



# Ready 2 Help™

COMPANION BOOK





# Ready 2 Help™

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*Ready 2 Help is available at no cost from FEMA.*

*Call 800-480-2520 and ask for publication number 2012.*

*It is also available as a free download online at: [www.ready.gov/game](http://www.ready.gov/game)*

## Note to the Leader

Thank you for helping kids learn to take action in emergencies. This companion book provides instructions on how to play the Ready 2 Help card game and helpful hints on discussing preparedness.



Allow about 1 hour for this activity.

## What Is Ready 2 Help™?

Ready 2 Help is a card game that helps youth ages 8–12 understand how they can help in emergency situations. In this game, players respond to emergencies using the skills described in this guide:



### STAY SAFE

- Look for danger by identifying hazards in the area that could hurt you.
- If you are in danger, get to a safe place.



### STAY CALM

- Take a deep breath before reacting.
- Staying calm can help you think more clearly during the emergency.



### GET HELP

- Call 9-1-1 and follow instructions.
- Ask someone you trust to help you.



### GIVE INFO

- Describe the emergency.
- If you are at home, give the 9-1-1 operator your address.
- If not at home, give the address or a nearby landmark.



### GIVE CARE

- Follow instructions from trusted helpers or responders.
- Use comforting words and actions while you wait for help to arrive.

## What Does This Companion Book Contain?

Before you play Ready 2 Help, use this discussion guide to introduce the players to the five skills they can use to help in emergencies.



### Questions for you to discuss

Read the questions (in **bold**) and let the players respond. Sample answers are provided.



### Information to read

Read these sections to the players to introduce the skills and themes of Ready 2 Help.



### Activities for you to lead

Follow the instructions to lead the players through these activities.

# What Is an Emergency?



## What is an emergency?

An emergency is a time when something serious happens and immediate help is needed.<sup>1</sup>

## What is an example of an emergency?

Write down an example to use throughout this guide or provide this example: "You are at the park with your friend. You see a man walk by. He grabs his chest and sits down on a bench. He looks pale and sweaty."

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## What does this man need (or, if using a different emergency, ask what needs to be done in response)?

He needs help, and you can help him!

If the players respond that he needs an ambulance or medical help, ask how the ambulance or paramedics would know how to find the man.



Sometimes in an emergency, people don't help because they aren't sure what to do or they think that someone else will do it. If you know what to do in an emergency, you can help keep yourself and others safe.

There are five skills you need in an emergency:



**Stay Safe**



**Stay Calm**



**Get Help**



**Give Info**



**Give Care**

### Note:

Although these skills may be developmentally appropriate, some players may be unable to demonstrate them. Reinforce that the most important thing is to stay safe.

## Stay Safe



What might you see, hear, or smell in an emergency?



Fire  
Traffic  
Weapons  
Broken glass



Yelling  
Hissing  
Popping



Smoke  
Gasoline  
Chemicals



Dangerous  
weather



Downed  
power lines



Fluid leaking  
from a car



Flooding



Fire



The most important thing for you to do in an emergency is to stay safe. If you see, hear, or smell any of these things, then you may not be in a safe place. If you are not safe, then leave the area even if you have to leave an injured person behind. Once you are in a safe place, you can continue to help.



(optional)

How could you stay safe in the following situations?

**A car drives down the street fast and hits a parked car. It looks like the driver might be hurt. There is fluid leaking onto the ground and it smells like a gas station.**

To stay safe, get far away from the car. The leaking fluid might be gas and there could be an explosion or fire.<sup>ii</sup>

**You are outside after a snow storm. There is a big, snow-covered tree nearby. You hear a loud snap and a tree branch falls onto a power line, knocking it to the ground.**

To stay safe, stay away from the power line. Do not go near it or near anything that is touching it.<sup>iii</sup>



**Note:**  
Support is available for children who experience trauma. Organizations like the National Child Traumatic Stress Network can provide resources to share with players and their parents or guardians.<sup>vi</sup>

## Stay Calm

Think about a time when you were scared or nervous. You may have had “butterflies” in your stomach or seen your hands shake. In an emergency, you might feel this way, feel confused, or even forget where you are. You will be able to think more clearly if you are calm. Breathing deeply can help you stay calm by relaxing your body.<sup>iv</sup>

Emergencies are scary. We’re going to talk about ways that you can help, but sometimes when someone has a serious injury there is nothing you can do. It’s important to stay calm during the emergency, but it’s also important to talk about your feelings after the emergency is over. Don’t be afraid to ask questions or share how you feel about the event.<sup>v</sup>

Practice Together

Try taking some deep breaths. Count to three (in your head) when you breathe in, and count to three again when you breathe out. Do this exercise five more times. How do you feel?



# Get Help



You might not know how to put out a fire, fix a broken leg, or give the right medicine to someone who is very sick. But you do know how to find someone who does!

## Call 9-1-1

**Do you know what number to call to get emergency help sent to you?**  
9-1-1!

### What are some examples of situations when you should call 9-1-1?

Call 9-1-1 when someone is badly hurt, when someone won't wake up, or when you need the police or fire department.



Tell the players to ask their parents or guardians to show them how to access the emergency screen on their phones.

#### Note:

Although these skills may be developmentally appropriate, some players may be unable to demonstrate them. Reinforce that the most important thing is to stay safe.

### What do you need to call 9-1-1?

A phone!



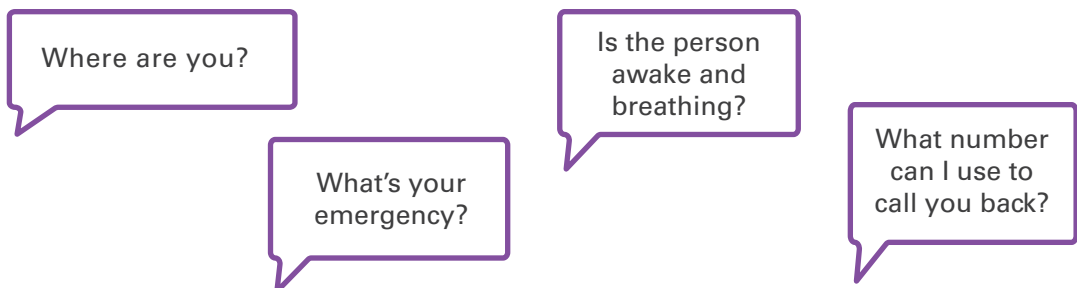
## Practice Together

Role-play a 9-1-1 call with a partner or as a group. Make up an emergency situation and answer some questions that an operator might ask. Remind the players to speak slowly and clearly when talking to an operator, and to not hang up until the person on the other line says it's OK.<sup>vii</sup>



#### Don't use a real phone to practice!

If you accidentally call 9-1-1 always stay on the line to let the operator know what happened. If you hang up, they will need to send someone to check on you.<sup>vii</sup>



### What are some examples of situations when you do not need to call 9-1-1?

- "I have a minor injury that I can take care of at home, like a cut or bruise."
- "My cat is limping."
- "I need someone to drive me to soccer practice."<sup>viii</sup>



## Get a Trusted Helper

If there is someone around who could help you or the injured person, ask them for help. This could be a family member, neighbor, a teacher, a security guard, or someone nearby who can help you.

### What is the fastest way to get help?

Yell HELP! You can also yell where you are and describe the emergency to get help faster.

Ask the players to talk to their family about who trusted helpers in their community might be and how they can stay safe when helping others.<sup>ix</sup>

#### Note:

If you are in a place where you can practice yelling, ask the players to practice!

## Give Info



You need to provide information to the 9-1-1 operator or a trusted helper to:



Help them find you



Help them understand what happened

### Personal Information

You should always know the following information:

- Your full name;
- Your address;
- The names of your parent(s) or caregiver(s); and
- Important phone numbers like your parents' cell phones, a neighbor, or a grandparent.



#### Note:

You can order these cards from FEMA by calling 800-480-2520 and asking for publication number 1095 or by visiting [Ready.gov/publications](http://Ready.gov/publications).

You may want to write this information down on a card and keep it in a safe place, like your backpack.

When you get help by calling 9-1-1 or finding a trusted helper, you may also need to give information about the person. This will help them get the right care as quickly as possible.

### Information about the Emergency

You should give any details about the emergency to a trusted helper or responder. Details that you notice about the accident or the injured person could help them get the care they need faster. Some important things to look for are:



- Can the injured person answer when you talk to them?
- Is the injured person breathing? Look for clues. Do you see their chest moving up and down? Can you hear them breathing? If you hold your hand under their nose, do you feel their breath?
- How many people are hurt? Did you notice any dangers near the injured person that might hurt a first responder?



**If an emergency happened where we are right now and you had to call 9-1-1, how would you tell the operator where you are?**

- Do you know the address?
- Do you know the name of the building?
- How would you describe the location?

**Note:** Explain some ways that you could find where you are, including looking for street sign and landmarks, or providing a detailed description.



# Give Care



Imagine that you are injured. What would you want someone to do for you?

Get help.

Make me feel better.

Sit with me until help arrives.

Tell me when help might get here.



There are things you can do to help the injured person while you wait for help to arrive. You can use comforting words and actions. You can also help by following instructions that a 9-1-1 operator or trusted helper gives you. Try to share only what you know, and avoid upsetting the person more by talking about their situation.

## Words

- Tell them your name and that you are there to help.
- Tell them help is on the way.
- Ask "How can I help?"

## Actions

- Offer them a hand to hold.
- Stay near them as long as it is safe.
- Offer them something to keep them warm, like a blanket or jacket.

**Note:**

For more ways to give care, reference the "Learn More" section.

## Put it Together



Let's talk about a situation together. Imagine that you are at the park with your friend. You see a man walk by. He grabs his chest and sits down on a bench. He looks pale and sweaty.

### What are the steps you would take in this situation?

Stay safe, stay calm, get help, give information, and give care.

### How would you stay safe in this situation?

Avoid traffic and follow your family's rules about personal safety around strangers.

### How would you stay calm?

Take deep breaths.

### How could you get help?

You could find a trusted helper, use your phone, or ask to use the man's phone to dial 9-1-1. You may need to access the emergency screen if you do not know the password.

### What kind of information would you give?

Describe what happened and what the man is doing. Give the operator the name or location of the park so they know where to send an ambulance.

### How could you give care until help arrives?

You can tell him that you've called 9-1-1 and how long it will take for them to get there (if the operator told you).

**Note:**

You can use the situation that the players came up with at the beginning of the discussion. Give the players a chance to discuss the emergency. If they ask for more details to help make decisions, you can make them up. For example, if the players ask if there is a person walking by, you could say "yes, there is a family playing nearby" or "no, everyone is at work and no one is around".





## Learn More

Below are some resources for ways to get trained, get involved, and be informed. Please check with these organizations for age requirements.



### Additional Skills

Help in many different types of emergencies using first aid: [www.redcross.org](http://www.redcross.org)

Keep blood flowing when someone collapses with Hands-Only CPR: [www.redcross.org](http://www.redcross.org) or [cpr.heart.org](http://cpr.heart.org)

Use direct pressure to stop or slow bleeding: [www.bleedingcontrol.org](http://www.bleedingcontrol.org)

Use abdominal thrusts to help clear a child's or an adult's airway when they are choking: [www.redcross.org](http://www.redcross.org)



### Get Involved

Find more activities and resources to prepare children and youth: [www.ready.gov/youth-preparedness](http://www.ready.gov/youth-preparedness)

Learn how to be the help Until Help Arrives: [www.ready.gov/untilhelparrives](http://www.ready.gov/untilhelparrives)

Join a Community Emergency Response Team (CERT) or Teen CERT: [www.ready.gov/cert](http://www.ready.gov/cert)

Find activities that are happening near you: [www.ready.gov/prepare](http://www.ready.gov/prepare)



### Be Informed

Sign up for the Federal Emergency Management Agency's (FEMA) Children & Disasters Newsletter: [www.ready.gov/youth-preparedness](http://www.ready.gov/youth-preparedness)

Stay up to date with preparedness news: [community.fema.gov/news](http://community.fema.gov/news)

Be prepared and download the FEMA app for free on the App Store and Google Play. Learn what to do before, during, and after emergencies with safety tips, and receive weather alerts from the National Weather Service for up to five different locations anywhere in the United States: [www.fema.gov/mobile-app](http://www.fema.gov/mobile-app)

Know which disasters could affect your area and learn what to do before, during, and after each type of emergency: [www.ready.gov/be-informed](http://www.ready.gov/be-informed)

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## Endnotes

- i. Prepare With Pedro Disaster Preparedness Activity Book
- ii. Maternal & Child Health Bureau (1999) Basic Emergency Lifesaving Skills (BELS): A Framework for Teaching Emergency Lifesaving Skills to Children and Adolescents. Newton, MA: Children's Safety Network, Education Development Center, Inc.
- iii. <https://safeelectricity.org/public-education/tips/talk-about-electrical-safety-with-your-children/>
- iv. <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Just-Breathe-The-Importance-of-Meditation-Breaks-for-Kids.aspx>
- v. <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Getting-Your-Family-Prepared-for-a-Disaster.aspx>
- vi. <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/Helping-Your-Child-Cope.aspx>
- vii. <http://www.pollyklaas.org/safe/enews-stories/9-1-1-1-practice-script.html>
- viii. [http://www.911forkids.com/index.php?option=com\\_content&task=view&id=37&Itemid=1](http://www.911forkids.com/index.php?option=com_content&task=view&id=37&Itemid=1)
- ix. [http://www.missingkids.com/content/dam/ncmec/en\\_us/publications/kidsmartzpreventingabduction.pdf](http://www.missingkids.com/content/dam/ncmec/en_us/publications/kidsmartzpreventingabduction.pdf)



# Ready 2 Help™

INSTRUCTIONS



For 2–4  
players

8+

Ages 8  
and up



30  
minutes

## Goal

Be the first player to collect five Emergency cards.

## Cards

In your box, you have the following types of cards:



Emergency Cards

(Collect five of these to win)



Skill Cards

(Collect Emergency cards by playing the required skills)



Take Action Cards

(Use these to help you get the skills you need to respond to emergencies)

## Playmat

There are four playmats at the end of the Companion Book. Distribute one playmat to each player.

Players can use the playmat to keep score throughout the game.

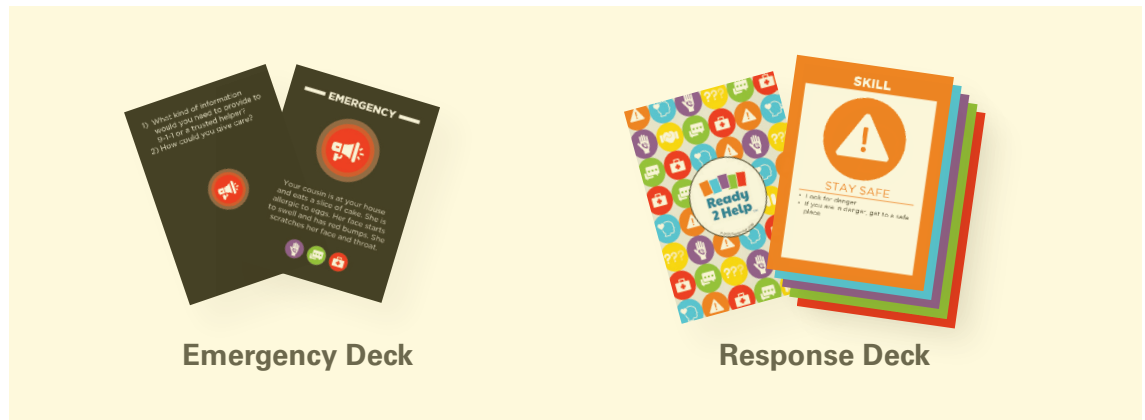
**Alternative for children under 8:** Introduce younger children to the concepts of Stay Safe, Stay Calm, Get Help, Give Info, and Give Care by using the Skill cards to play a matching or memory game.



# Set Up the Game

## Separate the Decks

Separate the Emergency deck (Emergency cards) from the Response deck (Skill cards and Take Action cards).



## Deal Cards to Players

If players are using a playmat, give one mat to each player. The oldest player deals five cards from the Response deck to each player.

## Set Up the Play Area

Place the Emergency deck face-up on the table. Place five cards from the Response deck face-up in a row in the center of the table. Place the Response deck face-down to create the draw pile.



# On Your Turn

The dealer reads the Emergency card that is on the top of the face-up pile to each player. Starting with the dealer and continuing clockwise, players take turns. On each turn, the player should draw, play Skill cards or Take Action cards from their hand (if they can), then pass to the next player.

## 1) Draw

At the start of each turn, the player either adds one face-up card or two cards from the draw pile to their hand. If the player takes a face-up card, replace that card from the draw pile.

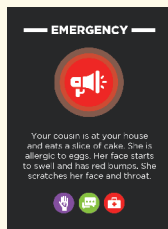
## 2) Play Skill Cards or Use Take Action Cards

If the player has the cards they need in their hand, then they can play them to respond to the Emergency (see the picture below for an example). If they do not have the required Skill cards, then they can try to use Take Action cards to get the Skill cards they need. There is no limit on how many cards a player can play on their turn.

## Play Skill Cards to Respond to an Emergency

If a player has all of the Skill cards required for the Emergency, the player can respond to the Emergency to earn the card.

### Playing Skill Cards



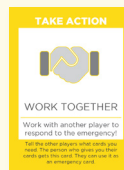
Requires:



**Note:** As players place their Skill cards on the table to respond to an emergency, encourage them to read the Skill aloud.

The required Skill cards are shown on the bottom of the Emergency card. When a player has all of the Skill cards required to respond to the Emergency, they shout "Ready 2 Help!" The responding player places each Skill card (or Take Action card) on the table, then picks up the Emergency card and places it on their playmat.

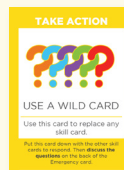
### Using Take Action Cards



**Work Together**  
Combine your cards with one other player's cards to respond to the emergency.



**Take a Deep Breath**  
Draw two cards (face up or face down) to try to get the cards you need to respond to the emergency.



**Use a Wild Card**  
Use this card in place of any one Skill card when responding to an emergency.

## Using Take Action Cards

If a player cannot respond to an Emergency with the cards in their hand, they can use any Take Action cards they have in their hand. They can use these cards to work with another player to get the cards they need, draw additional cards, or use a Take Action card to replace a required Skill card. There is no limit to how many Take Action cards may be used during one turn.

**Work Together.** Player A places this card on the table and announces the cards that they need from another player to respond to the emergency. If one other player (Player B) can provide Player A with all of the cards they need to respond to the emergency, then they can give those cards to Player A. Player A responds to the emergency, and Player B receives the Work Together card and can place it on their playmat. Player A can accept as many cards as needed from one player per Work Together card. If multiple players can provide all of the necessary cards, Player A can choose who helps.

**Take a Deep Breath.** Place this card in the discard pile and draw two cards (face-up, face-down, or one of each). If a player draws this card on their turn, they can use it immediately to draw two more cards.

**Use a Wild Card.** A Wild card can be played in place of any Skill card when responding to an Emergency. To use this card, the players must discuss the questions on the back of the Emergency card. The player using the Wild card should read the answers on the Emergency card when available.

- 1) What is the most important thing to do?
- 2) Do you know anything else you could do in this situation?
- 3) What kind of information might you need to give?



1) Stay safe

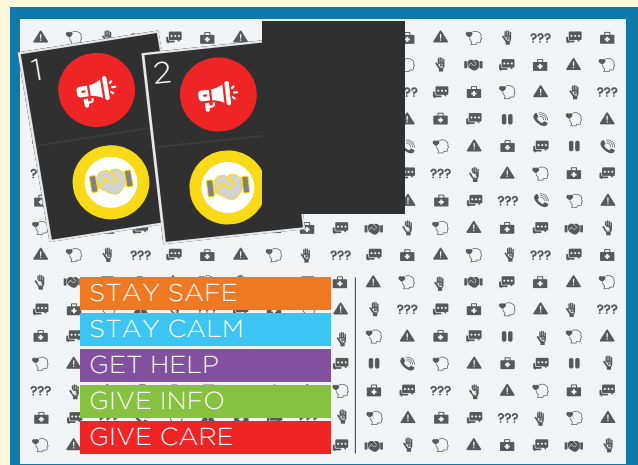
## 3) Pass to the Next Player

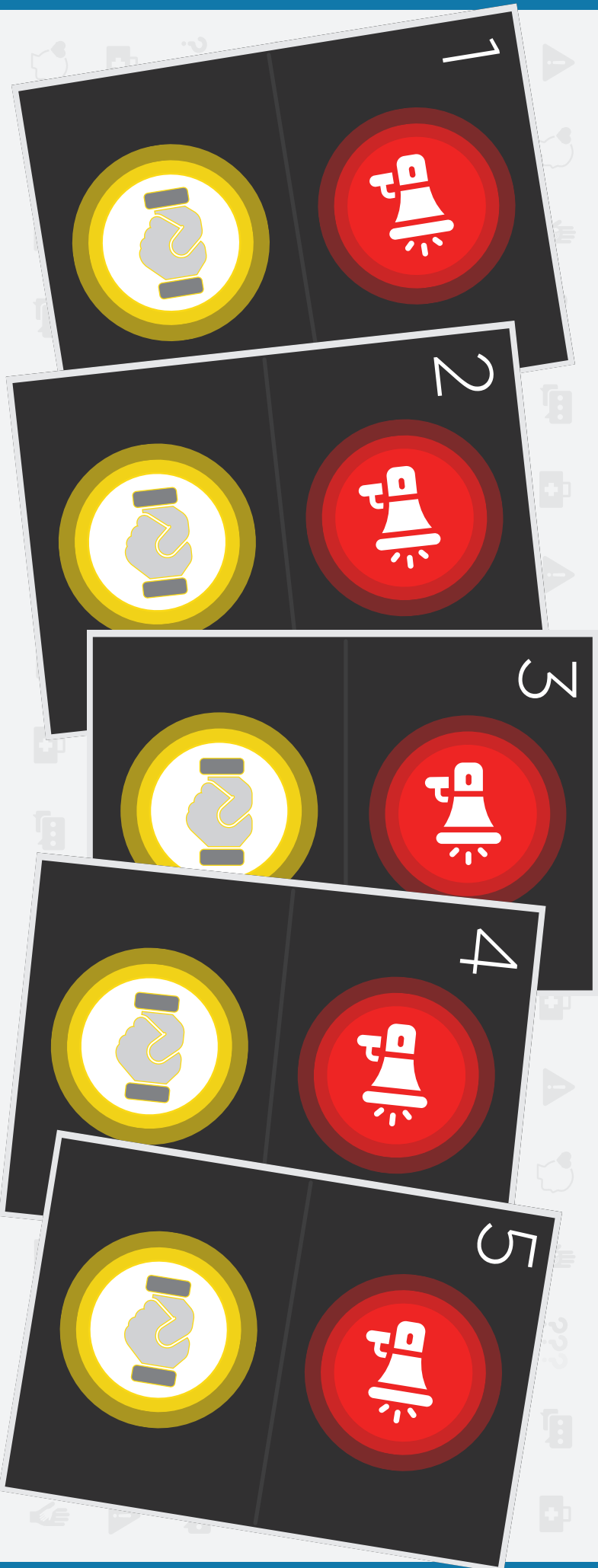
If a player has responded to an Emergency or has completed all of the actions that they can during their turn, then they pass to the next player. A player may only have a maximum of five cards in their hand when they end their turn. If they have more than five cards, they must choose cards to play or place in the discard pile. If they have fewer than five cards, they do not need to take any action.



## How to Win

A player wins when they fill all five spaces on their playmat (or collect five Emergency cards when not using a playmat). A Work Together card received after helping another player can be used in place of an Emergency card.





**WIN!**

	STAY SAFE
	STAY CALM
	GET HELP
	GIVE INFO
	GIVE CARE

When you earn an  
Emergency card or Work  
Together card, place it on a  
space above. The first player  
to fill all five spaces wins!





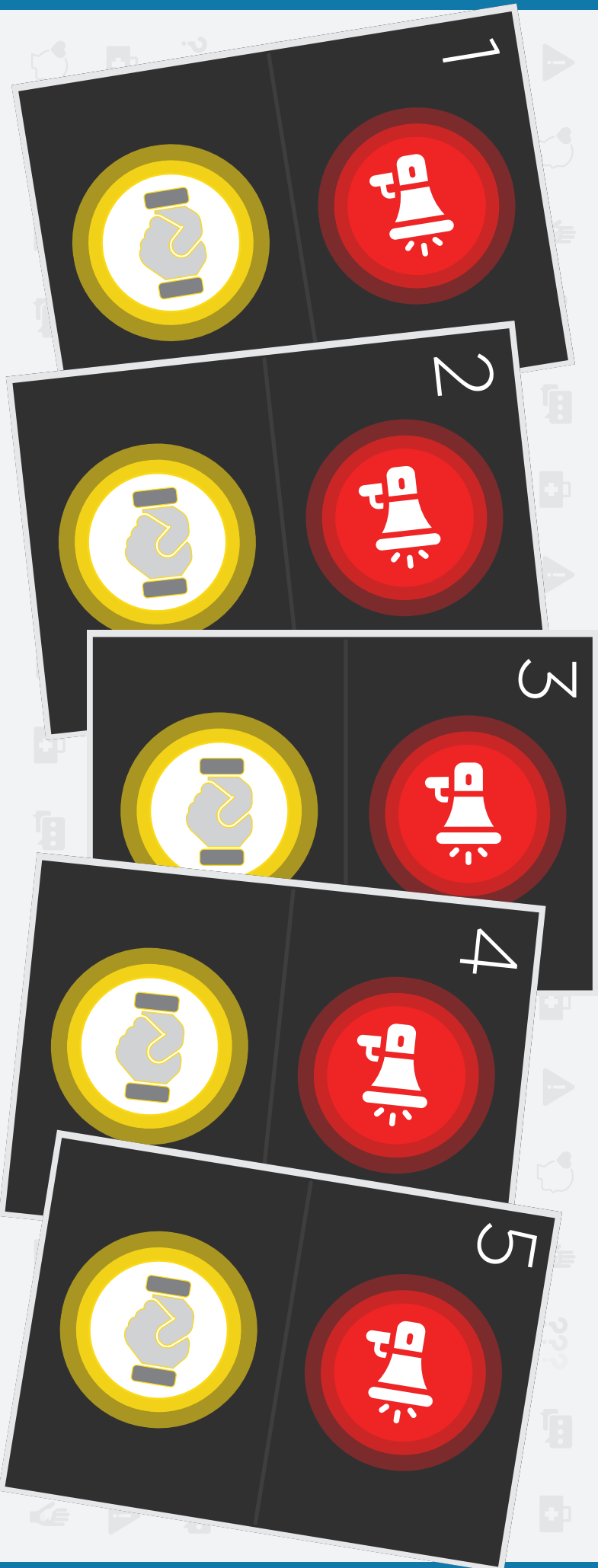
# Ready 2 Help™



FEMIA

Get your copy today at [Ready.gov/game](http://Ready.gov/game).





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FEMMA

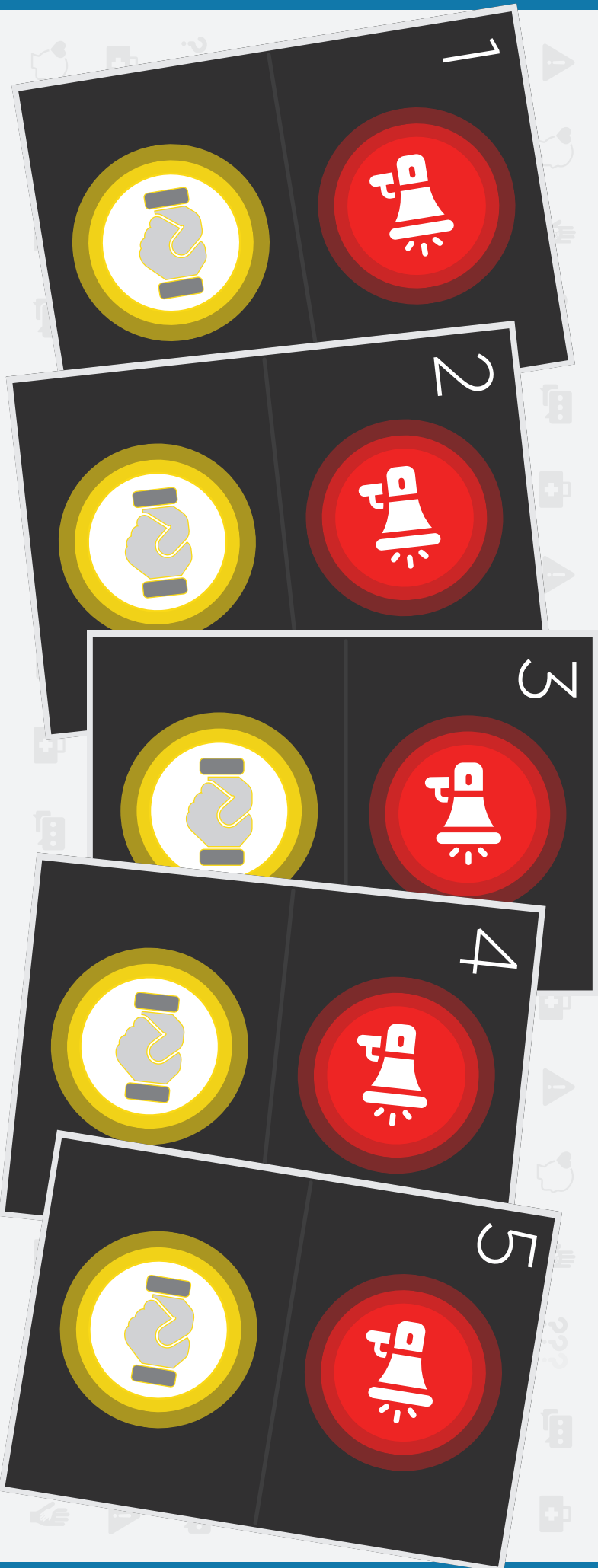


# Ready 2 Help<sup>TM</sup>



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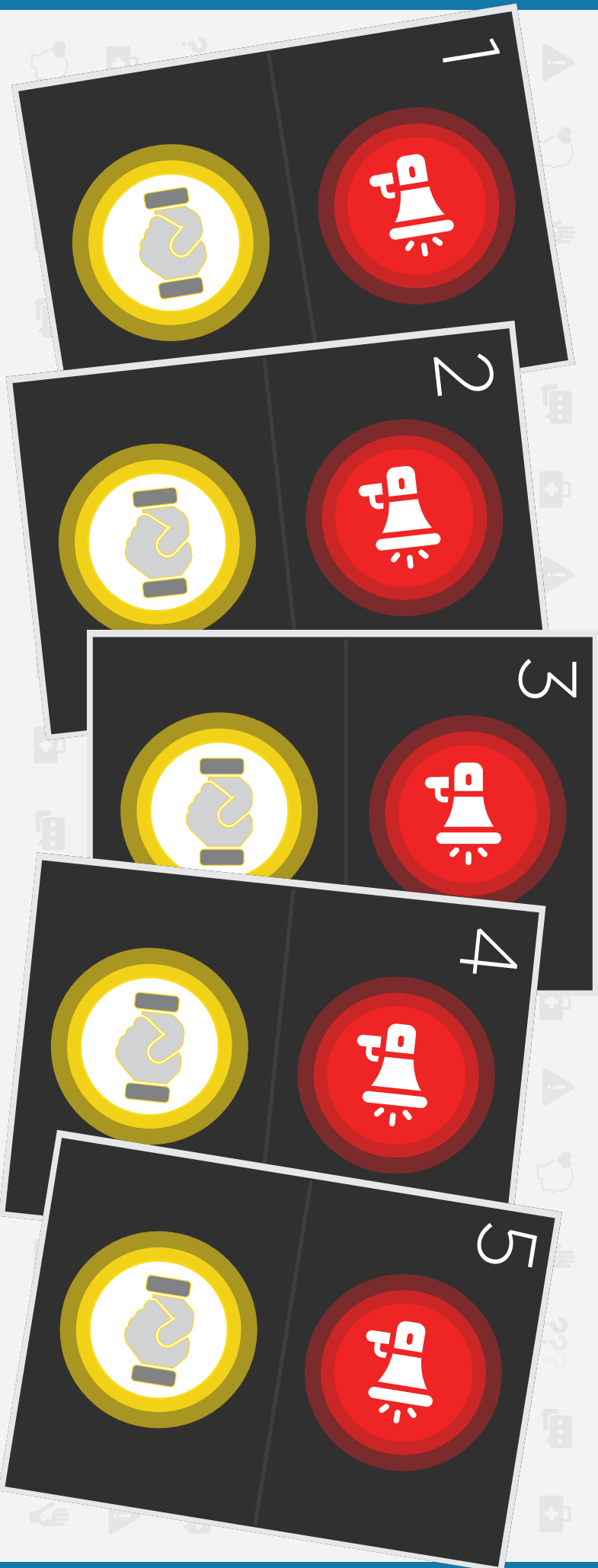


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FEMMA



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