

# "HOW READY ARE YOU ALREADY?"

## A DISASTER PREPAREDNESS ICE-BREAKER

**Purpose:** To get participants thinking about preparedness steps and supplies. This exercise can demonstrate that nearly everyone has taken at least one or two steps already and that there are other things to do as well.

### **Exercise:**

1. Ask all participants to stand. (As an alternative, you may ask participants to raise their hands.)
2. Ask those who have smoke alarms in their home to remain standing.
3. Ask those who have a flashlight with batteries to remain standing.
4. Continue asking and inserting the following:
  - Have a pair of sturdy shoes
  - Have a radio which does not require electricity
  - Have extra drinking water stored at home
  - Have a manual can opener at home
  - Have a first aid kit at home
  - Have designated an emergency phone contact outside the area
  - Have a fire extinguisher
  - Have taken CPR or first aid training
  - Have a first aid kit in their car
  - Have a gas shut off wrench and know how to use it
  - Have strapped their water heater
  - Have 3-days of non-perishable food stored for each family/household member
5. Give a small prize to the last one(s) standing.