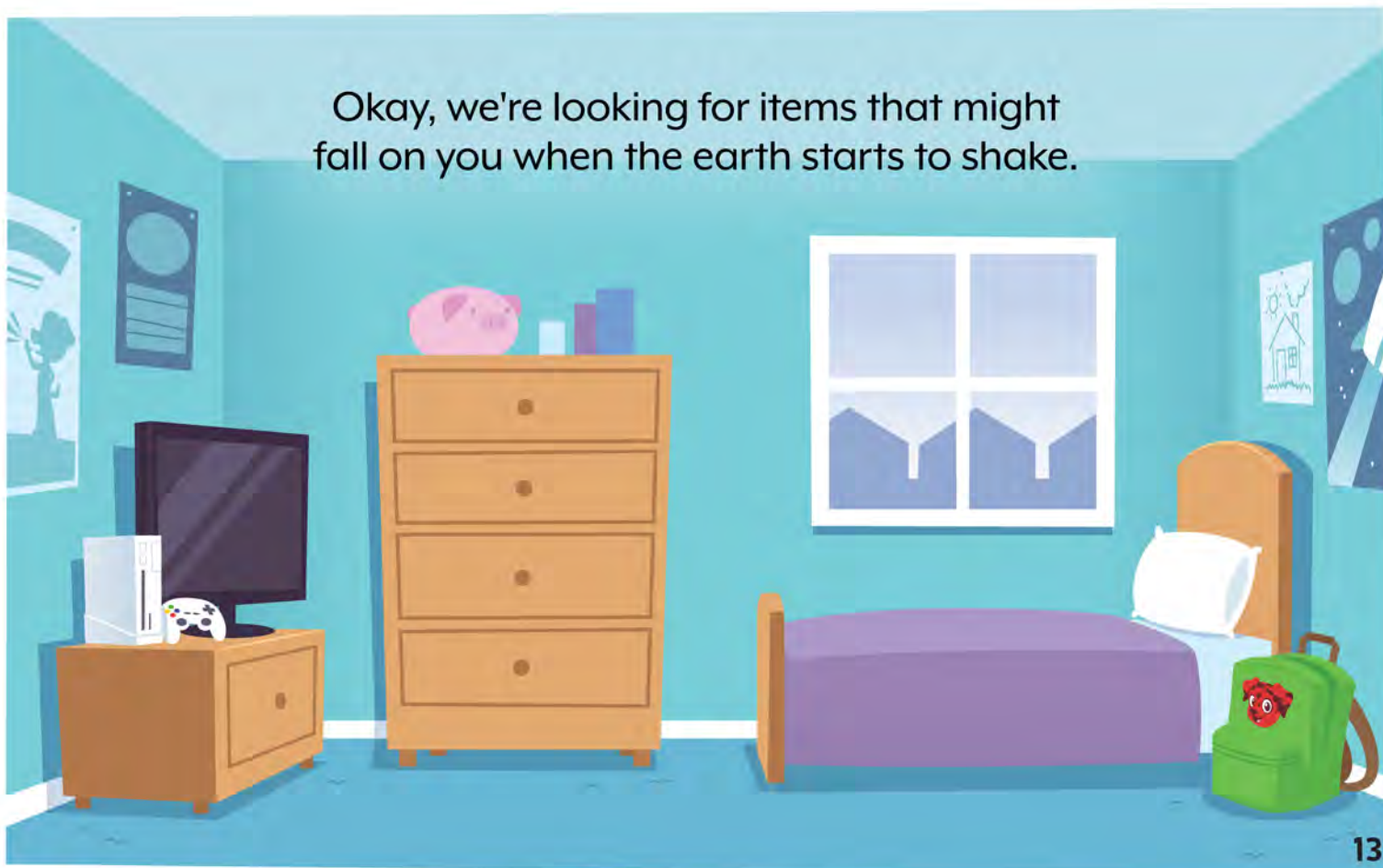
And a pair of shoes. There may be a lot of broken glass or other sharp objects on the ground and shoes will protect your toes!





This is the most important area of the Earthquake Preparedness Lab. It's meant to look like your room.

Thanks Terra. Now it's time to go on a Hazard Hunt, which is a hunt for objects in your room that might injure you during an earthquake. You should go on a Hazard Hunt with your parents!



Okay, we're looking for items that might fall on you when the earth starts to shake.

Like this dresser. It could actually fall over and squish you. Your parents can use safety straps to secure your dresser to the wall.



You should also secure this TV so it won't fall and hurt you.

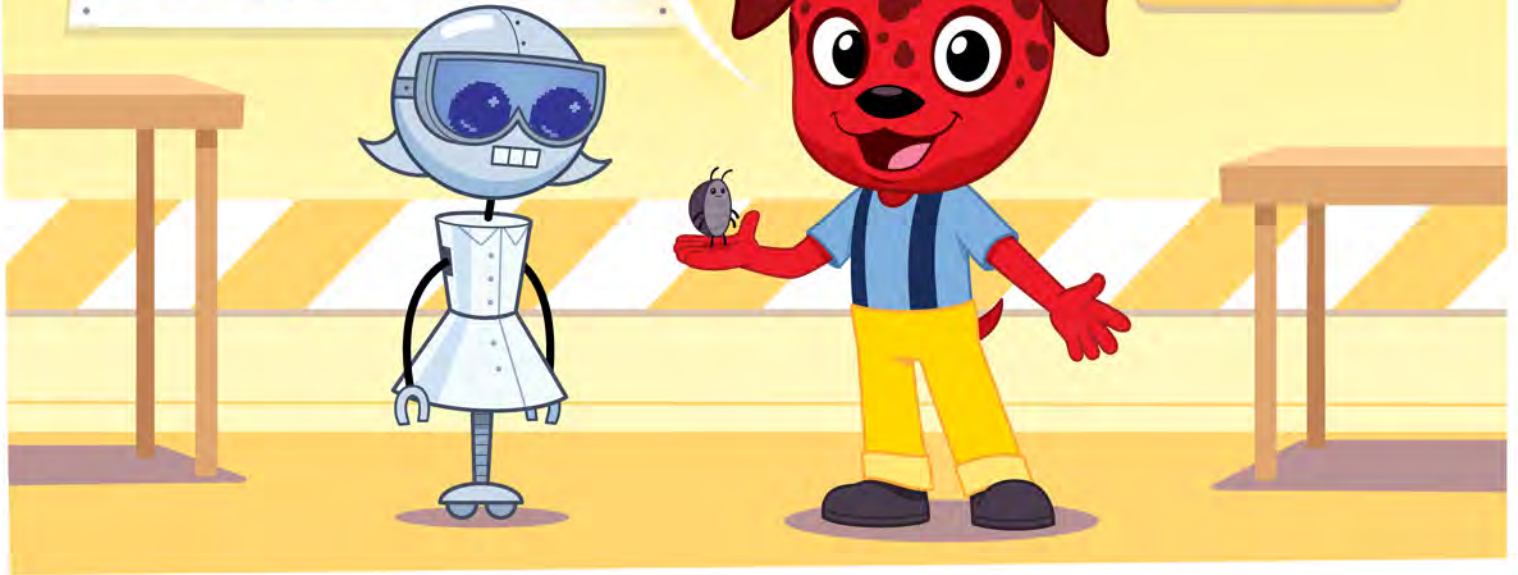


The shaking of the earth can break the window over your bed.

If we just move your bed over here, you'll be safe from breaking glass falling on your head and body during an earthquake.



Now that we've prepared your room for an earthquake, it's time to prepare you. This is our practice area for the "Drop, Cover and Hold On" safety procedure.



Super cute, huh?
But, why am I
showing you a bug?



Because, during an
earthquake, you want
to make yourself
small like a bug.



Like this! When an earthquake hits you should Drop to the ground and curl up like a bug. That's the **Drop** part of "Drop, Cover and Hold On."



Then **Cover** and protect your head and neck, like this.



And move under a large piece of furniture like this desk and **Hold On**.

Remember, an earthquake can be like riding a rollercoaster and you don't want it to knock you out from under the safety of this desk.



If your table starts to move during the shaking, keep holding on!
If you move with the table, you'll stay protected.



If you don't have a desk or table to crawl under, curl up like a bug against a wall. Then cover and protect your head and neck with your arms, like this.



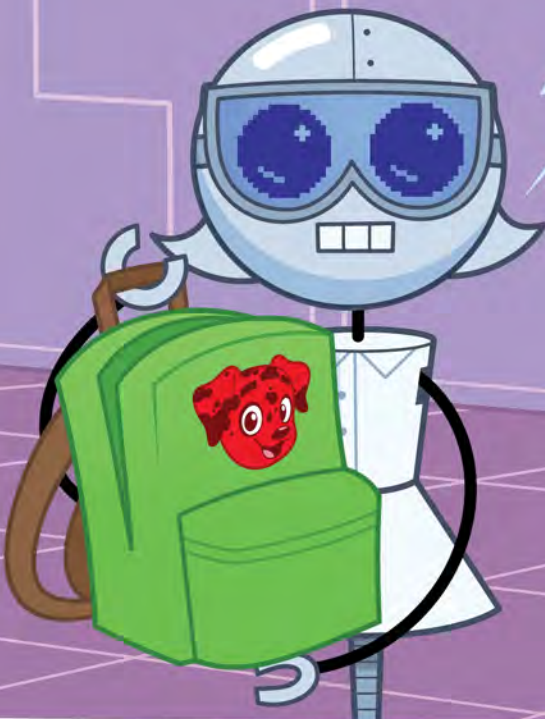
Or, if an earthquake hits while you're in bed, stay in bed. Then cover and protect your head and neck with your arms, like this.



Excellent work, Rocket. You've done a very fine job. You have earned an **Earthquake Preparedness Safety Spot**.



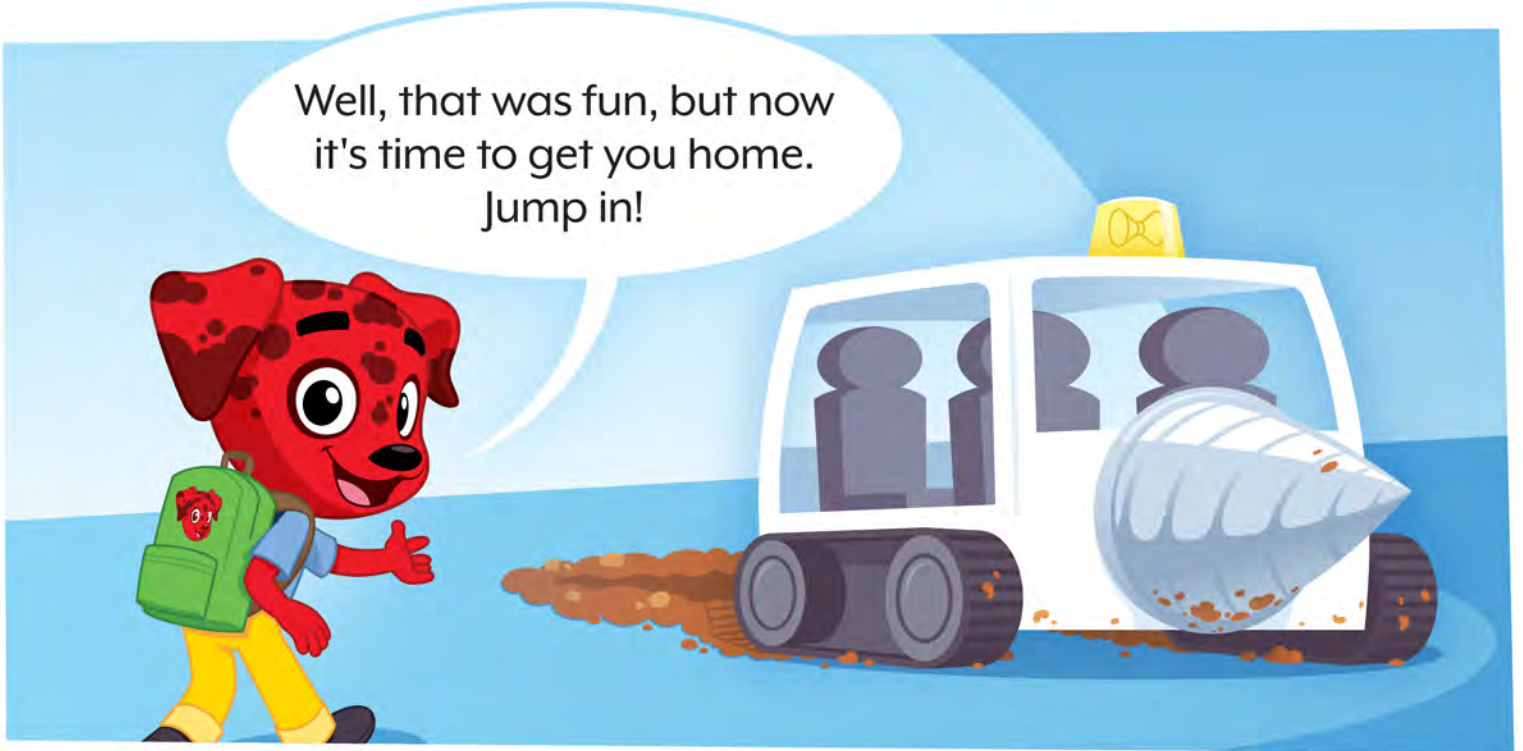
And, an **Emergency Safety Kit** that you can attach to your bed.



Thanks, Terra.
We'll remember
to practice hard.



Well, that was fun, but now
it's time to get you home.
Jump in!



whirrrrrrrr



tsssss



**ca-chunk
ca-chunk
ca-chunk**



voomp

click

schwump

WHOOOOOSH



Hey, before you go.
There's one preparedness
rule we didn't go over.






That's what to do if there's an earthquake while you're outside.



If you're outside, move to a large open area.



Look up and make sure you're out of the way of anything that might fall on you. Like tall trees, telephone wires, and light posts.


If there's nothing to hold on to, then make sure to **Drop and Cover.**






If you and your parents are inside the car, remind them to stop at the side of the road.
Stay in the car until the shaking stops!



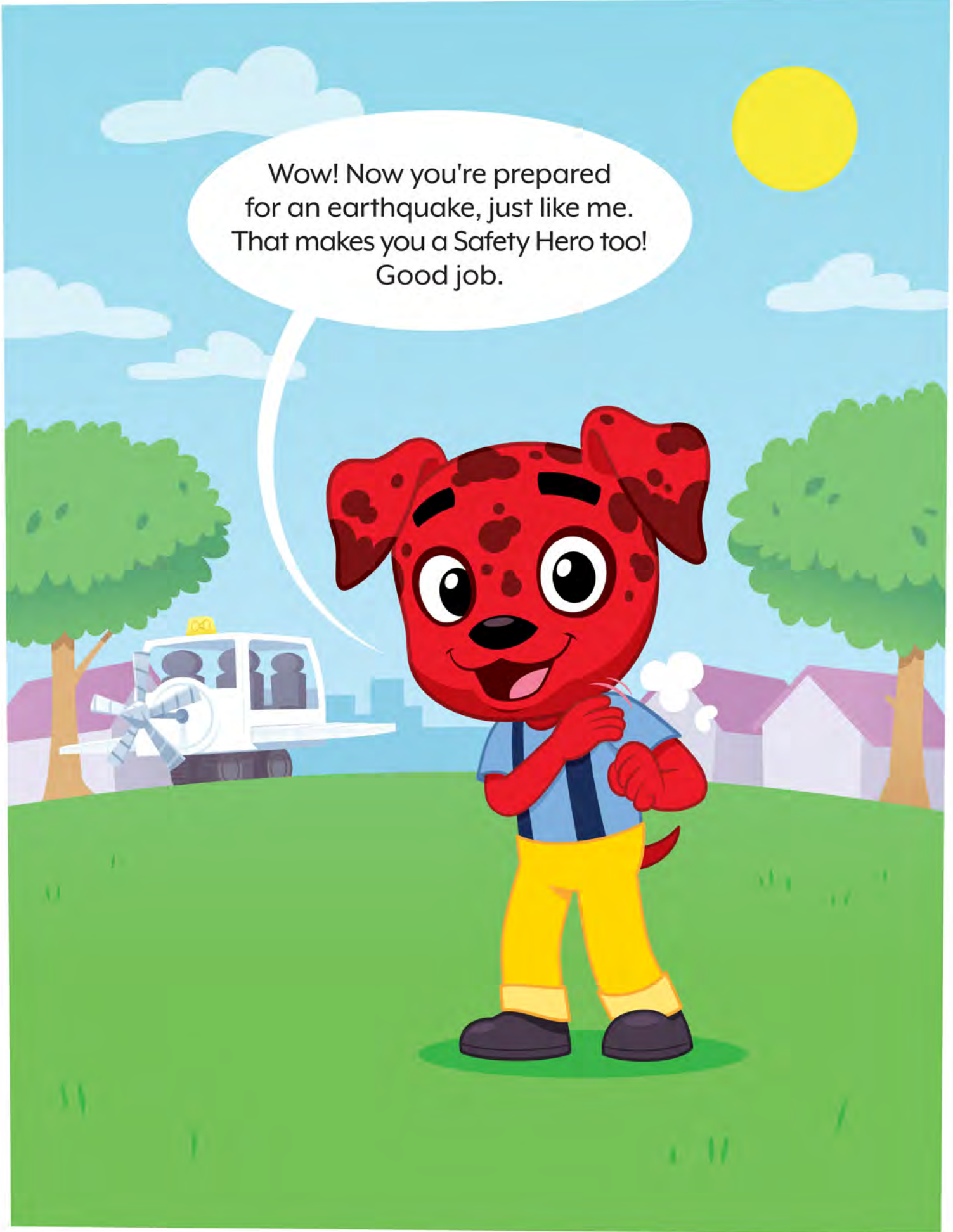


Once the earth stops rockin' and rollin', you should stay in place. Sometimes earthquakes hit several times in a row for many days or weeks.


Like This!



That's called an **aftershock**.
C'mon, Drop and Cover!



Wow! Now you're prepared
for an earthquake, just like me.
That makes you a Safety Hero too!
Good job.



Remember, together we can
be prepared for anything!
See you next time!



BEFORE AN EARTHQUAKE:

- Go on a **HAZARD HUNT**
- Secure anything that could fall
- Find a safe place in every room
- Keep an **EMERGENCY SAFETY KIT** by your bed



DURING AN EARTHQUAKE:

- DROP, COVER, and HOLD ON**
- Remember to protect your head and neck

AFTER AN EARTHQUAKE:

- Be careful of **AFTERSHOCKS!**
- Ask an adult to **CALL FOR HELP**



About The Hero In You Foundation



The Hero In You Foundation, founded by Bunni and Rick Benaron, is dedicated to educating youth through emergency preparedness and honoring first responders.

Following a string of tragedies, starting with the events of September 11, 2001, Bunni Benaron, a former elementary school teacher and daughter of a nurse, saw a special need to recognize first responders in the community, while encouraging youth to want to be the next generation of heroes.

The Benarons provide financial support for The Hero In You Foundation and are the leaders in building out robust R. Hero programs including the R. Hero Rules for Safety educational series. Children can learn what to do in an emergency through this online animated video series featuring Rocket, accompanying coloring books, and interactive Skype program, in addition to the Foundation's children books.

The R. Hero Rules for Safety program has been utilized by the American Red Cross, Los Angeles Public Library, fire stations and youth organizations, among others.

For more information about The Hero In You Foundation, and to view the Foundation's additional educational resources, please visit TheHeroInYouFoundation.org



**Bunni & Rick
Benaron**

About wonder media

Wonder Media is a mission driven company that was founded by former "Rugrats" CEO Terry Thoren, software producer Rudy Verbeeck, and film producer Ryan Cannon. They collaborated with the Hero in You

Foundation to produce the R. Hero Rules for Safety as a powerful set of instructional animations for students in grades K-3. Wonder Media is known globally for the success of WonderGroveLearn.com which provides parents and teachers with a well-rounded selection of 200 instructional animations including the 16 Habits of Mind to help children prepare for the daily challenges of life both inside and outside of school.

Hop onboard the amazing Safety Machine!

It's time to learn how to
stay safe during an Earthquake!

Join Rocket the Safety Dog as he teaches you how to stay safe when the earth starts to move unexpectedly. Take a ride with Rocket on his trusty Safety Machine, delving beneath the earth to find out where earthquakes come from.



Check into the Safety Lab with Rocket to learn the Earthquake Safety Rules and prepare for a real "shaker."

Rocket makes staying safe **FUN!**




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