

Lesson Plan: Hurricane Hero Training!

Materials Needed:

- A medium-sized cardboard box or plastic bin (the "Hero Kit")
- Crayons or markers
- Large piece of paper or poster board
- **For the Hero Kit Scavenger Hunt (use items you already have):**
 - Flashlight with batteries
 - A few bottles of water
 - Non-perishable snacks (granola bars, crackers, fruit snacks)
 - A favorite small book or card game
 - A small first-aid kit (or a few band-aids in a baggie)
 - A whistle
 - A cozy blanket
- Pillows, blankets, and chairs for building a fort
- A board game or a book to read together

Lesson Objectives

By the end of this lesson, Arturo will be able to:

- Identify at least three essential items for a hurricane preparedness kit.
- Demonstrate what to do in a high-wind situation by going to a designated "safe spot."
- Participate in a fun activity that can be done without electricity.
- Feel empowered and prepared, rather than scared, about big storms.

Lesson Activities & Procedure

Part 1: Becoming a Hurricane Hero (10 minutes)

Introduction & Discussion

1. **Introduce the Concept:** "Arturo, today we're going to do special training to become Hurricane Heroes! Do you know what a hurricane is? It's a very big storm with strong wind and a lot of rain. It's our job as heroes to be super prepared and safe when a big storm comes."
2. **Decorate the Hero Kit:** Give Arturo the empty box and markers. "Every hero needs a special kit. This is going to be our family's Hero Kit! Let's decorate it so we know it's full of important things to keep us safe and comfortable." Let him draw symbols, his name, or anything he likes on the box.

Part 2: The Hero Kit Scavenger Hunt (15 minutes)

Application & Hands-On Activity

1. **Start the Hunt:** "Okay, Hero Arturo, your first mission is to find the special items for our Hero Kit! I'll give you clues."

- 2. Guide the Scavenger Hunt:** Go through the list of kit items one by one. Make it a fun search.
 - "We need something to help us see in the dark if the power goes out. What could that be?" (Guide him to the flashlight). "Great job! Let's put it in the Hero Kit."
 - "A hero needs to stay strong and have energy. Let's find some yummy snacks that don't need to be cooked." (Guide him to the granola bars/crackers).
 - "Sometimes we get thirsty. What should we pack to drink?" (Bottles of water).
 - Continue this process for the first-aid kit, whistle ("for signaling other heroes!"), and a favorite book or game ("for when we're waiting for the storm to pass").
- 3. Review the Kit:** Once the box is full, open it and ask Arturo to name a few items and guess why a hero needs them.

Part 3: The Super Safe Spot Fort (15 minutes)

Safety Precautions & Kinesthetic Learning

- 1. Identify a Safe Spot:** "Every hero needs a base! During a hurricane, the safest place to be is inside, away from any windows. Let's find the best spot in our house for our Super Safe Spot." (Choose a small, interior room like a bathroom or a closet).
- 2. Build the Fort:** "This is our official Safe Spot! Let's make it extra cozy and strong." Use pillows, blankets, and chairs to build a fun fort in that space.
- 3. Practice the "Wind Drill":** Make a "whooshing" wind sound. "Oh no, the wind is getting strong! Quick, Hero Arturo, to the Super Safe Spot Fort!" Have him practice getting into the fort quickly and calmly. Praise him for being so fast and safe. Bring the Hero Kit into the fort with you.

Part 4: The Power-Out Party! (10 minutes)

Creative Problem-Solving & Reducing Fear

- 1. Simulate a Power Outage:** While inside the fort, say, "Uh oh! Sometimes in a big storm, the lights go out. Let's pretend it just happened!" Flick the room lights off (if possible and not too scary) and turn on the flashlight from the Hero Kit.
- 2. Have Fun in the Dark:** "It's okay! We are prepared. We have our flashlight!" Use the flashlight to make hand shadow puppets on the wall.
- 3. Introduce No-Power Activities:** "What else can we do without power? We have our Hero Kit!" Pull out the book or card game you packed. Play a quick round of the game or read a page from the book by flashlight. Explain that this is why having these things is so important—to keep us from being bored!

Part 5: Hero Debriefing & Family Plan (5 minutes)

Assessment & Closure

- 1. Create a Visual Plan:** Take out the large piece of paper. "Great work today, Hero Arturo! Let's draw our Hero Plan so we always remember what to do."
- 2. Draw Together:** Draw a simple map of your house. Have Arturo draw a star on the "Super Safe Spot." Draw a picture of the Hero Kit.
- 3. Talk About the Most Important Rule:** "The number one rule for any Hurricane Hero is the most important one: always listen to the grown-up heroes in your family. We will work together as a team to stay safe."
- 4. Celebrate:** Give him a high-five! "You have completed your Hurricane Hero training! Now you are

ready to help our family stay safe." Place the Hero Kit and the Hero Plan somewhere you can both see them.

Differentiation & Notes for the Teacher

- **For Fear or Anxiety:** If Arturo seems scared, emphasize the "helper" and "hero" aspects. Focus on the fun of fort-building and the "Power-Out Party." Keep your tone positive and calm. The goal is empowerment, not fear.
- **To Extend Learning:** Ask more "why" questions. "Why do you think we need to stay away from windows?" (Because the wind is strong and could break them). "Why a whistle instead of just shouting?" (Because a whistle is louder and easier for people to hear).
- **Adaptability:** This lesson can be spread out over a day or two if attention spans are short. The most important parts are building the kit and identifying the safe spot in a positive, play-based way.