

Our Coast – Our Future  
A Disaster Preparedness Manual for Children  
A Complete Teaching Resource



## **Purpose of Manual:**

Sanghamitra has practice in giving training in First Aid and Emergency Rescue to children. It is our experience that children enjoy learning the practical drills and like to feel that they can help their village in a disaster.

In the event of a disaster children are often neglected and their feelings are not considered, as parents are busy protecting property and valuables.

This manual aims to help children to help both themselves and others in a disaster and to enable them to cope better.

The manual is designed to be a complete teaching resource, split into sections that can be used in lessons. The required time to complete the section and the materials needed for the section are clearly marked.

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## **A. Introduction:**

Time: 10 minutes

Materials Needed: None

Andhra Pradesh frequently experiences natural disasters such as cyclones, floods and tsunamis. The villages in the coastal areas of Andhra Pradesh often find it difficult to re-establish themselves after such disasters due to their poor economic situation.

Community Based Disaster Preparedness has been introduced to these villages to help them prepare for natural disasters. Children can play an active role in preparing their villages to cope in these situations.

This manual aims to equip you, the children, with practical knowledge that will help you if your village or town ever experiences a natural disaster.

You will learn bandaging techniques, methods of lifting, how to make flotation aids and essential health and hygiene.

## **B. Ice Breaker:**

Facts Game

Time: 20 minutes

Materials Needed: None

The group sits in a large circle. The trainer or teacher introduces themselves and tells the group one of their likes and one of their dislikes.

The trainer then asks the next person to repeat these facts and then give their own name, likes and dislikes. This continues around the circle with each following person recalling what the previous people have said (from the beginning), making the task harder and harder.

For example:

1. "My name is Siva and I like motorbikes. I do not like mushrooms."
2. "His name is Siva and he likes motorbikes. He does not like mushrooms. My name is Sai Kumari and I like listening to music. I do not like sport."
3. "His name is Siva and he likes motorbikes. He does not like mushrooms. Her name is Sai Kumari and she likes listening to music. She does not like sport. My name is Naga Gopi and I like cricket. I do not like English."

## **C. Natural Disasters:**

Time: 1 hour

Materials Needed: Blackboard and chalk, Cut out photos and words for game at end

*Ask the group the following questions. Write their responses on the blackboard and discuss their answers where appropriate. Use the answers provided in the manual to supplement their answers if needed. Go through the answers provided if you feel it is necessary.*

1. What is a natural disaster?

A natural disaster is a sudden natural catastrophe that causes great damage or loss of life. The Indian coastline is prone to cyclones and floods. A cyclone is a swirling mass of cloud, rain and wind that travels at high speeds. Sometimes storm surges (i.e. tsunamis) accompany cyclones.

2. Do you know when the cyclone season is?

Cyclones strike with the monsoon's onset and retreat in the months of May & June and October & November.

### 3. What can happen after a cyclone?

- Floodwater- Two rivers flow through Andhra Pradesh: the Godavri and the Krishna. The flat extensive delta plains on either side of the rivers make the surrounding areas vulnerable to flooding and storm surges.
- Homes destroyed
- Livelihoods lost- e.g. boats and nets ruined
- Lack of food and water
- Illness due to a lack of proper sanitation

### 4. Can you name other natural disasters apart from cyclones, floods and tsunamis?

- Earthquakes: a sudden violent shaking of the ground, caused by movements within the earth's crust.
- Volcano: a mountain through which lava, rock, hot vapour and gas erupt.
- Avalanches: a mass of snow and ice falling rapidly down a mountainside.
- Mud Slide/Flow: a rapid river of mud and debris flowing down a mountain after heavy rains.
- Tornado: a violently rotating wind storm having the appearance of a funnel-shaped cloud.
- Drought: a very long period of little or no rainfall, often leading to crop failure and famine.

*For their interest:*

5. Did you know???

The Indian coastline is the world's most cyclone battered stretch.

6. Matching Game

Time: 10 minutes

Materials Needed: Two copies of the cut out photos and words

Divide the group into two equal teams.

Give each of the groups one set of pictures and corresponding names.

Can the children match the pictures to the right disaster? The winning team is the team that matches the pictures to the names correctly in the shortest space of time.



## D. Coastal Map

Time: 5 minutes

Materials Needed: None

*Show them the following maps. Can they identify Andhra Pradesh on the big map of India? On the Andhra Pradesh map point out the long stretch of coastline that Andhra Pradesh has. Can they identify the general area in which their village lies?*



Indian Map



Andhra Pradesh Map

## E. Bandages

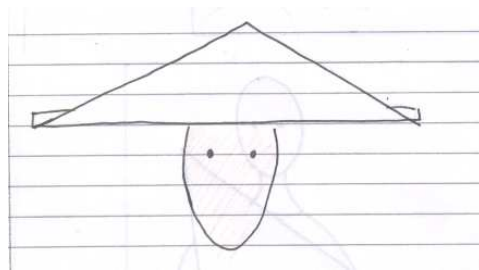
Time: 2 hours

Materials Needed: Bandages, safety pins and a few books

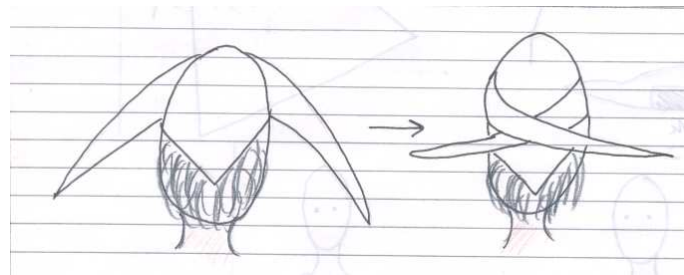
*It is very important that the children know these bandaging techniques really well. Spend a sufficient amount of time demonstrating these and also allowing them time to practice amongst themselves. It is our experience that children really enjoy learning and practicing these practical skills.*

*Bring one child up to the front of the class and demonstrate slowly and clearly one of the bandaging procedures on him or her. For variation ask another child up to the front for the next one.*

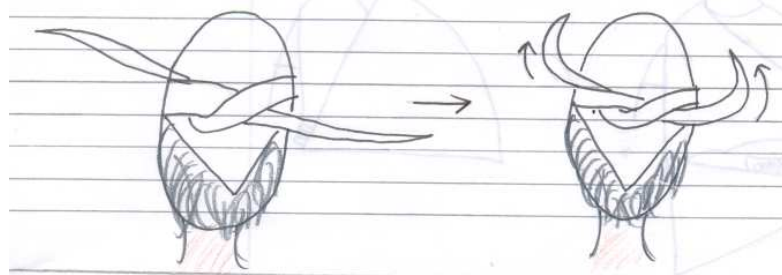
### 1. Head Injury



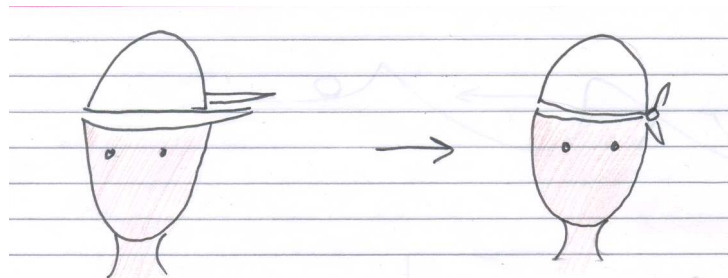
- Take a triangular white bandage. Fold it once
- Place it over the head with the long side along the forehead and the triangle tip at the back of the head



- Tuck the triangle down neatly and bring the two ends to the back of the head thus wrapping the bandage around the head.

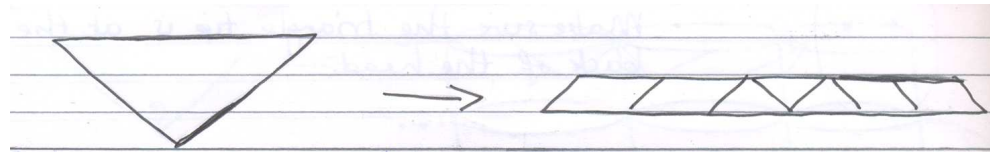


- Make sure it is tight and then tie the two ends at the back.

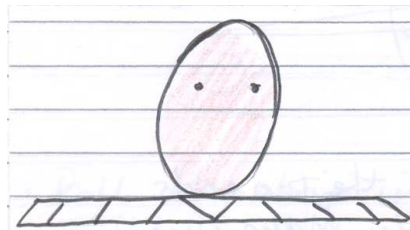


- Bring the extra material around the head again and tie at the side of the head

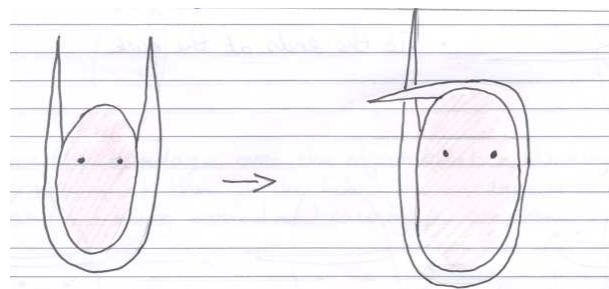
## 2. Injury to the chin, forehead or top of head



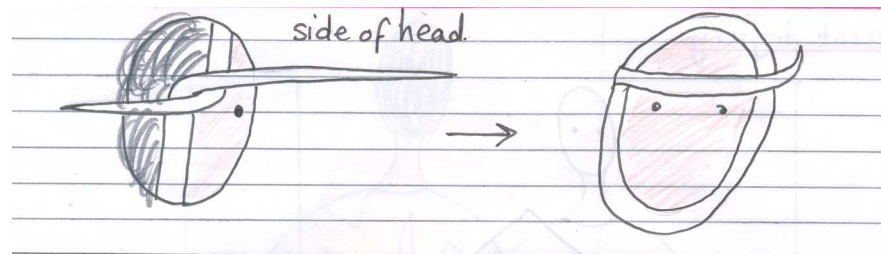
- Take a triangular white bandage. Fold neatly until you get one long strip.



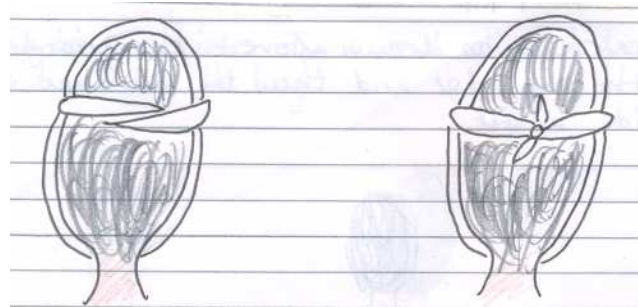
- Place the bandage under the chin with the end triangle directly under the chin thus ensuring the two strips are of equal length.



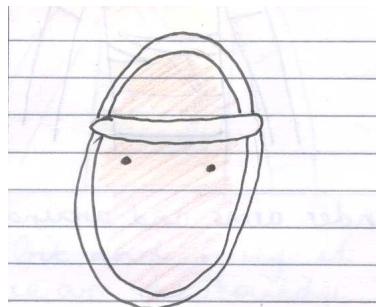
- Bring the two strips up. Fold one side over the head, down to the other side.



- Cross the two strips over each other, bringing the shorter one to the back of the head and the longer to the front of the head. Place the long strip neatly and securely along the forehead.

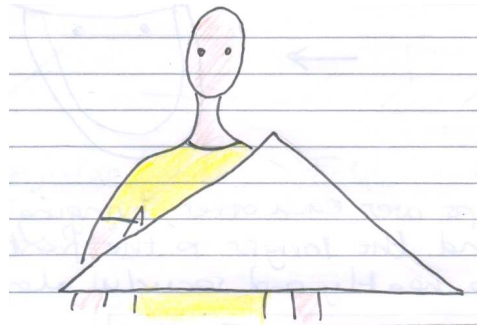


- Let the two ends meet at the back of the head. Tie tightly.

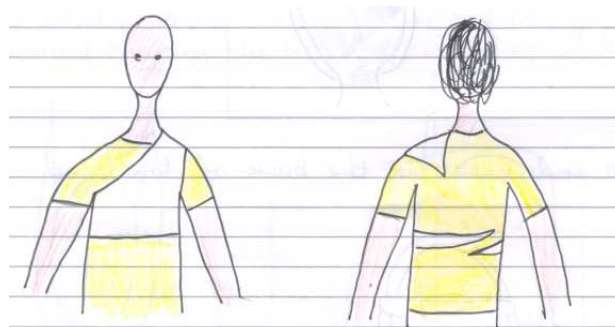


- Finished result.

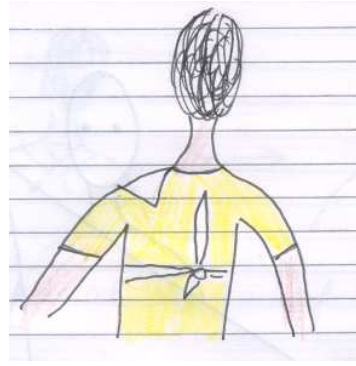
### 3. Chest Injury



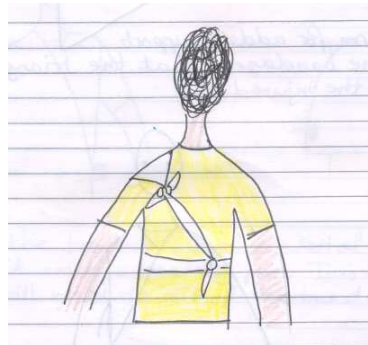
- Place bandage across chest as drawn below. The triangle should be up over the shoulder so the bandage will be over to one side a bit.



- Bring bandage ends under arms and around the back.

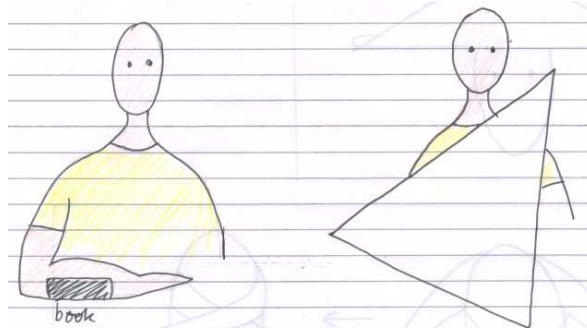


- Tie to one side. One end should be short and the other end should be long.

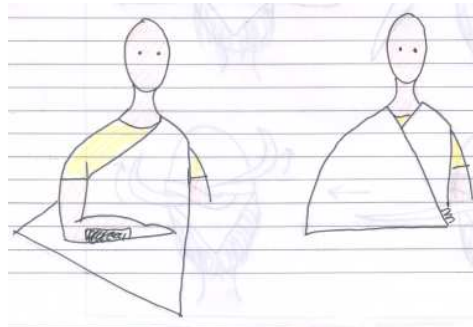


- Take the long bit and bring it up to meet the triangular piece over the shoulder. Tie these two bits together

## 4. Arm Injury

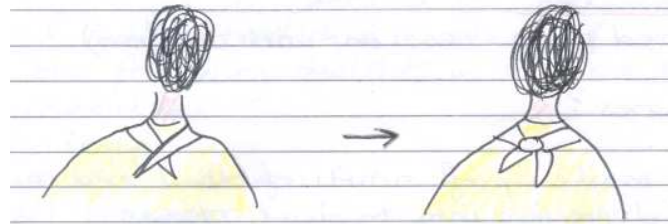


- Place book under arm for added support if needed. Place the bandage so that the triangular tip is at the elbow of the injured arm.

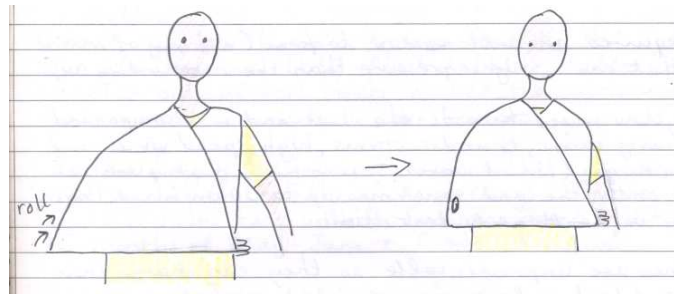


- Put one corner of the bandage over the opposite shoulder to the injured arm. Place the material under the arm.
- Bring the other corner up over the second shoulder. It should hold the arm comfortably i.e. at a good angle: 90 degrees or more.





- Tie the ends at the back of the neck.



- Roll up the trailing bit of material at the elbow and secure it with a safety pin. This ensures that the arm will not slide out of the bandage.

*Ask the children to repeat the demonstration on their own with a partner. Question them orally afterwards to see if they have understood why and when to use a particular bandage.*

*Evaluation: Are they able to repeat the demonstration in the proper sequence on their own?*

## F. Lifts

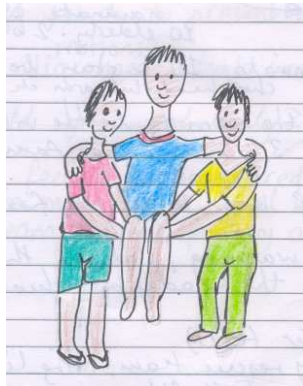
Time: 30 minutes

Materials Needed: None

*Read the following description of the lift's method and show them the picture. Run through the lift using some volunteers from the class. Split the children up into groups of four and let them try it for themselves. Make sure that they swap around within their groups in order to let everyone have a go of everything.*

The best lift that children can use to help another injured child is called 'the chair'.

You will need four children. One is the injured child, two make the chair and the other is the helper. The two children who will make the chair face each other. Both children should stretch out their arms and cross them at the wrist. The children should hold hands and then bend their knees. The helper child should help the injured child to sit on their hands. The injured child should wrap their arms around the two children's shoulders. The injured child can now be lifted and carried.





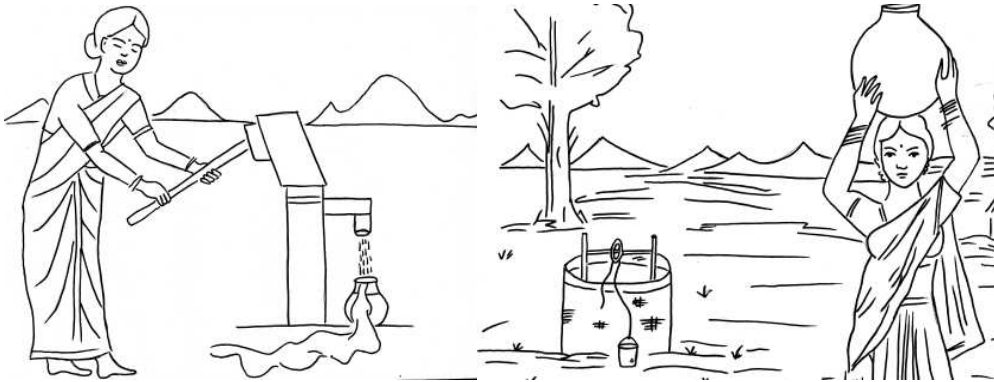
- Take around 8 empty water bottles. Make sure they are empty and their lids are tightly screwed on.
- Take a good length of string; perhaps triple the length of the bottles when they are laid out in a row.
- Double the length of string over.
- Place the first bottle in the middle of the string.
- Position it so that the string is at the middle of the bottle.
- Wrap the string around the bottle and tie.
- Line up the next bottle beside it and wrap string around it three times. Tie. Repeat.
- Keep it as tight as possible and as close together as possible. Keep the knots in a straight line.
- Do the same around the bottom of the bottle but just wrapped around once, not three times.
- Leave a length at the end- this will be the string to tie around the waist with.
- Wrap and knot around each bottle.
- Leave a length at the end.
- Tie around waist.

## H. Health and Hygiene

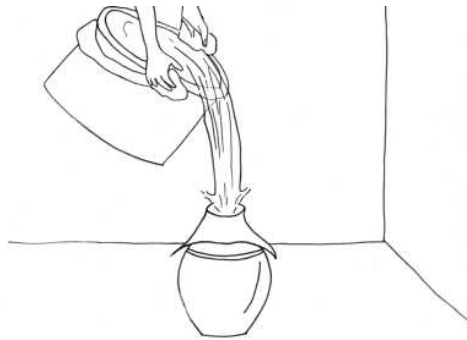
Time: 1 hour

Materials Needed: None

### 1. Drinking water preparation, storage, collection



Only drink water that has been collected from a reliable source: a tap, a clean well, a water pump.



To sterilise water boil it.

To filter water place a clean cloth over the pot and pour the freshly boiled water through it.



Always cover water.

Store drinking water in cool earthenware pots.

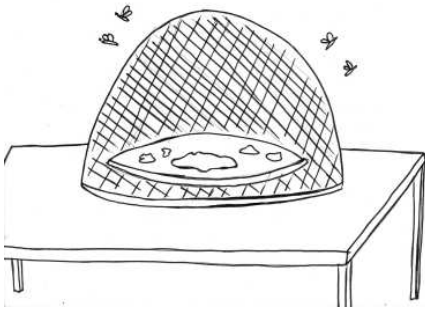
When taking water from a storage pot, always use a clean cup or ladle.

## 2. Hand washing and use of soap



Always wash your hands thoroughly with soap and water after going to the toilet.  
Always wash your hands before eating.

## 3. Cover food



Cover food to keep flies from landing on it. Flies are dirty and carry diseases.

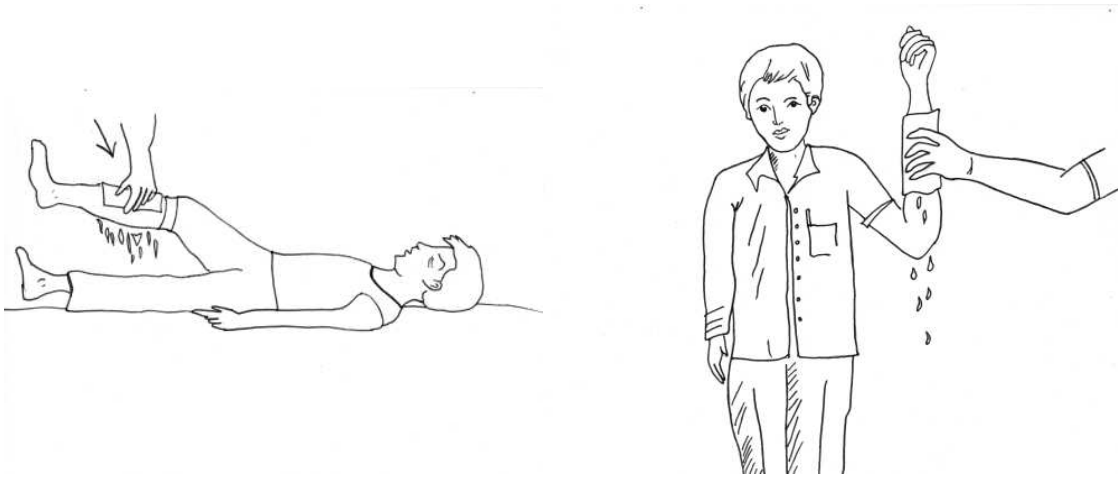
#### 4. Burns treatment



If you burn yourself cool the burnt area immediately using lots of cold, clean water. Alternatively, place a clean cloth in some cool water and place over the burn to soothe it. Don't put grease, oil or herbs on the burn.



## 5. Cuts treatment



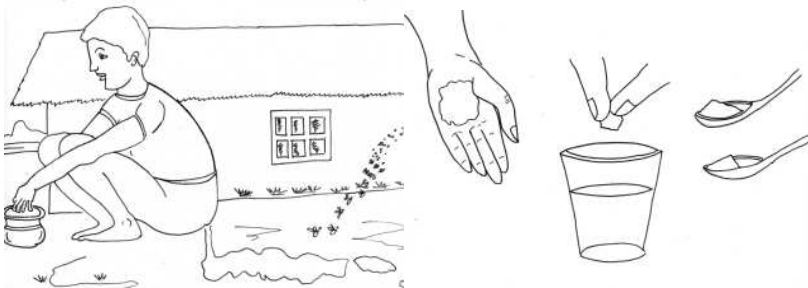
If you cut yourself, clean the cut with some water and antiseptic, then cover with a band-aid. If someone is bleeding heavily act immediately as a person can die quickly from severe loss of blood. Get a clean cloth, place over the wound and press down tightly. Raise the injured part above the heart. If the pad becomes soaked with blood, don't take it off. Put another pad on top of the first one and bind it with a cloth.

## 6. Skin complaints



In hot weather it is common to feel uncomfortable and get rashes on the skin. Make sure that you wash every day with soap. Keep the skin clean and dry. Medicated talcum powder is good for keeping skin dry.

## 7. Diarrhoea treatment i.e. ORS



If you are suffering from motions/diarrhoea drink plenty of water and also take some Oral Rehydration Solution. ORS packets can be bought at any chemist. An easy ORS can be made in your own home though: Add eight level teaspoons of sugar and one level teaspoon of salt to one litre of safe, preferably boiled, drinking water.

## 8. Malaria



The symptoms of malaria, caused by mosquito bites, are a high fever, bad headache, sweats and shivers, body-ache and often diarrhoea or vomiting. If you suspect that you may have malaria see a health worker and get a malaria blood test.

The best preventative for malaria is not to get bitten in the first place. At night, sleep under a mosquito net to stop them biting you.

## **I. Psychological Support**

Time: 30 minutes

Materials Needed: Blackboard and chalk

### Teacher's Section

In the event of a natural disaster children often experience emotional distress. They may experience anxiety and become withdrawn. They may show their fear by crying.

How to help them?

There is a clear distinction between counselling and advising. Advising, or instructing children on how they should behave, is not the same as counselling, although people may confuse the two. Counselling involves listening and enabling, but not necessarily advising and ideally requires training.

Play therapy and recreation is very helpful for vulnerable children.

Support groups can play a good role- if one child has a problem it is discussed among the group and a solution found.

Children could come together and talk and share their experiences and fears collectively. Perhaps if that is too difficult they could just sit together in a circle and hold hands to comfort each other.

List of activities that could be undertaken to help children:

- Trigger questions/ ideas for discussion to get them talking in a group situation
- Meditation/ Light exercise/ Yoga
- Listening to each other
- Counselling each other through sharing ideas and ways of coping e.g. “I just think of my favourite things: school play time, my friends and singing.” “I like to cuddle my teddy bear when I get scared.” etc.
- Having a story told to them by an elderly member of their community.
- Being listened to by an adult they respect and trust or a member of their peer group without any interruption would definitely benefit children. If they refuse to speak then play therapy is a good outlet.
- Play therapy:  
Drawing can be an outlet for them to express what they experienced  
Imaginative play: doctors and nurses, mummy’s and daddy’s, school with teacher and pupils.  
Singing familiar songs and playing familiar games
- Siblings can support each other. They know the other’s personality, likes, dislikes and needs.

## Children's Section

Times of natural disasters can be upsetting for everyone. How can you make yourself feel better? Here are some simple exercises you can do when you feel worried:

- Think of all of your favourite things, for example: “I love singing, my friends and play time at school.”
- Think of what comforted you as a small child and perhaps try that again, for example: cuddling your teddy bear or holding that particular blanket at bedtime.
- Talk things through with your siblings or an elder whom you trust and tell them that you are feeling uneasy and upset.
- Try light exercises to calm down e.g. twenty minutes of meditation or yoga.
- Play therapy and recreation can be a great outlet for you. Draw a picture or play a game with your friends.

*Ask them: “What do you usually do when you are upset or scared to make yourself feel better?”*

*Gather the ideas and write them up on the board, thus adding to the list above.*

## **J. Quiz**

Time: 30 minutes

Materials Needed: Blackboard and chalk, Bandages

*Divide the group into two. Divide the board into two. Give a point for every correct answer and record on the board. Add up the total at the end. No shouting out allowed. If a child knows the answer they should put up their hand. The trainer shall watch for the quickest hand up. The trainer's decision is final. All of the answers to the quiz can be found in the manual.*

- 1 What are cyclones?
- 2 Where in the world is the most cyclone battered stretch?
- 3 What is a natural disaster?
- 4 What is a flood?
- 5 What is a tsunami/tidal wave?
- 6 What can happen after a cyclone? *(A point for every correct answer)*
- 7 When is the cyclone season?

- 8 Can you name three other natural disasters other than cyclone, flood & tsunami/tidal wave?
- 9 If you are bandaging an arm, what could you use to give it added support?
- 10 What everyday household objects can be used as flotation aids if strung together correctly?
- 11 Where should you store water?
- 12 How do you filter water?
- 13 When should you wash your hands? (*A point for every correct answer*)
- 14 What should you always use when washing your hands?
- 15 If someone was bleeding heavily what would you do?
- 16 How would you treat a burn?
- 17 What causes malaria?
- 18 What should you do to prevent malaria?



19 If you had diarrhoea/motions, what would you do to cure it?

20 If you are feeling sad or scared what kind of things can you do to make yourself feel better? (*A point for every correct answer*)

21 Demonstrate how you would tie a bandage for a chest injury? (*The fastest and correct one wins*)

22 Demonstrate how you would tie a bandage for a chin injury? (*The fastest and correct one wins*)

## K. Disaster Drill

Time: 1 hour

Materials Needed: Bandages for the first aid team, drums for the warning team.

Here are some photos showing a proper disaster drill that includes the whole village:



For practice you will now prepare a disaster drill of your own and act it out.

Clear the desks to the edge of the classroom or use an empty hall or the playground outside.

Designate an area of the room to be the village.

Designate an area of the room to be the relief camp.

Designate an area of the room to be the first aid camp.

Split the children into groups:

5 children- Warning team

5 children- Rescue team

5 children- Evacuation team

5 children- First Aid team

The rest of the children are villagers. Amongst the villagers get the children into groups, acting as families. Nominate a few children to be elderly, blind and disabled.

Nominate a few children to be the injured people who do not move to the relief camp with the rest of the families. Tell the children what their injury is, i.e. a broken arm, sore head, injured chin, injured chest etc.

Talk the children through what will happen in the drill and what each of the different groups roles are.

In the beginning the warning team should go around the village shouting their warning and using drums to tell the villagers that a cyclone is coming.

The evacuation team should help the villagers to reach the relief camp in good time. They should use lifts to help the elderly and disabled.

The trainer or teacher will call out that the cyclone has hit.

At this time the rescue team should rescue the people who have been injured by falling houses or trees etc. and bring them to the first aid camp.

The first aid team should treat the injuries and comfort those who need it.

When they have all been treated properly using the bandaging techniques the drill ends.

Act it out.

Finished!

Cut these out for the matching game:

**AVALANCHE**

**AVALANCHE**

**DROUGHT**

**DROUGHT**

**EARTHQUAKE**

**EARTHQUAKE**

**FLOOD**

**FLOOD**

**TSUNAMI/TIDAL WAVE**

**TSUNAMI/TIDAL WAVE**

**TORNADO**

**TORNADO**

**MUDSLIDE**

**MUDSLIDE**

**VOLCANO**

**VOLCANO**





