



CURRICULUM SAMPLE / AGES 5-10 / GROWN-UP GUIDED

The Little Hero Pledge



For elementary teachers and scout leaders

Practice calm, helpful choices together. These sample activities introduce the hero-led workbook; group leaders can adapt the discussion to their children. This sample does not replace official scout advancement requirements or emergency guidance.

Read together, then choose one promise to practice today.

- ☐ I will stay calm and take slow, deep breaths.
- ☐ I will listen to trusted grown-ups.
- ☐ I will help my family, my pets, and my neighbors.
- ☐ I will practice my plan so I am always ready.

My calm-and-helpful promise:



CURRICULUM SAMPLE / AGES 5-10 / GROWN-UP GUIDED

Build a Go-Bag



Choose three things you can help pack with a trusted grown-up.

A go-bag holds useful supplies when your family needs to leave quickly. Keep it in an easy-to-reach place your family chooses.

- ☐ Small flashlight and batteries
- ☐ Whistle
- ☐ Snacks that do not spoil
- ☐ Small water bottle
- ☐ Change of clothes and sturdy shoes
- ☐ Rain jacket or poncho
- ☐ Small comfort item
- ☐ Copy of the Family Preparedness Plan

Grown-up supplies: medicines and medicine list, extra family water, first-aid kit, cash, charger, can opener, and important documents.

Never pack matches, lighters, medicines, or sharp tools by yourself. Ask a trusted grown-up.

The three things I can help pack:



CURRICULUM SAMPLE / AGES 5-10 / GROWN-UP GUIDED

Earthquake Safety



Drop, Cover, and Hold On

When the ground shakes, stay away from windows. Do not run outside while the shaking is happening. Follow your trusted grown-up and local emergency guidance.

1. DROP

Drop to hands and knees so a shake cannot knock you over.

2. COVER

Cover your head and neck. If a sturdy desk or table is nearby, crawl underneath it.

3. HOLD ON

Hold on to the table until the shaking stops.

Practice with a grown-up

Point out a safe place in your room. Practice the three moves without shaking furniture. Let each child explain one action they remember.

Draw your practice place: