

What I Learned this Summer



With Lucky the Preparedness Dog

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Goodbye Summer,

As beach days, barbecues, and backyard adventures come to an end, it is important to remember all the preparedness skills that you learned and practiced over the summer. Lucky will help you reflect on all your wonderful summer adventures where you learned preparedness lessons like cyber safety, building a family preparedness kit, creating your own readiness radar, knowing how to spend and save money, and the importance of bringing these preparedness skills with you into the new school year.



Let's Review: All About Electronics

Devices such as smartphones, tablets, and laptops can be really fun. You can play online games, watch videos, surf the web, and interact with friends and family. However, it is important to understand that too much electronic fun can affect your sleep, learning, and mental health!

Once you turn out the lights in your bedroom at night, you should also turn off all electronic devices. This helps you get to sleep faster, have better dreams and wake up refreshed.

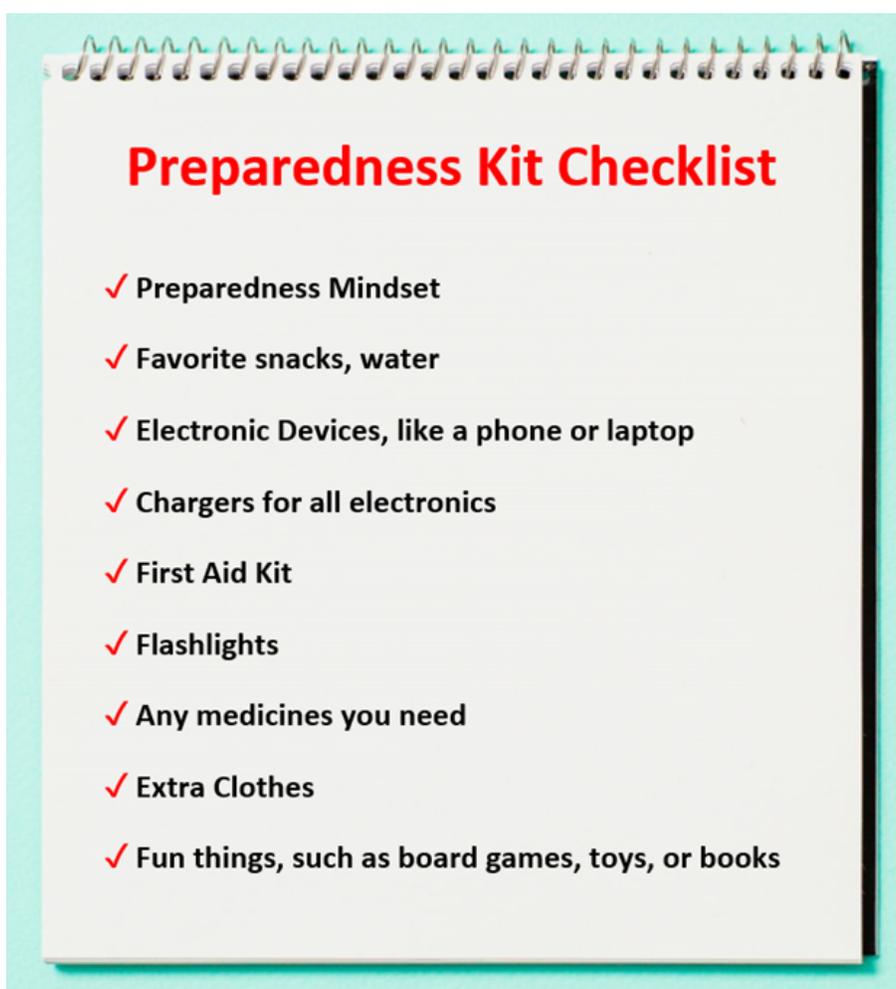
Create a routine schedule with homework apart from recreational use of electronics.

Get involved in other activities such as new hobbies, board games and outdoor fun, especially if it is with friends and family.



Let's Review: Build Your Own Family Preparedness Kit

Building Your Own Family Preparedness Kit is an activity that everyone should have a role in, especially kids. In any emergency, such as a hurricane or tornado, your family may need immediate supplies, which means being prepared in advance. Use your preparedness mindset and review your checklist (twice) to be sure you have everything you need.



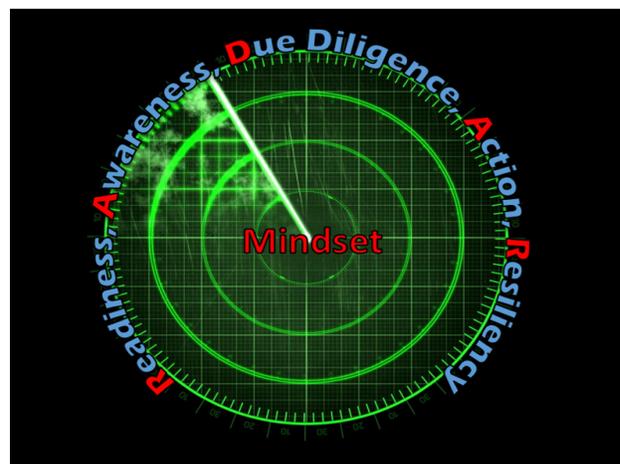
Remember, the things in your family preparedness kit will not last forever, but your Preparedness Mindset will never expire.



Let's Review: Your Readiness Radar

A Radar is a tool that helps meteorologists better understand weather emergencies. With your preparedness mindset, you have a different kind of radar: **R**eadiness, **A**wareness, **D**ue-Diligence, **A**ction and **R**esiliency. If a weather emergency is on the radar, then a Preparedness Mindset should be on YOUR radar.

- ✓ Recognize storm watches and warnings.
- ✓ Always listen to your local and state officials about evacuation procedures and alerts.
- ✓ Do remain in your home unless advised by authorities.
- ✓ Arrange provisions in advance for your pets.
- ✓ Reinforce your windows and doors, declutter drains and gutters and bring in outdoor furniture.



Lucky's S.M.A.R.T Savings

When you are in school, you learn that our needs are food, water, shelter and anything else is a want. As a kid, though, your parents provide you with those basic needs. Having money means making choices about how you are going to spend it.

Before You Buy Something Ask Yourself these Questions:

1. Is this something I need?
2. Do I have everything I need?
3. Is this the best way to use my money?

Make S.M.A.R.T Money Moves

S - SAVE, SAVE, SAVE!

M - Make sure to prepare a budget before you spend.

A - Always choose to make good investments.

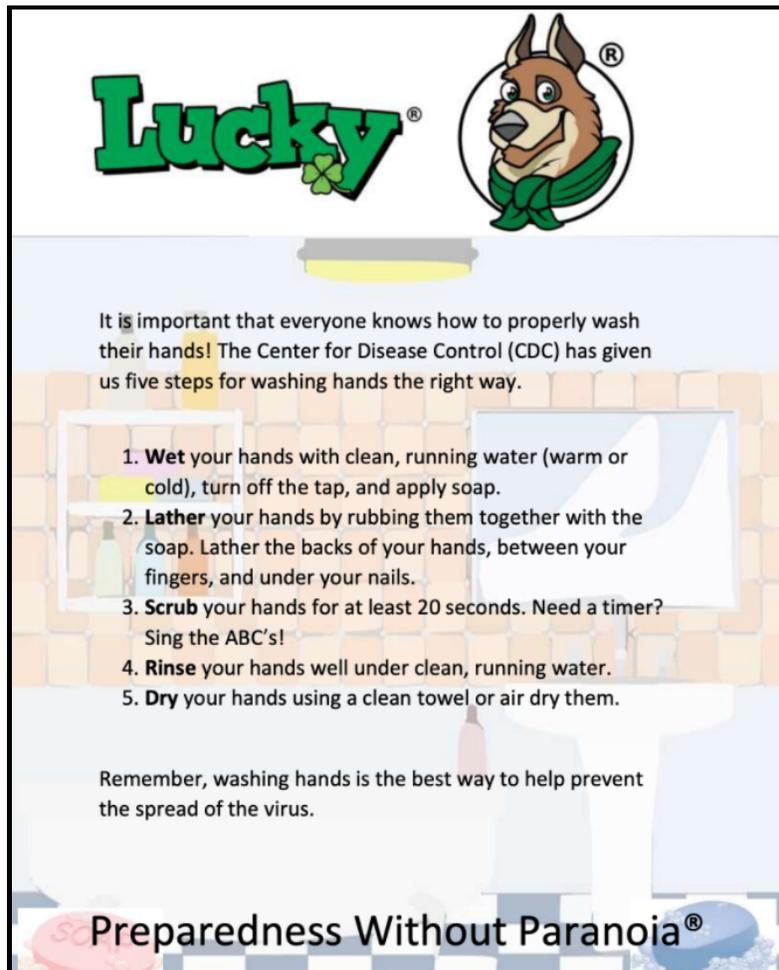
R - Recognize the difference between wants vs. needs.

T - Think of ways you can earn money, and help others.



Lucky's Summer in the Rearview Mirror

As you return to school in the fall, you will be transitioning to online, hybrid, or in-person learning. Now is the time to be reminded about being safe when you are not at home. These will include remembering the rules of the pandemic, reviewing basic safety rules for school, and being prepared in the event of school violence or other emergency situations. It is time to pull out your backpack, put in your notebooks, pens and pencils, extra masks and hand sanitizer and do not forget your preparedness mindset.



The graphic features the 'Lucky' logo in green with a four-leaf clover, and a cartoon dog character in a green scarf. Below the logo, a yellow highlighter is shown. The main text is on a light blue background with a brick wall pattern. It includes a CDC reference and a five-step list for handwashing. At the bottom, there is a 'Preparedness Without Paranoia' logo with a dog character.

Lucky®

It is important that everyone knows how to properly wash their hands! The Center for Disease Control (CDC) has given us five steps for washing hands the right way.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Sing the ABC's!
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Remember, washing hands is the best way to help prevent the spread of the virus.

Preparedness Without Paranoia®



Lucky's Rules



If you see something wrong or different than it should be always tell a parent, teacher, or other trusted adult right away.



Only activate your powers of Camouflage or Super Speed when told to by a trusted adult.



Always be a Super Friend and treat others with kindness. Being a bully is never okay!



Use your Super Listening to follow instructions, especially in an emergency situation.

Remember, if you follow Lucky's Rules and activate your Safety Superpowers at the right time, you can be a hero protecting yourself and those around you!

Hey Kids! I want all of you to be Super Friends! That means being kind to everyone and respecting others.

You can do this by:



Stopping and thinking before saying something that could hurt someone else's feelings



Remembering that everyone is different and being different is what makes all of us special



Apologizing to anyone you might have bullied in the past

You should always treat others how you want to be treated!

If you or someone you know are being bullied, talk to an adult you trust for help.



Remember, an ordinary day can turn extraordinary in a minute.

Seasons change, and your preparedness knowledge will too. It will only get better the more your practice no matter what the season is.

Today a Reader, Tomorrow a *Leader*.

Educate, Engage and Empower One Another to be the Future Leaders



Check Out

Parents With Preparedness Magazine For More
Free Resources For You And Your Family!

PWPORG.ORG

**PARENTS
WITH PREPAREDNESS**