

Arturo the Hurricane Hero: Our Family Safety Plan!

Materials Needed:

- Arturo's backpack (this will be his "Go-Bag")
- A large, clear bowl or jar
- Water
- Spoon or small whisk
- Small waterproof toys (like LEGOs or plastic blocks)
- Blue food coloring (optional)
- Items to pack in the Go-Bag:
 - A few sets of clothes
 - Worksheets, crayons, and pencils
 - A phone charger
 - Arturo's ID card
 - Arturo's inhaler
 - One of Arturo's favorite small books or toys
- Paper for drawing

Lesson Plan

Part 1: The Big Swirly Wind! (5-7 minutes)

Goal: To understand what a hurricane is in a simple, non-scary way.

1. **Introduction:** Sit with Arturo and say, "Today, we are going to become Hurricane Heroes! But first, do you know what a hurricane is? It's a very big storm with super strong, spinning wind and lots of rain. Let's make a mini-hurricane in a bowl to see what it looks like!"
2. **Activity - Hurricane in a Bowl:**
 - Fill the clear bowl about halfway with water. Add a drop of blue food coloring to make it look like the ocean.
 - Place the small LEGOs or plastic toys at the bottom. Say, "Look, these are like little houses and trees near the water."
 - Give Arturo the spoon and ask him to stir the water. Tell him to start slowly and then get faster and faster.
 - As he stirs, point out the swirl or "vortex" in the middle. "Look at that! You're making a hurricane! See how the spinning water is so strong it can move the 'houses' at the bottom? That's why we have a super safety plan to stay away from the real storm."

Part 2: Our Hero Team's Safety Plan (5 minutes)

Goal: To learn and practice the family's specific safety plan and rules.

1. **Where We Go:** "Because hurricanes are so big and strong, our family team has a special, safe place to go. We go to Grandma's job! It's built with strong bricks to keep us safe and sound from the wind and rain."

2. **The Secret Code Word:** "Our hero team has a secret code word in case we get separated. It's a fun word: **Dania**. Can you say it with me? Dania! This is our special word. You only use it if you can't find us and need help."
3. **Finding a Helper:** "If you ever can't find me or Dad or Grandma at the shelter, your mission is to find a safe helper. Good helpers to look for are a big, strong person who looks friendly, or a mommy with her kids. You walk right up to them and bravely say, 'My name is Arturo, and my secret code word is **Dania**. Can you help me find my family?' Let's practice it right now!"
(Role-play this scenario with Arturo a couple of times).

Part 3: Mission - Pack Your Go-Bag! (10-15 minutes)

Goal: To identify important items for an emergency bag and pack it together.

1. **Introduce the Go-Bag:** "Every hero needs a kit with important tools. This backpack is your official Hurricane Hero Go-Bag! It holds everything you need to be comfortable and safe while we wait for the storm to pass."
2. **Sort and Pack:** Lay out all the pre-selected items on the floor. Pick up each one and explain its job as you hand it to Arturo to pack.
 - o "Here are your clothes, so you can be warm and dry."
 - o "Here are your worksheets and crayons, so you have fun things to do."
 - o "This is your very important **inhaler**, to make sure your breathing is always easy and strong. We will also add your EpiPen here when you get it."
 - o "Here is your ID card so everyone knows who our amazing hero is."
3. **Hero's Choice:** "Your Go-Bag is almost ready. Now for a very important mission. You get to choose ONE special thing to pack that will make you feel happy and cozy. It has to be small enough to fit. What would you like to add?"
(Let Arturo choose a small stuffed animal, a favorite book, or a small toy. This gives him a sense of control and comfort).
4. **Final Check:** Once he adds his item, help him zip up the bag. Congratulate him: "Great job, Arturo! Your Hurricane Hero Go-Bag is packed and ready for any mission!"

Part 4: Hero Debriefing & Drawing (5 minutes)

Goal: To review the key safety points in a fun, creative way.

1. **Quick Review:** Ask Arturo a few simple questions to see what he remembers.
 - o "Where is our family's safe spot during a hurricane?" *(Grandma's work)*
 - o "What's our secret code word?" *(Dania)*
 - o "Show me the most important health tool in your Go-Bag." *(His inhaler)*
2. **Creative Wrap-up:** "You have officially passed your Hurricane Hero training! Now, let's draw a picture of 'Arturo the Hurricane Hero.' You can draw yourself with your Go-Bag, standing in front of Grandma's super strong brick building, ready to stay safe!"
(This activity reinforces the concepts and ends the lesson on a positive, empowering, and creative note).