

DROP COVER AND HOLD ON!



Practicing drills are a great way to reinforce staying safe. Children are familiar with drills as they often practice these in school. Teach children Drop Cover and Hold on by explaining what to do for each one in the event of an earthquake. Use the following game to teach children what to do during an emergency.

DIRECTIONS

Step 1: Define each term and action

- DROP: Get down on the floor
- COVER: Get under a sturdy table or desk
- HOLD ON: Grab hold of something solid

Step 2: Call out any one of the directions seeing how fast children can complete the task.

GUIDING QUESTIONS

- Why is it important we practice safety drills?
- How does your body feel when I call out the drills really fast?
- Once we are in a safe space what are some ways we can stay calm?



Scan this code for more disaster resources!

CLDisasterRelief.org   

The information contained here does not constitute medical advice. It is for educational and informational purposes only. Please consult with a healthcare professional to receive personalized advice or treatment.