

Safety Sabbath

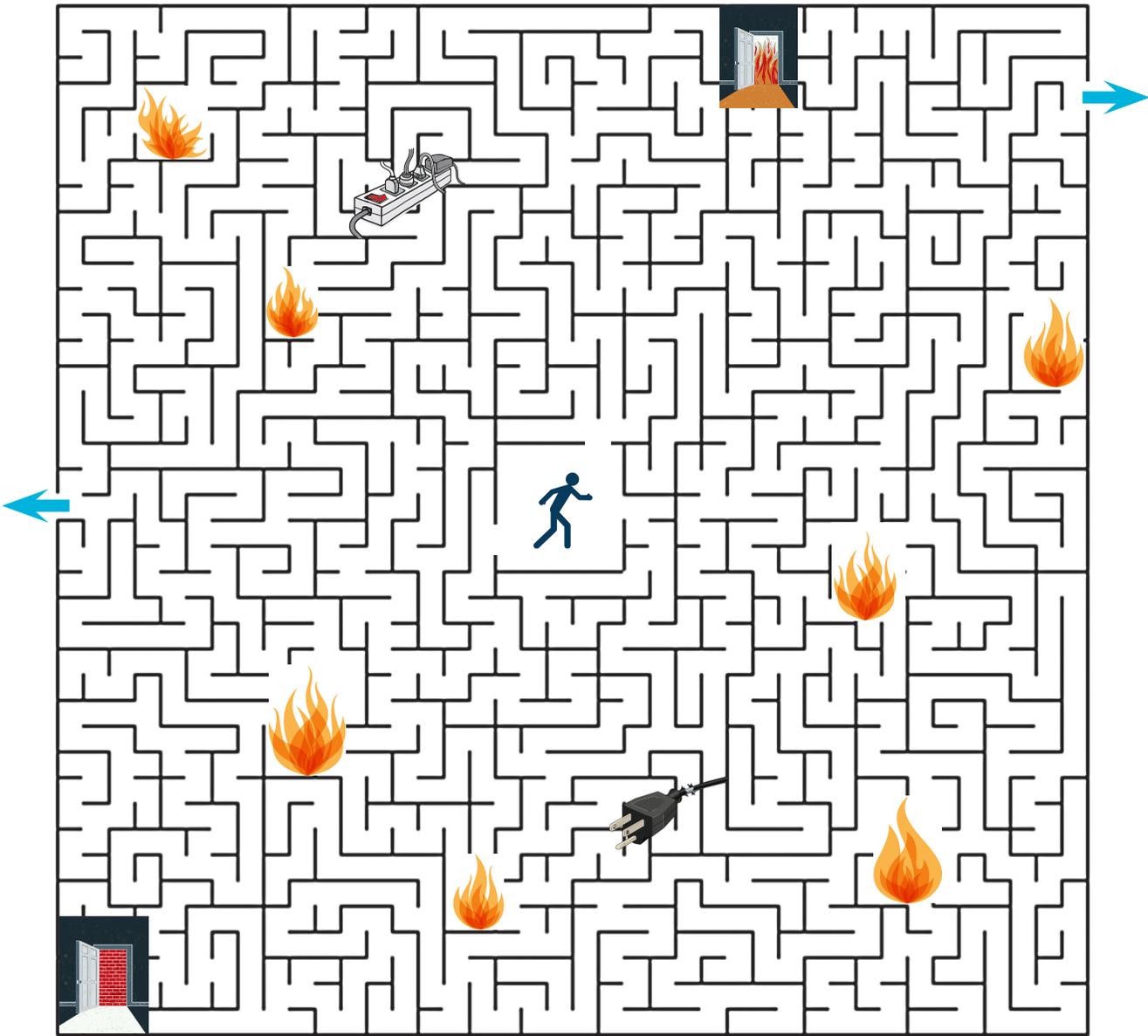
Children's Activity Booklet



safetysabbath.org

Two-Ways-Out Maze

When doors or hallways are blocked during an emergency, you will need to find another way to escape. Always know two ways to get out of every building. Can you help this person find their way out of the room through the maze of danger?



Safety Sabbath Word Search

Can you find the underlined words that are hidden in the puzzle?
 Words may be horizontal, vertical, diagonal, backwards, or forwards.

S A F E T Y S A B B A T H F W
 E A I A M L I S T E N P V I U
 B C L C V E O A R Y Y C Z L H
 R W I A T G R N W O D K C O L
 E Q R T R S R G E D A A Y D T
 H Z E R C M A X E E D J A C R
 T V S T F A I F H N E H U U D
 E T P D H T R N E V C H N X L
 G E O D S G A P A E C Y V E S
 O A N R P L I C V R H C R A M
 T M D I P J U F U I Z H I D E
 R L E L G A J H M F D A R Y Z
 A E R L T D C M L R T L E P O
 L G L E F F A H M J B V J P Z
 K V U T L S M D D L W G G W O

- An **ALARM** goes off when there is an emergency.
- Your **CHURCH** should hold Safety Sabbath every year.
- A **DRILL** is when we practice what to do when an emergency happens.
- An **EMERGENCY** is when something unexpected happens and you need to take action right away!
- **EVACUATE** means to leave the building.
- Always know where two escape **EXITS** are.
- A **FIRE** in your church is an emergency.
- **LISTEN** to the adults in charge. They will tell you what to do.
- **LOCKDOWN** means lock the doors and hide where you are.
- The month of **MARCH** is when we hold Safety Sabbath.
- **PLAN** what you will do in an emergency.
- **PRACTICE** what you will do in an emergency.
- A first **RESPONDER** is someone who is there to help you. They may be a police officer, firefighter, or other person. Always obey right away.
- **RUN, HIDE, and FIGHT** are what you should do in an active shooter situation.
- **SAFETY SABBATH** helps keep your church **SAFE**.
- It takes a **TEAM** of people working together to keep your church safe.
- Always work **TOGETHER** to prevent and respond to emergencies.

Earthquake Safety—Fill in the Blanks

When an earthquake occurs, it is important to know what to do to stay safe.
Can you fill in the blanks to these earthquake safety facts?

1. An earthquake happens when two plates beneath the _____'s surface rub together.
2. When an earthquake occurs, I must follow these three steps: DROP, COVER, and _____.
3. An _____ is a smaller earthquake that follows the main shock or previous earthquake.
4. If I am indoors during an earthquake, I should hold on until the shaking _____.
5. Earthquakes can happen at _____ in the year.
6. After I DROP, I should COVER my _____ and _____ with my arms.

Answer Key: 1) Earth's 2) HOLD ON! 3) aftershock 4) stops 5) any time 6) head, neck

*Information taken from Ready.gov.

