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EASY MARKING™ ANSWER KEY

21

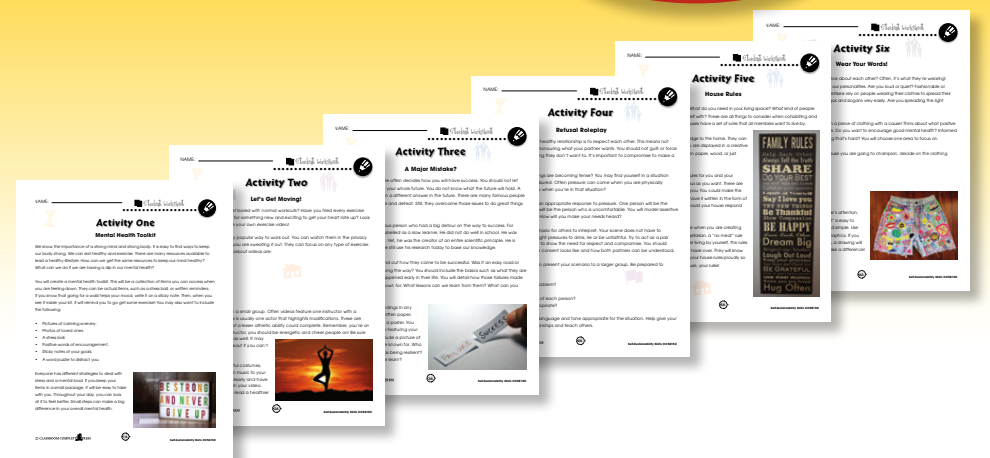
MINI POSTERS

23

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Emergencies, Self-Defence & First Aid

1. Jakob and his family live in an area known for blizzards. Jakob thinks it's silly to stock up on emergency supplies. Is he right?

2. Kaylee is going for a hike. Her friends suggest they take a first aid kit. Kaylee thinks it will be too annoying to carry. Is the first aid kit a smart idea?



3. Fill in the blank with a word from the list.

disaster nuisance replacement instinct situation

- a) The hurricane was the largest _____ in the last twenty years.
- b) My _____ was to lock the door before I left.
- c) I hoped I would never find myself in such a scary _____.
- d) He ordered a _____ part when his broke.
- e) Her little brother is such a _____!



Emergencies, Self-Defence & First Aid

What would you do if **disaster** struck in your town? Do you have enough supplies to take care of yourself and family? You need to prepare for both big and small disasters. There are steps you can take to be ready for even small **nuisances**, like a power outage. It's a good idea to plan so you are ready in the future.

Things You'll Need in a Power Outage:

Candles, a flashlight, clean drinking water, extra batteries and matches.

Another common worry for a house is a fire. Are your smoke detectors working? They should be checked at least twice a year. Every house should also have a fire extinguisher close to the kitchen. The sooner you know about a fire, the better. Remember, you should always call the fire department first in case of a fire. You can be prepared, but you aren't a **replacement** for an expert.

Some areas of the world see many natural disasters. Do you live in a tornado or blizzard zone? Maybe your town has wildfires every year. Are you at risk of flooding? Figure out if there are any disasters you should be specifically prepared for. Lots of areas that have natural disasters suggest having a bag already packed. This is in case you must leave your home in a hurry. This bag may have to have items for a few days. **Alternatively**, you should have enough supplies to stay in your home if it's hard to leave. Think about what your family would need to get by.

Sophie lives in a house in the country. She must be prepared for anything! She lives far from services. Looking at the pictures below, write what each emergency these could be used for.



Emergencies, Self-Defence & First Aid

1. Alice's friends are at the beach. When swimming, one of her friends cuts her leg on a rock. Put the events of the day in the order they should happen.

- a) Apply the towel to stop the bleeding.
- b) Go swimming.
- c) Call for help for more first aid.
- d) Pack a beach bag with sunscreen, a towel and food.

2. Which of the following are essential survival items? Check all that apply.

- a) water
- b) soda
- c) matches
- d) batteries
- e) chips
- f) tablet
- g) canned food
- h) headphones



Emergencies, Self-Defence & First Aid

3. Oscar and his friends are travelling a few hours away to a cottage. They have never been there before. They pack their groceries, clothes, and swim gear. Oscar's friends all suggest they bring something different. Brayden wants to bring an extra flashlight. Ella wants to make sure they have the phone number of the fire station. Caden wants to bring a larger stereo system. Which friend is being the most aware of safety?

Graphic Organizer

4. Use the graphic organizer on page 12 to keep track of emergency numbers.

Who will you call if you're in trouble? We know common emergency numbers, like 911. What other contact information might we need at the ready? In today's era of smartphones, we often have numbers programmed into our devices. If you didn't have access to your phone, would you know how to get in touch with certain services? Prepare a contact list for your family. Who may you need to call? Do you have a veterinarian that Fido really likes? Is there a local plumber you could enlist to fix a mess?

The following chart has some common services you may need to use. Add the numbers that you already know. Research the others you are missing. Put it somewhere in your home that is easily found and seen by everyone.



Write It Down!

Can you remember what you ate for lunch yesterday? How about what you had for lunch last week? Our lives are busy and often we forget the details. Journaling is a great way to remember our daily lives for years to come. Some people find it helpful to write about their problems. Others like to keep a record of their activities so they can be reminded of their good memories. Keeping a journal can serve many purposes. It is as unique as you are!

For the next month, you will keep a journal. You can write it down in any notebook you want. If you decide to keep a digital journal, think about the future. A digital copy may not be accessible years from now since it could be outdated. No matter what technology will be created, you can always open a book to read. Be sure to date each page to help you remember. You can choose to share your journal with others or keep it private. A journal is a very personal project.

You don't have to worry about spelling or grammar in your writing. If you choose to share an entry, it should be edited. As you write, you may see trends emerge. What makes you most excited? What things make you happy? Is there a problem that keeps happening? It can be a good exercise to see if you keep making the same choices over and over.

Are you stumped for writing ideas? You can write about:

- Your day at work or school.
- What hobbies you enjoyed that day.
- A delicious meal you cooked.
- People you spent time with.

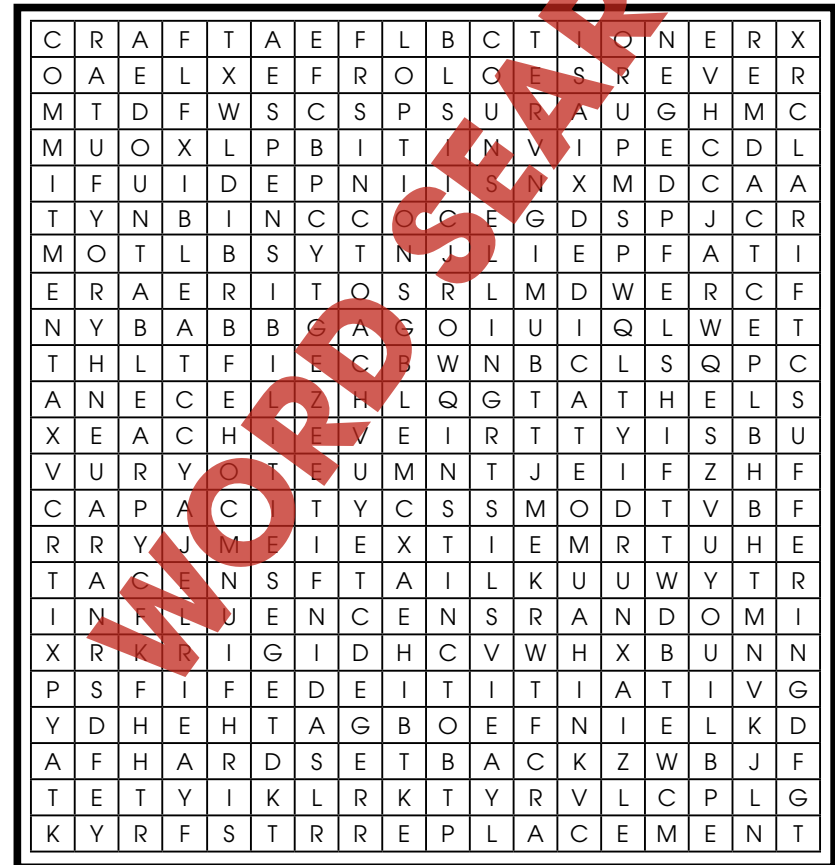
A journal is a great way to get a better understanding of yourself. By putting your thoughts on paper, you may think more clearly. Experience the benefits of journaling today.



Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- | | | | |
|-------------|-----------|-------------|-----------|
| achieve | dedicate | options | reverse |
| capacity | impact | random | setback |
| commitment | influence | reflect | shift |
| counselling | instinct | replacement | suffering |



Comprehension Quiz

Part C

Answer each question in full sentences.

- What are two physical signs of stress? 2
- What are three things you can do to help you meet a deadline? 3
- How could you tell if someone was having issues with their mental health? 3
- What should you consider when making an emergency bag? 4

Relationship Success

Truth is, no two people are completely compatible. We must be **WILLING TO COMPROMISE** for the good of the relationship.

You should not be the one doing all the bending. **COMPROMISE** is a **TWO-WAY STREET**.

NO RELATIONSHIP IS PERFECT, EVER. There are always some ways you have to bend, to compromise, to give something up in order to gain something greater.

Every successful relationship must have the **3 C's: COMMUNICATION, COMPROMISE and COMMITMENT.**

In marriage, **COMPROMISE NURTURES** the relationship.

COMPROMISING doesn't mean that you are wrong and someone is right, it only means that you value your **RELATIONSHIP** much more than your **EGO**.



Emergencies, Self-Defence & First Aid

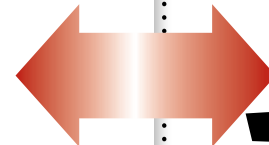
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1.

- a) 3
- b) 2
- c) 4
- d) 1

2.

- a) water
- c) matches
- d) batteries
- g) canned food

EASY MARKING ANSWER KEY





Emergencies, Self-Defence & First Aid

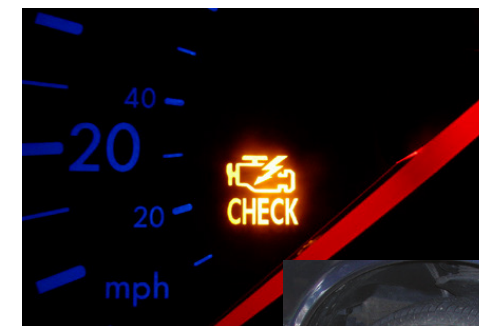
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