



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1K

Scenario Practice



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1K: YOUR PERSONAL DISASTER PLAN**

Scenario Practice

Materials Needed:

Scenario 1 - Earthquake for each participant
Pencil and paper for each participant

Scenario Practice is an opportunity to safely 'put yourself' in a disaster and think through all the things you may encounter. Even though this is just a scenario, it will give you an idea of emotions you may be faced with in an emergency situation. Finally, the scenario will allow you to practice, what it is you would (should) do to protect yourself and your family, and what obstacles might be in your way.

Discuss the Plan - Before you begin your Scenario, you will want to set up the ground rules.

1. You have the only copy of the scenario, at this point.
2. Everyone should be seated comfortably (because you are going to ask them to relax and close their eyes)
3. You will read the scenario.
4. Quiet time, (No discuss yet, you want each person to have a couple minutes to reflect on their own thoughts before they get input from others).
5. Still Quiet time - ask everyone to jot down a few notes about their reactions, emotions, worries, concerns. This is for them only, they will not turn these in.
6. Discussion - now it is time to talk about

Read the Scenario - Once you have discussed the ground rules and have your group sitting comfortably, ask them to close their eyes, so they can visualize the scene, as you read to them.



SCENARIO 1 - Earthquake

Please close your eyes and picture this scenario:

Imagine this, of course, around your own life, your family and loved ones.

It is a crystal clear and picture perfect day, with bright blue skies and a few puffy white clouds, the sun is shining and the world seems like a perfect place. It is midweek and you need to run into the store during lunch-time to grab a couple of items. If you have children, *they are in school*. If you have a spouse or significant other, *they are at work*. If you don't have children but have a very special pet, your *dog or cat are at the vet having their teeth cleaned*. *Anyone else who is special in your life is not with you at the moment – you are alone.*

While you are in the grocery store, all of a sudden, without any warning at all, the Earth begins to violently change around you. The ground beneath you begins to shake and roll fiercely, things begin falling off of the shelves all around you, people are screaming, some are praying, and children begin to cry. The sounds are frightening and strange to you. You hear objects breaking as they hit the floor, you hear window glass breaking and the terrible sounds of the building groaning as metal, concrete and wood grate together. The terrible nightmare only lasts about 25 seconds, and then it is over.

The store is completely trashed, with merchandise broken and piled all over the floor, the power has gone out, the roof in one corner of the store has collapsed, the bright sunlight shining in though the ceiling, you look out the broken window and what you see outside is completely different than it was only one minute before. There is massive destruction outside, street lights are down, buildings are damaged, and the roads are severely damaged.

NOW - WHAT DO YOU DO?

Please take several minutes of quiet time, to think, then write out what you would do.