

Be Ready together

A fun sheet to do with a grown-up. Ages 6 to 11. It takes about 20 minutes.

Being ready is like packing for a sleepover: you think about what you'll need, then you put it in one place. Lots of families across the UK are doing this together.

Activity 1: Pack my mini Be Ready bag

Find a small bag or a shoebox. With your grown-up, tick each thing when it's in.

- ☐ A torch (ask a grown-up to check the batteries)
- ☐ Warm socks and a jumper
- ☐ A favourite book or a small game
- ☐ A snack your family says is OK to keep (and a water bottle)
- ☐ Something cosy: a small teddy or blanket
- ☐ My "Who to call" card (Activity 2)
- ☐ A pencil and some paper for drawing

Grown-ups keep these, not in the child's bag: medicines, cash, copies of documents, and the family's water and food for 3 days.

Draw one more thing you'd like in your bag:

Activity 2: My "Who to call" card

Fill this in with your grown-up. Cut it out and keep it in your bag.

My name

My address

A grown-up's phone number

Another grown-up I trust

Their phone number

Our meeting place if we're apart

Numbers to know

- 999 is for when someone is very badly hurt or ill and needs help straight away.
- 111 is for when you're not sure. It's the NHS helpline (a grown-up can call it).
- 105 is the number grown-ups call to report a power cut in England, Scotland and Wales. In Northern Ireland it's 03457 643643.

Practise saying your address out loud, slowly and clearly. Can you do it without looking?

Activity 3: The power cut torch game

Sometimes the lights go off for a little while. Most power cuts are short and fixed by the electricity company. Here's a game to practise, with the lights off on purpose and a grown-up in charge.

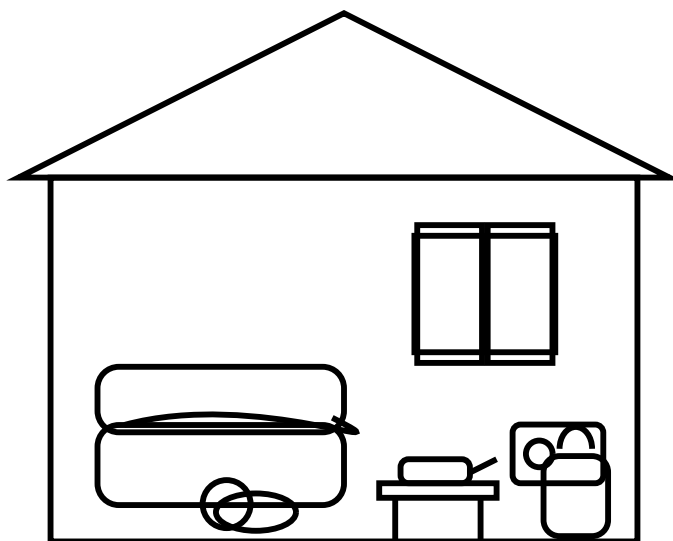
1. A grown-up switches off the big light. Turn on your torch.
2. Torch hunt: your grown-up names three things in the room. Find each one with your torch beam.
3. Shadow show: make a rabbit, a bird and a dog with your hands on the wall.
4. Cosy check: what would keep us warm? Point your torch at a blanket, a jumper and the curtains (closing them keeps the heat in).
5. Fridge rule: what do we do with the fridge and freezer in a power cut? (Answer: keep the doors shut so the food stays cold.)

Remember: we use torches, not candles. Torches are safer.

Bonus kindness mission: with your grown-up, think of a neighbour you could check on if the power goes off. Write their name or draw their door:

Activity 4: Colour in our ready home

Colour it in. Can you spot the torch, the radio, the bag and the blanket?



I did it!

- ☐ I packed my mini Be Ready bag
- ☐ I filled in my "Who to call" card
- ☐ I can say my address
- ☐ I played the torch game

Signed: _____ Date: _____

Check your bag again in six months: swap the snack and test the torch.

A note for parents, carers and teachers

This sheet helps children take part in the family plan in a calm, practical way. It follows the UK government's Be Ready advice: be ready to manage for 3 days, keep a torch rather than candles, save the power cut number, and check on neighbours. For the household side (water, food, medicines and documents), see the free checklist at [GOV.UK/BeReady](https://gov.uk/BeReady) and our free household poster and plan builder at civiliansurvivalhandbook.com/free/. Want more activities? Our Family Plan kids' activity pack is £2.99 at civiliansurvivalhandbook.com/shop/our-family-plan-kids-pack/.