Let's Get Ready!

Join Grover and Elmo to learn how families get ready for emergencies.

Parents and Caregivers:

Together, You Can Get Ready! Use everyday moments to talk to your child about the things you can do together to help keep your family safe if there is an emergency. Just as you help your child get ready for a car trip by buckling up her car seat, your family can get ready for emergencies by creating a plan. Watch your child's confidence rise as she helps. And when you use songs and games, learning important personal information can be fun!

Together with your child, share this story and find out how Grover and Elmo get ready for emergencies with their own families. Guide your child through the activities that help her practice important phone numbers, her whole name, your whole name, and her address. You can reread this story with your child anytime to get her comfortable with your family's emergency preparations – all with a little help from her pals on Sesame Street!

Hello, everybodeee!

I, your furry, blue friend Grover, have a story to share. Are you wondering what it is about? I will give you an itty-bitty hint: It is about getting ready for emergencies! Oh boy, that was a big hint. Do you want to get ready, too? You do? Oh, I am so pleased. Then read this story with me, and let us get ready together!

Oh, I am so excited! Elmo is going to get ready for emergencies with us!

Elmo can't wait to get ready! But...what's an emergency?

"An emergency is something that we do not expect to happen," Grover explains. "Together we act quickly to keep ourselves safe."

"We do things every day to be safe," says Grover's mommy.

"Yeah," says Elmo. "When we ride our tricycles, we always wear helmets!"

"That's right," says Grover's mommy. "And families can be safe in an emergency by making a family emergency plan."

"Wow!" says Elmo. "But…what's a family emergency plan?"

"It is when you talk with your family about what you will do if an emergency ever happens," Grover answers.

"Elmo hopes Elmo's family has a family emergency plan," says Elmo.

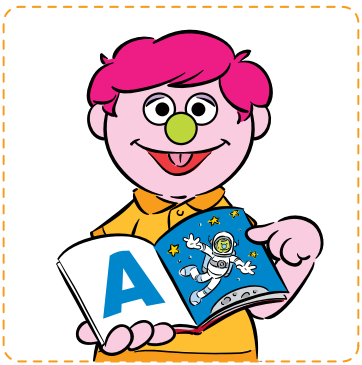
Grover smiles. "Let us go find out!" he says.

As they walk along, Elmo asks, “Who will tell Elmo what to do if there’s an emergency?”

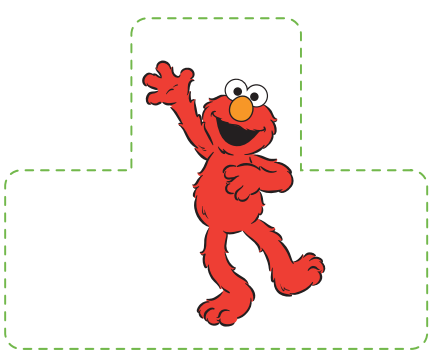
“Elmo, your mommy and daddy will tell you what to do,” Grover’s mommy assures him. “And if you’re not with your parents, there are other grown-ups who can help you, like police officers, firefighters, and doctors. They are called neighborhood helpers. And teachers are there to help, too.”

The Helpers in Your Neighborhood Use your finger or a crayon to help Elmo, Grover, and Grover’s mommy visit their neighborhood helpers.

Helping Hands Cut out the cards. Match the helpers to their workplaces in the maze on page 2. On the blank cards, draw pictures of other helpful people, such as a neighbor. A grown-up can help you write on the backs of the cards how each person is helpful.



Make Finger Puppets! In the blank space, draw or paste a picture of yourself. Cut out the picture, wrap it around your finger, and tape it closed. Wear it to visit neighborhood helpers on page 2. Store cutouts in an envelope, and use them again!



Guess Which Helper I Am! Play this with a friend or a grown-up. Pick a card and pretend you are the person on the card. Tell about how you help people. See if your friend can guess who you are!

_____
_____
_____
_____

I'm a doctor.
At the hospital, I help people who are sick or hurt feel better.

I'm a teacher.
I help children to learn and play at school.
And I'm here if you need someone to talk to.

_____
_____
_____
_____

I'm a firefighter.
I help put out fires.

I'm a police officer.
I help people stay safe.

Use the puppet with your picture on it to come along with Elmo and me to learn more about getting ready for emergencies!

"Visiting our neighborhood helpers was fun!" says Elmo. "The police officer told Elmo and Grover to press the numbers 9-1-1 on the phone when help is needed during an emergency and there is no other person to help."

"When we call 9-1-1 we can ask grown-ups for help," says Grover's mommy.

Grover says, "Let us remember the number this way: *To get help, dial 9-1-1!*"

"*To get help, dial 9-1-1!* Elmo likes that! Does Grover know his *own* phone number? Elmo knows *Elmo's*!"

"My mommy and I practice it together," says Grover. "It is part of our family emergency plan. Now let us practice dialing our phone numbers!"

Know Your Number! Ask a grown-up to help you write your phone number on the line. Then use your finger to practice pressing the numbers. You can also practice dialing 9-1-1 to get help.

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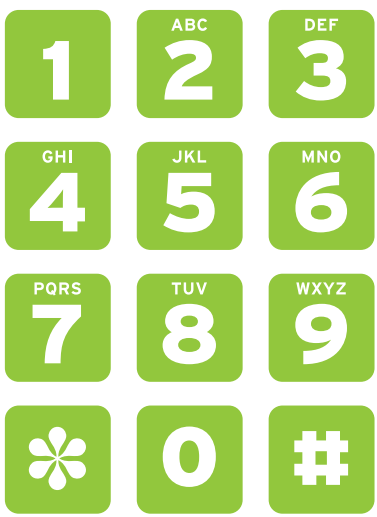
My Phone Number



As Elmo, Grover, and Grover's mommy continue to Elmo's house, they see Rosita and Big Bird.

"Hi!" says Big Bird. "We were just talking about names. Did you know that Rosita's whole name is Rosita de las Cuevas?"

"Sí. I have a first and a last name," explains Rosita. "And Big Bird does, too!"

"That's right. It's called a whole name," says Big Bird. "We practice both our names so we'll remember them if there is an emergency."

"I made up a song to help me remember my whole name!" says Rosita.

"My first name is Rosita; I'll sing it loud.
My last name is de las Cuevas; it makes me proud!
I'm Rosita de las Cuevas; now I bet
That's a name you'll never forget!"

The friends are almost at Elmo's home.

"Does Grover know Elmo's address?" asks Elmo. "Elmo made up a special song to help Elmo remember!"

Elmo knows his own address.
This is where he lives:
4-5-6 Sesame Street.
This is where he lives!

Draw a picture or paste a photo of your home in the box below. Ask a grown-up to help you write your address on the line.

My Address

Practice Elmo's address song using your own name and address! I practice my address, too, so I can tell a grown-up where I live if there is an emergency.

Family Activity: Pretend one of the puppets on page 3 is a police officer. Talk with your child about the importance of knowing his address, his whole name, and your whole name. You might say, "I want to help you get home. Can you tell me what your address is?" He can share the information with a trusted adult, such as his teacher, to reach you in an emergency.

At Elmo's house, Grover and Elmo share with Elmo's mommy and daddy what they've learned about making a family emergency plan.

"And part of an emergency plan," says Elmo's daddy, "is to choose a special meeting place in case we can't get home."

"But, Daddy, where is our meeting place?" asks Elmo.

"We haven't picked one yet, Elmo," says Elmo's mommy. "It should be a place we all know. How about Hooper's Store?"

"Great idea!" says Elmo. "Elmo's happy you'll take Elmo to Hooper's Store!"

Where will your family go if there is an emergency and you cannot be at home?

Where To Meet Paste a photo or draw a picture of your family's meeting place in the box below.

My Family's Meeting Place

"Let's pack our family emergency kit, Elmo," says his mommy.

"Elmo would love to!" says Elmo. "But...what's a family emergency kit?"

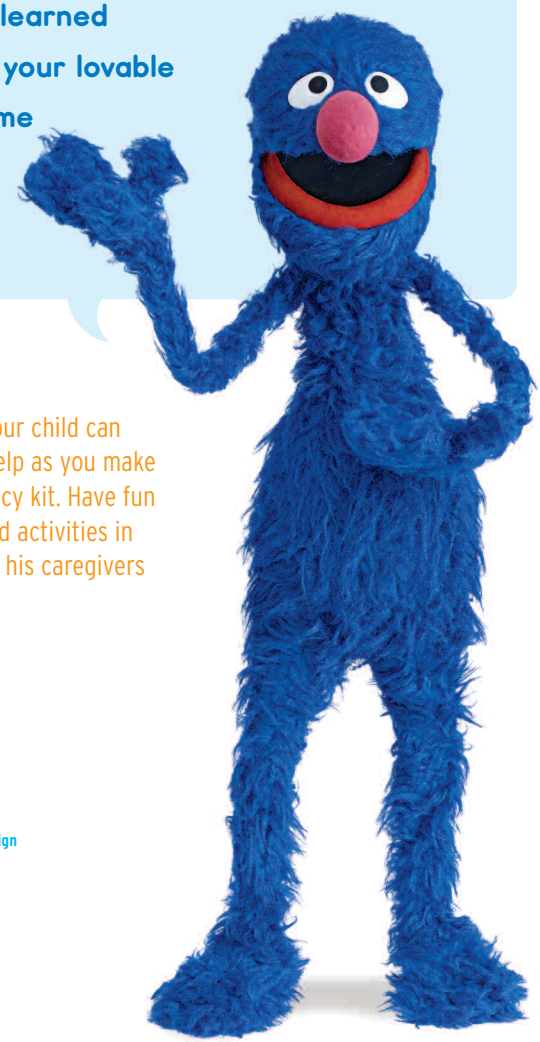
"It's where we can put things we might need, such as food and water, in case something happens that we don't expect," says Elmo's mommy. "It's part of our family emergency plan."

Can you help Elmo find these items for his family emergency kit? What special things are in your family's kit?

Family Activity: Help your child look for more items in the picture that you might include in your own family kit. As you pack your kit, ask your child to pick a toy or stuffed animal she'd like to include – one she won't miss if it's packed away.

Good-bye, everybodeee!

We have reached the end of our story. You have learned so much about getting ready for emergencies! I, your lovable friend Grover, have learned a lot, too! Please come back soon and read this story with me again. I will be waiting for you!



Family Activity: Just like his Sesame Street pals, your child can have fun getting ready for emergencies with his family. Ask for his help as you make your family plan, choose your meeting place, and pack your emergency kit. Have fun practicing names, addresses, and phone numbers using the songs and activities in this book. And remind your child that if there's an emergency, you or his caregivers and neighborhood helpers will be there to help him.

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