



Interactive lesson - Incidents and how to prepare for them

Lesson plan



Topic of the lesson: Preparedness and home emergency supplies



Duration: 45-90 minutes

Learning objectives:	Content:
1. Students can plan the contents of a home emergency supplies for different households.	<ul style="list-style-type: none"> Different types of incidents and how to prepare for them
2. Students can identify the differences between vital, necessary and comfort items and supplies	<ul style="list-style-type: none"> Contents of home emergency supplies

Compatibility with the national core curriculum (OPS):	
Transversal competencies: Taking care of oneself and managing daily life (L3)	<ul style="list-style-type: none"> "Students are guided and encouraged to take responsibility for themselves and others and their daily lives."
Health education: Positive and negative health factors and prevention of diseases	<ul style="list-style-type: none"> T6 To support students' development in obtaining and using information related to health and diseases and promote students' ability to act appropriately in situations related to health, safety and diseases. S2: The lessons also cover safety skills and preparedness, first aid, self-care and how to seek support and help.

Preparing the teaching space and materials
Useful resources for the lesson: <ul style="list-style-type: none"> https://www.martat.fi/omat-rahak/kestava-kuluttaminen/valttamaton-tarpeellinen-vai-turha/ (in Finnish) www.nuortenvarautumissivusto.fi (in Finnish, coming later in English) www.72tuntia.fi
Supplies
<ul style="list-style-type: none"> Students will need pens for writing.



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Topic of the lesson: Preparedness and home emergency supplies



Duration: 45-90 minutes

Course of the lesson

START

- Explain the topic and learning objectives of the lesson to students.
After the lesson...
 1. students can plan the contents of home emergency kit supplies for different types of households.
 2. students can identify the differences between vital, necessary and comfort items and supplies
- Explore what can be done to prepare for incidents using the sources listed above. You can also use other sources. In this case, the teacher must ensure the accuracy of the information. In class, start by discussing together about what are essential and comfort household supplies

1. SECTION: Task for small groups

- Students work in groups to draw up a plan of products that should be found at home. Each group is assigned a different sized household, and groups should think about what are essential and useful products for that specific household.
- The incident in the exercise is a power outage that lasts three days. A power outage this long will also disrupt water supply and the functioning of plumbing. In addition to the household size, each group is specified the time of year during which the incident happens. Groups must think about what supplies are needed in the household and in what amounts so that the family survives the described incident.
- Household sizes to be assigned to the small groups:
 - ✓ 2 adults and 3 children (1, 10 and 14 years old)
 - ✓ 1 adult and 1 cat
 - ✓ 3 adults and 1 child (two parents and children aged 20 and 14)
 - ✓ 2 older adults (82 years old)
- Times of year to be assigned to the groups:
 - ✓ Winter
 - ✓ Summer

SECTION 2: Presentations of the plans for home emergency supplies

- When the groups are ready, the teacher unpacks the assignments by asking about the products and amounts listed among home emergency supplies. Together with the class, discuss whether the suggested amounts are sufficient. In the discussion, it's also a good idea to think about mental preparedness: what kinds of supplies should be in store to ensure comfort and mental resilience during an incident?