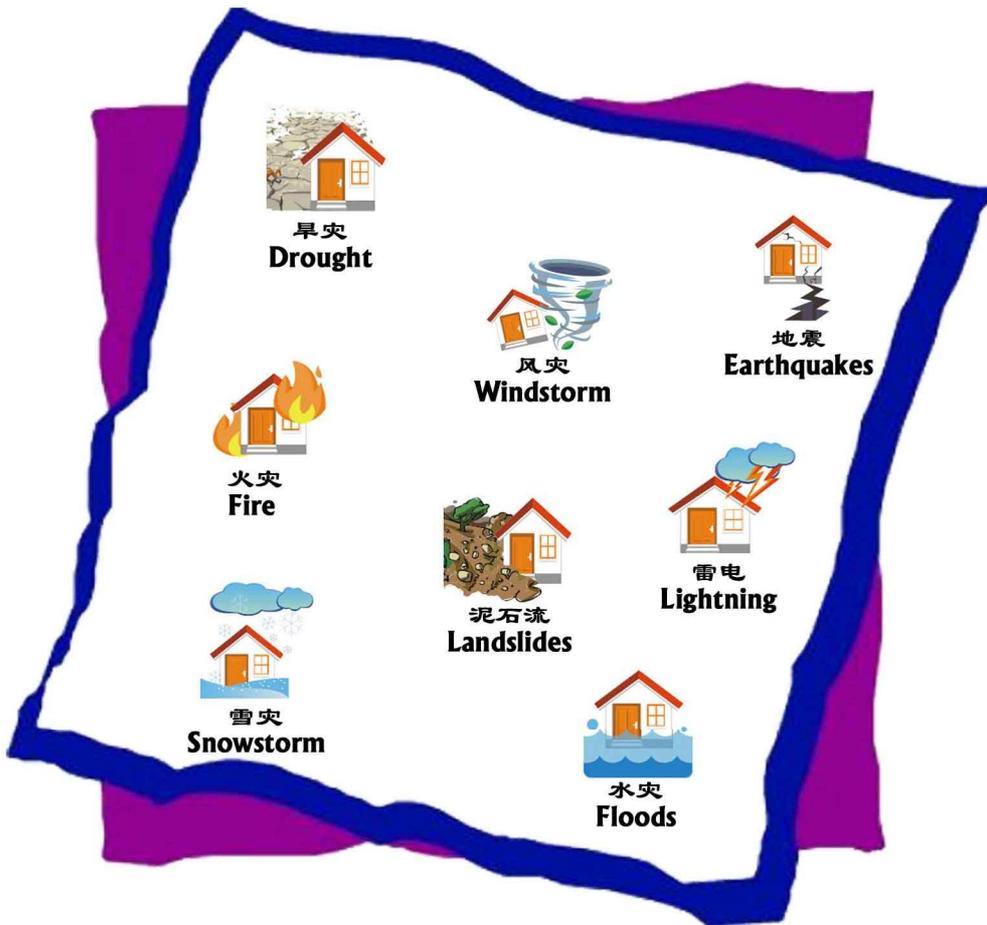


防災减灾老师工具包

DRR Teacher Toolkit



提高防灾减灾意识增强避灾自救能力
Increasing disaster risk reduction awareness
& self-protection skills

为老师提供防灾减灾活动资料
DRR activity resources for teachers



防灾减灾老师工具包目录清单

DRR Teacher Toolkit Table of Content

适宜： 学校老师及带领防灾减灾活动的所有人

Target: School teachers or any people leading DRR games and activities.

卡片： 共有 36 张：包括 1 张封面（后面是目录清单）、1 张说明、1 张封底、灾害图卡 9 张、灾害常识 8 张、游戏说明 6 张、地点图卡 10 张。

Toolkit: A total of 36 cards, including cover & introduction sheet, table of content sheet, 1 back cover, 9 disaster graphic cards, 8 disaster tips sheets, 6 game plans and 10 location cards.

卡片 Item	标题 Description	图样 Sample	备注 Remark
封面封底3张 3 Cover Cards	封面+说明+封底 Cover & Introduction & Back cover		中英文对照 Bilingual
灾害图卡9张 9 Disaster Graphic Cards	水灾、泥石流、火灾、地震、雷电、风灾、雪灾、旱灾、地球 Floods, earthquakes, landslides, fire, lightning, windstorms, snowstorms, droughts, earth, earth structure		中英文对照 Bilingual 可配合灾害常识卡和游戏 Can be used to illustrate disaster tips or used during games
灾害常识8张 8 Disaster Tips Sheets	水灾、地震、泥石流、火灾、风灾、旱灾、雪灾、雷电 Floods, earthquakes, landslides, fire, lightning, windstorms, snowstorm, droughts		中英文正反面 Bilingual and double-side printed
游戏说明6张 6 Game Plans	水灾游戏-洪水逃生淘淘淘 (中英文版) SOS – Flood Escape		中英文正反面 Bilingual and double-side printed
	地震游戏-板块运动推推推 (中英文版) Pushing Grounds – Tectonic Movement		
	地震游戏-地壳运动冲冲冲 (中英文版) Spin & Break – the Moving Earth		
	地震游戏-逃生有门躲躲躲 (中英文版) Earthquake Hide & Seek – Quake Escape		
	泥石流游戏-逃生路线跑跑跑 (中英文版) Slide Run – Landslides Evacuation		
	综合游戏-反应机敏得大奖 (中英文版) Disaster Run Run Run		
地点图卡10张 10 Location Cards	大树、电线杆、高楼、高山、公路、河堤、河流、平房、危房、操场 Tree, telegraph pole, highrise, mountain, road, riverside, river, house, damaged house, playground		配合游戏 Can be used in the 6 games

防灾减灾 “老师工具包” 说明

目的

为响应国务院将每年的 5 月 12 日定为全国 “ 减灾防灾日 ” 的号召， 宣明会计划与学校合作开展 “ 防灾减灾 ” 相关活动， 通过此活动提高学生及其所在社区和学校的防灾减灾意识， 增强灾害发生后的避灾自救技能。 此工具包已经在 200 多个学校推广使用。

工具包简介

为方便学校老师带领学生认识各种自然灾害活动， 世界宣明会通过多次与学校和老师配合活动以及相关人员的意见， 设计制作了一套工具包， 共有 36 张卡片， 包括 1 张封面（后面是目录清单）、1 张说明、1 张封底、9 张灾害图卡、 8 张常识卡、 10 张地点卡和 6 张防灾的小游戏教案。

方法用途

游戏教案： 包中共有 6 个灾害知识小游戏的教学， 老师可按教案的内容和步骤进行介绍或分组， 主要是希望通过老师带领学生以游戏活动的方式来认识自然灾害的形成， 在灾害来临时学生能掌握一些安全的躲避地点和避灾自救的技能； 按此教案宣明会工作人员和学校的老师在多个学校成功的开展了相关活动， 老师及学生反应较好。

灾害图卡： 主要是显示 8 种自然灾害图， 和 1 张地球结构卡片， 这些卡可作为工具使用， 协助教师讲解不同的灾害， 而且还可以在 DRR 游戏中使用。

灾害常识卡： 主要包含 8 个自然灾害防灾减灾小常识， 可协助教师指导学生自然学习自然灾害避灾自救常识。

地点卡： 共 10 张， 该卡包含在灾难中常见的隐藏或撤离的不同地方或位置的图形， 该卡可以用来说明正确和不正确的地方， 该卡还可以在 DRR 游戏中使用。

世界宣明会于1950年成立，是一个国际救援及发展机构，目前在全球约 100个国家或地区工作。1962年台风温黛吹袭香港，世界宣明会随即在香港派发赈灾物资，并正式设立办事处。1982年，香港世界宣明会辖下中国事工部参与中国青海水灾的救援工作；在中央及各级政府的大力支持下，逐渐扎根中国。1993年，中国事工部正式成为中国办事处，即世界宣明会一中国，继续在中国拓展各项扶贫及社区发展工作。

Introduction to DRR Teacher Toolkit

Background

World Vision has been committed to promoting school safety and DRR in Asia Pacific in the past few years. In 2015 Dec, World Vision and partners welcomed the launching of ASEAN Common Framework for Comprehensive School Safety, which is a milestone to our work. Meanwhile, the promotion of Sendai Framework of DRR in Asia Pacific continues and the focus has shifted to practical use. Countries and organizations actively collaborate and share their experience in DRR implementation.

World Vision China would like to share their school DRR experience with national offices and partners through this teaching tool. This tool has been well received by primary school teachers and been tested with more than 54,000 students in over 200 schools across China. This resource material is proved to be an effective teaching aid for primary students.

Introduction

To assist teachers introduce different disasters and emergencies to students, a teaching toolkit was developed based on WV experience in school DRR and inputs from teachers. The toolkit contains 1 content table sheet, 1 introduction sheet, 1 back cover, 9 natural disaster graphic cards, 8 disaster tips sheets, 6 DRR game teaching plans, and 10 location cards.

Use & Methods

DRR game teaching plan: There are 6 DRR games for introducing formation of natural disasters and helping students get familiarized with safety and self-protection skills in emergencies. There are instructions in all teaching plan.

Disaster graphic cards: There are 8 graphic cards illustrating disasters or related climate conditions. There is also one double-side printed card showing the Earth and its structure. These cards are visual tools to assist teachers explain different disasters, and can be used in DRR games.

Disaster tips sheets: There are 8 tips sheets providing safety tips and related knowledge of disasters. The sheets provide introductory information to different disasters and DRR skills.

Location cards: 10 graphics of different objects or locations that are common hiding or evacuation places during disasters. The cards can be used to illustrate both correct and incorrect places to stay during different emergency situations. The cards can be used during DRR games.

World Vision International is a relief, development and advocacy organization established in 1950. It is currently working in some 100 countries. In 1962, Hong Kong was severely hit by Typhoon Wanda and World Vision responded with its quick delivery of relief goods to the floods survivors. The Hong Kong Office was set up to continue its work. In 1982, World Vision entered China when it participated in the relief work of the Qinghai flood disaster. With the staunch support of the Central and local governments, World Vision laid a sound foundation for ministry in China. In 1993, the China Ministry Department of World Vision Hong Kong became World Vision China to further its mission of alleviating poverty and realizing development in mainland China.

老师工具包在中国正式发布



在 DFAT 的支持下，重新设计和印刷了 1000 份英文/中文版本的老师工具包。2016 年 4 月下旬，世界宣明会和中国科学院心理研究所在北京举办的儿童保护最低标准研讨会，会议中分享了老师工具包的背景及使用方法，还分发了 500 本，发给了参加会议的不同人员，包括国际非政府组织机构、民间组织机构、政府机关单位、专家学者、媒体等相关参会人员。



并于 2016 年 6 月与世界宣明会东亚区人道主义紧急救援领导人以及当地非政府组织在中国印刷 500 份。宣明会缅甸，宣明会蒙古和宣明会菲律宾表示有兴趣将此工具包本土化。



缅甸教师参加了 ToT 培训，并学习如何使用工具包中的 6 个游戏计划来教授防灾减灾技巧和知识。

防灾减灾老师工具包在缅甸的培训

2016 年 10 月期间，宣明会缅甸办将老师工具包翻译为当地语言并印刷，并与 2016 年 11 月举办了培训老师的工作坊，其中邀请来自宣明会中国的 2 名培训师协助讲解和分享经验，将防灾减灾知识和逃生技巧等知识翻译为缅甸语分享给参加者，有来自缅甸的 Hlegu 和 Hmaw Bi 镇的当地小学教师 29 人参加了培训。



一个当地老师正在展示他们的安全路线图”

培训期间，教师接受了防灾减灾知识培训，根据当地所在学校情况设计学校的防灾减灾活动和演习，应用老师工具包设计一系列相关活动计划，以及计划未来回到工作岗位中如何在学校和社区推广防灾减灾活动。每名教师代表 1 所学校，每位老师也得到了 7 套工具包，回去将用于复制其学校和社区的培训。

对于工作坊和老师工具包的培训反馈都非常的积极，许多老师都反映这次是他们第一次参加这么专业系统的培训，他们学习到了很多的防灾减灾知识和逃生技巧，以及如何应用有趣的活动方式传授给孩子们，让他们更容易接受和学习掌握。



老师通过小组讨论的方式学习灾害管理和防灾减灾知识等基本概念和理论知识

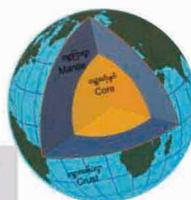


参加培训的老师们通过模拟演练的方式学习紧急灾害中如何逃生和撤离的逃生技巧。

ဘေးအန္တရာယ်လျော့ချရေးဆိုင်ရာ (သင်တန်းဆရာတို့) လက်စွဲအားခွဲ

DRR Teacher Toolkit

သင်တန်းဆရာတို့အတွက် ဘေးအန္တရာယ် လျော့ချရေးဆိုင်ရာလက်စွဲအားခွဲ
DRR activity resources for teachers





Launching of DRR Teacher Toolkit

Under support of DFAT, World Vision has redesigned and reprinted 1000 English/Chinese copies. 500 copies had been distributed in The Annual National Conference of Chinese Academy of Sciences, Institute of Psychology, which was attended by numerous representatives from different INGO, CSO, government and institutions dedicated to disaster management work, as well as 16



media in Beijing, China, during late April 2016.

Further 500 copies were printed and shared with World Vision Asia Pacific Regional Humanitarian Emergency Affairs leaders in June 2016, as well as with local NGO in China. WV Myanmar, Mongolia and Philippines expressed interest to contextualize the tool.



Myanmar teachers attended a ToT workshop and learned how to teach DRR skills and knowledge using the 6 game plans in the toolkit.

DRR Teacher Toolkit Myanmar ToT Workshop

During October 2016, World Vision Myanmar translated and contextualized the tool into local language. A Training of Trainer (ToT) workshop was held during November 12–13, in Yangon, Myanmar. 2 trainers from WV China were invited to facilitate the workshop and transfer knowledge and skills from Chinese to Burmese context. The workshop was attended by 29 teachers from local primary schools in Hlegu and Hmaw Bi Townships. Teachers were trained on DRR knowledge, designing school DRR activities and drills, as well as application of the tool. Each teacher represented 1 school and was given 7 sets of toolkit to replicate the training in their schools and communities.



A local teacher showcased their "school evacuation"

Feedback on the toolkit and the workshop was very positive. Many teachers reflected that it was their first time learning such systematic DRR knowledge and the skills learned could easily be applied on educating children.



Teachers learned about concept of disaster management and DRR through group exercise and discussion.

Teachers learned how to organize emergency evacuation drills through simulations.

ဘေးအန္တရာယ်လျော့ချရေးဆိုင်ရာ (သင်တန်းဆရာတိုင်) လက်စွဲစာအုပ်

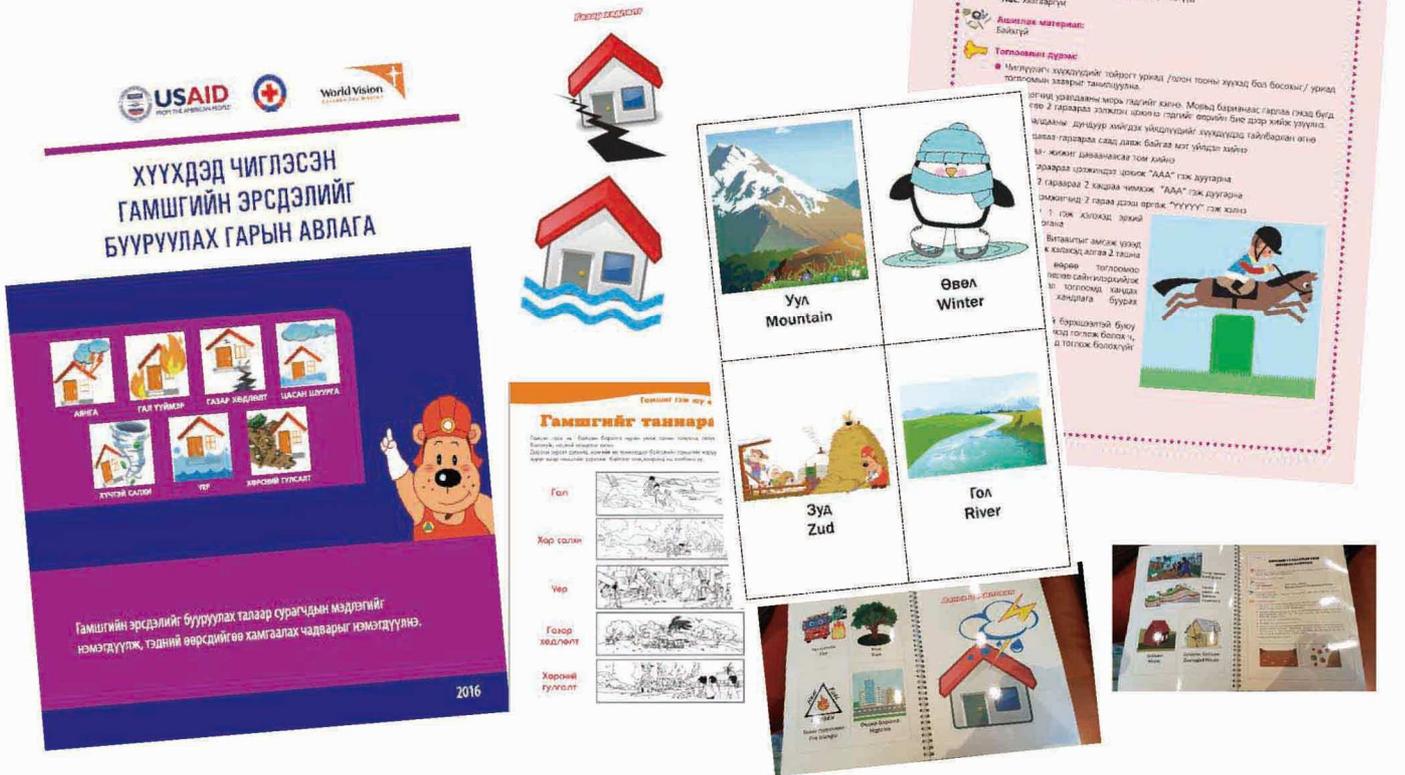
DRR Teacher Toolkit

သင်တန်းဆရာများအတွက် ဘေးအန္တရာယ် လျော့ချရေးဆိုင်ရာကိစ္စများ အရင်းအမြစ်များ
DRR activity resources for teachers



世界宣明会在蒙古的经验分享

2017年初，在美国国际开发署的支持下，世界宣明会蒙古国重新翻译和设计了该工具包，根据本土的情况，增加了新的图片、游戏和常见的自然灾害，还根据当地常用语言增加了本土化的语境。



在 2017 年缅甸-孟加拉难民救灾的应用

自 8 月 25 日以来，由于不断增加的暴力和各种迫害，导致大约有 618,000 人（截至 2017 年 11 月 14 日），包括妇女、女孩、男孩和男人，从缅甸诺开邦逃往邻近国孟加拉。新一波过来的难民来到孟加拉的科克斯巴扎尔区，加入到原来早期逃难过来的 212,000 罗辛亚难民，使在该地区的难民总人口达到超过 830,000 人。

回应当地需求中，世界宣明会孟加拉国全面启动五百万美金初始响应计划，针对科克斯巴扎尔区内的罗兴亚人口。项目回应主要从包括：口粮保障、临时住所和非口粮物资、水与卫生、营养和保护等五大领域。



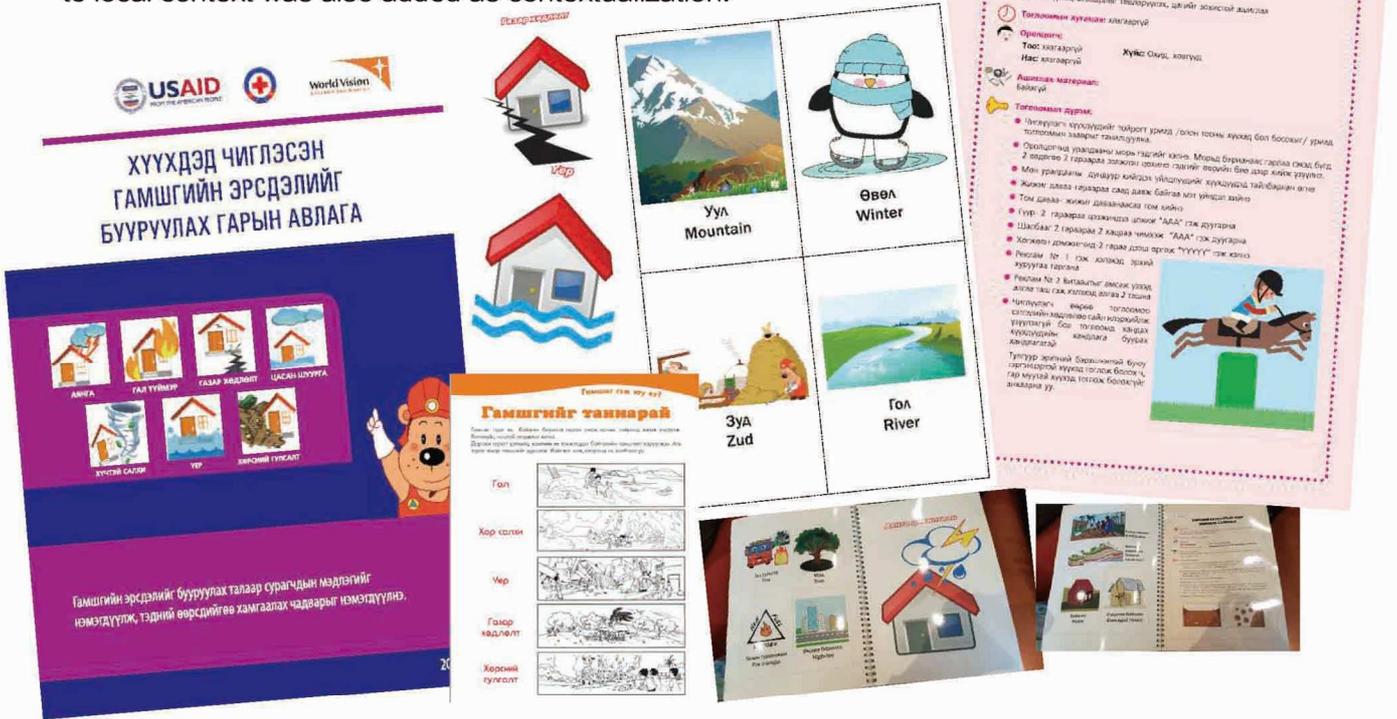
由于地理位置、临时安置所得设立与地点和当地气候情况，难民营面临着山崩、洪水、火灾、风、雷和地震等自然灾害的高度风险之中。

又见及其，世界宣明会在难民营内成立针对保护儿童的“儿童天地”项目里，纳入防灾减灾教育，教会孩子自救和互救等逃生技巧，帮助他们掌握在灾害中自我保护的知识和技能，提升对灾害防备和恢复力建设。

由于难民来自缅甸，只能理解缅甸语，所以由宣明会缅甸翻译改编的防灾减灾老师工具包，得以应用当地的于儿童天地中。

Sharing with World Vision Mongolia

In early 2017, under support of USAID, WV Mongolia translated and redesigned the toolkit. New graphics, games & knowledge relevant to local context was also added as contextualization.



Application in Myanmar–Bangladesh Refugee Crisis response 2017

Escalating violence and persecution of populations in Rakhine State of Myanmar caused the displacement of an estimated 618,000 women, girls, boys, and men into neighboring Bangladesh, since August 25 (as of Nov 14, 2017). The newly arrived refugees added to the 212,000 Rohingya populations already living in Cox' s Bazar District following earlier waves of displacement. This brought the total Rohingya population in the area to over 830, 000 people.

In response, WV Bangladesh launched a comprehensive initial response program targeting Rohingya populations in Cox' s Bazar. The response program focused on five sectors including: Food Security, Shelter & NFIs, WASH, Nutrition, and Protection.



Because of geographic location, set-up of temporary settlement, and local weather, the camps and refugee are at high risk of landslides, flooding, fire, wind, thunder and earthquake hazards. Incorporated into the activities in Child Friendly Spaces (CFS), WV educated children ways of self-help and protection knowledge and skills towards disasters as preparedness and resilience building. Since refugees came from Myanmar and understood only Burmese, the DRR Teacher Toolkit adapted by WV Myanmar was applied in the CFS in the response.



洪水
Floods



泥石流 Landslides



火 灾
Fire



地震
Earthquake



雷电
Lightning



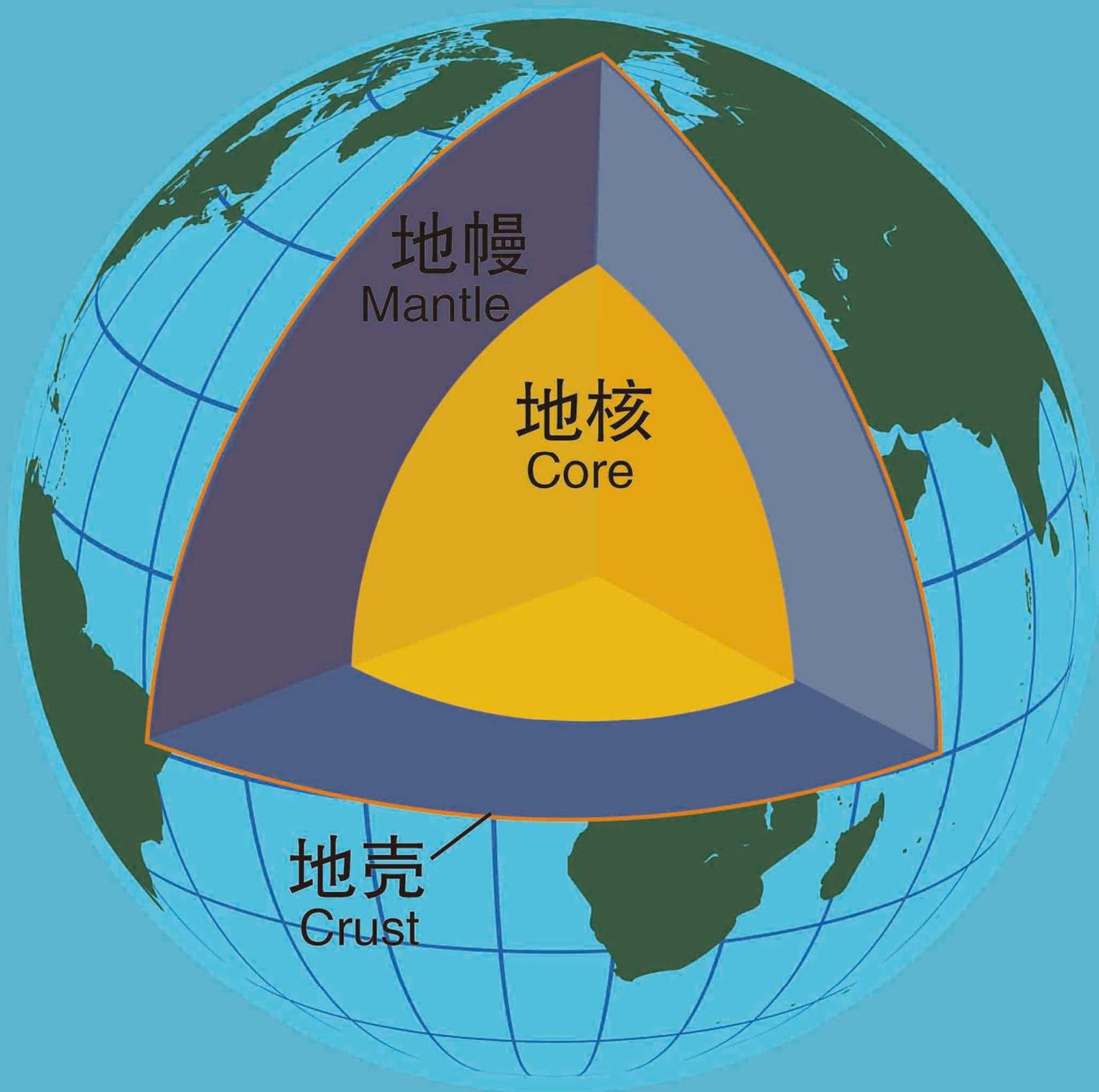
风 灾
Windstorm



雪灾
Snowstorm



旱灾
Drought



地幔
Mantle

地核
Core

地壳
Crust





图卡1-洪水

避灾自救

适当情况下，可利用眼镜片、镜片、手电筒、火光或红领巾等发出求救信号；向高处转移，如基础牢固的房顶上；除非在水可能冲垮建筑物或水面没过屋顶被撤离，否则呆着别动，等水停止上涨再逃离。

小常识

洪水猛，高处行，土房顶上待不成，睡床桌子扎木筏，大树能拴救命绳，准备食物手电筒，穿暖衣服度险情。



Disaster tips sheet 1

Floods

Safety & Rescue

Use eye-glasses, glasses, mirrors, flashlights, fire and sharp-color clothes to generate SOS signals.

Move towards higher grounds, e. g. roof top. Unless the buildings are at risk of collapsing, or flood water level is exceed roof top level, do not run until flood water level stops.



Tips

Go upwards when flood water rises.
Mud-brick houses are not safe to stay.
Beds and desk can be used as rafts.
Lifesaving ropes can be tied to big trees.
Prepare a bag of food and flashlight.
Stay warm with sufficient clothes.



图卡2-地震

避灾自救

保护头颈、眼睛、掩住口鼻；
伏而待定，蹲下或坐下；
尽量蜷曲身体，降低身体重心；
抓住桌腿等牢固的物体。

小常识

遇地震，先躲避，桌边床边找空隙，靠在墙角曲身体，抓住机会逃出去，远离所有建筑物，余震蹲在开阔地。



Disaster tips sheet 2 Earthquakes

Safety & rescue

Protect your heads and eyes, cover your mouths and noses.

To stay down and be still, you can squat or sit.

Curl up body as much as possible to keep your body barycenter low.

Hold on to strong and sturdy objects, such as table.

Tips

First reaction to earthquake is to hide.

Hide in spaces next to desk and beds, or corners of walls.

Then seize your time to escape from houses.

Stay away from all building structures.

Stay low in open spaces during aftershocks.



图卡3-泥石流

避灾自救

向与泥石流成垂直方向的两边山坡高处爬；
往河床两岸高处跑；
来不及跑时就抱住河岸上的树。

小常识

下暴雨，泥石流，危险之地是下游，逃离别顺沟底走，横向快爬上山头，野外宿营不选沟，进山一定看气候。



Disaster tips sheet 3 Landslides

Safety & rescue

Run uphill in the directions perpendicular to the flow of landslides.

Run away from rivers towards high lands.

If there is no time to run away from river bed, hold on to trees.

Tips

Landslides happen in the times of rainstorm.

Downstream area is high risk area.

Do not run along the river when escaping, but away from river to high lands.

Do not camp in ditch area during hikes and picnics.

Check the weather before going into the mountains.



图卡4-火灾

避灾自救

- “要” 牢记 119 ；
- “要” 熟悉自己所住的环境；
- “要” 遇事保持沉着冷静；
- “要” 警惕烟毒的侵害；
- “要” 尽量贴近地面。

小常识

火灾起，怕烟熏，鼻口捂住湿毛巾，身上起火地上滚，弯腰快步离险境，不乘电梯走楼梯，盲目跳楼会伤身。



Disaster tips sheet 4

Fire

Safety & rescue

Remember “###” (emergency hotline no.)
Know your living environment and neighborhood.

Stay calm during fire outbreak.

Be aware of the harmful smoke.

Stay low to the ground as you make your way to the exit.

Tips

Cover your nose and mouth with wet towel to prevent inhaling fire smoke.

Roll on the ground if your body catches fire.

Bend down, keep low, and quickly move towards exit.

Take the stairs and do not use elevators.

Jumping off buildings is not a good escape method.



图卡7-风灾

避灾自救

不要到临时建筑等空旷、不安全的场所躲避；
不要使用手机和电话；
不要接触电线、金属、水等导电体。

小常识

龙卷风，强风暴，一旦袭来进地窖，室内躲避离门窗，电源水源全关掉，室外趴在低洼地，汽车里面不可靠。



Disaster tips sheet 7 Windstorms

Safety & Rescue

Do not take shelter at open and unsafe places, such as temporary building structures. Do not use telephone or mobile phone. Do not touch wires, metal, water or other electricity conductors.

Tips

Hide in basements during windstorm and tornado.
Stay indoor and away from doors and windows.
Turn off power and water supply.
If you are outside, go to a ditch or low lying area and lie flat.
Cars are unsafe place to hide.



图卡8-旱灾

预兆

当部分地区降雨持续偏少，江河上游已遭遇旱灾，并使下游江河湖水断流、干涸时，表明旱灾即将发生。

小常识

沙漠化造成气候状况的恶化，特别是引起干旱的加剧。干旱年份可使河道断流、水井干涸，人畜饮水发生困难，工农业生产受到严重影响。人口大量增加、用水严重浪费、森林植被遭破坏、大量水体被污染，都是直接导致水资源短缺的主要原因。



Disaster tips sheet 8 Droughts

Indicators

Persisting low rainfalls.

Drying in upper stream.

River cutoff and dried-up ponds in lower stream.

Tips

Desertification worsens climate conditions and drought.

Cutoff of rivers and drying up of wells lead to limited drinking water for man and animals.

Both agriculture and industrial activities are adversely impacted by drought.

Increase in population, wasting of water in usage, deforestation, and water pollutions are direct causes of water shortage.



图卡6-雪灾

避灾自救

步行尽量不要穿硬底或光滑底鞋；
出行要注意远离或避让机动车和非机动车辆；
减少外出，不要在结冰的地面上玩耍、散步；
远离广告牌、临时搭建物等，避免砸伤。

小常识

暴雪天，怒风吼，最好别往外面走，室外受冻无知觉，千万不能用火烤，冰雪搓洗手和脚，慢慢温暖才见好。



Disaster tips sheet 6 Snowstorm

Safety & rescue

Do not walk in shoes with slippery or smooth sole.

Be aware of moving cars and vehicles.

Refrain from going outdoor.

Do not play or run on frozen ground.

Stay away from billboards and temporary structures as they may fall.

Tips

Wear sufficient clothes and avoid staying outdoor during heavy snowfall.

It is easy for limbs to get cold and turn numb staying outside.

Do not expose affected areas to direct heat, such as a heat lamp or fire.

Immerse the affected area in warm water (water close to body temperature).

Slowly re-warm numbed body parts.



图卡5-雷电

避灾自救

避免站在最高的物体附近或使自己成为最高的物体。

在空旷的地方要卧倒，可就地蹲下，两脚并拢两手抱膝，胸口紧贴膝盖，尽量低下头以降低身体高度。

小常识

阴雨天，生雷电，避雨别在树下站，铁塔线杆要离远，打雷家中也防患，关好门窗断电源，避免雷火屋里窜。

Disaster tips sheet 5

Lightning



Safety & rescue

Avoid standing next to tall objects.
Avoid becoming the tallest object in the environments.
Stay in the open and squat low to the ground as quickly as possible.
Drop to your knees and bend forward, putting your hands on your knees.

Tips

Lightning happen on rainy days.
Do not shelter under anything tall, such as a tree, fence, tower or telegraph pole.
If your are at home, close all doors and secure all windows.
Turn off the power supply to prevent fire outbreak.

洪水逃生淘淘宝

✿ 目标：

让参与者用最快速度在自己身边找到一种物品，使自己能在洪水围困的情况下，吸引救生员注意自己，以致安全逃生；

了解洪水来临时的危险地方及逃生方法；

让参与者在游戏中接受更多的灾害安全知识。

🕒 游戏时间：10 分钟

👤 参加人员：

数量：可全体参与

性别：男女均可

年龄：3-6年级

有特殊需要儿童：能参加



需要道具：

麦克风、地点图卡、灾害图卡

🔑 游戏方法：

- 讲员在讲解洪水逃生方法之前介绍洪水来临之前的一些危险地方及安全地方，让参与者对洪水中的逃生地点和方法有初步的了解；
- 讲员下达洪水来临的消息，并出示游戏卡中洪水的图片，说明参与者现在所处的环境是在村庄或学校，周围已全部被洪水围困，但是看到不远处正好有救生员在实施营救，请所有参与者在自己的身上找出一种物品以此来吸引救生员的注意，使自己安全获救；
- 讲员对所有参与游戏的情况进行点评，看看谁的物品更容易引人注意等。另外可以讲解特殊情况下出示的物品更加理想（如晚上）。



Flood Escape

Target:

1. Participants will learn to quickly look for objects that can be used as tool to send SOS signals to draw rescuers' attention when being trapped by floods.
2. Participants will gain knowledge of risky areas and evacuation methods in flood situation through the game.

 **Game time:** 10 mins

Participant:

Number: no limitation Gender: boys & girls
Age: P.3 – P.6 Children with disability: applicable

Tool:

Microphone/speaker, Disaster Graphic Card (Floods), Location cards

Game rule:

- Before introducing methods of evacuation or flood escape, facilitator should also explain the risky and safe places during flood evacuation, so that participants will understand the right life-saving method and places during flood situation.
- Participants will play the role of people being trapped by floods, while facilitator will play the role of rescuer.
- Facilitator will set the background of the game to either school or village. Facilitator will announce the event of flood using Disaster Graphic Card (Floods). Participants are trapped by floods, while there is a rescuer boat nearby. Participants will be asked to use any available items from their personal belongings as tool to draw attention of the rescuers to evacuate them.
- Facilitator will give an overall review of participants' performance at the end, and point out the most attention drawing methods/tools used by participants. Facilitator can also explain methods used in special situation (night time).



板块运动推推推

✿ 目标：

让参与者了解地震发生是因为板块运动挤压而产生的震动

🕒 游戏时间：5 分钟

👤 参加人员：

数量：可全体参与

性别：男女均可

年龄：3-6年级

有特殊需要儿童：能参加



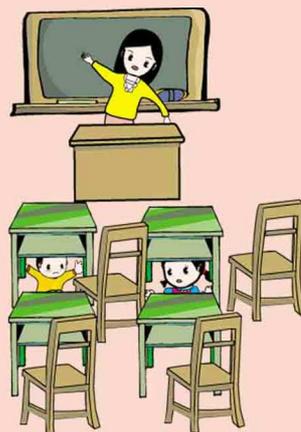
需要道具：

麦克风、灾害图卡、地点图卡及地球



游戏方法：

- 讲员在讲解地震产生的原因时向参与者说明地球是分成了几大板块，地球每天都在运动时，板块也随之跟随运动碰撞\挤压，因而形成地震；
- 讲员将参与者分组，两个人分成一组，来相互体验板块的挤压的原理。让参与者两个人分别都举起双手，击掌后手不要松开，相互推动双手，力气要随讲员的口令相应增大，以致参与者都能感觉手在振动的感觉；
- 让参与者说出刚才游戏的感受。



Pushing Grounds Tectonic Movement

✿ Target:

Participants will understand that movements of tectonic plates will generate pressure that induces vibration of earth crust, causing earthquakes.

 **Game time:** 5 mins



Participant:

Number: no limitation

Gender: boys & girls

Age: P.3 – P.6

Children with disability: applicable



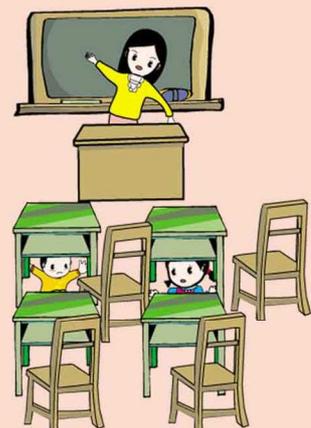
Tool:

Microphone/speaker, Disaster Graphic Cards (Earthquakes, Earth)



Game rule:

- Facilitator will explain that the crust of the earth is made up of several tectonic plates. The plates are constantly moving and pushing each other, causing earthquake.
- Participants will be paired up. Participants will be asked to raise up both of their hands and give their partners a “high five”. After “high five”, participants should not separate and maintain the position of “palm-joining-palm”. Participants should slowly increase pushing force of their hands according to instructions of facilitator. As the applied force increases, participants should feel their hands shaking/vibrating at the end.
- Participants will be asked to share how they feel during the game.



地壳运动冲冲冲

目标：

让参与游戏者了解地球的结构及地震原理

游戏时间：5 分钟

参加人员：

数量：可全体参与

性别：男女均可

年龄：3-6年级

有特殊需要儿童：能参加

需要道具：

麦克风、灾害图卡、地点图卡及地球

游戏方法：

- 讲员讲解地球按内部结构分为地核\地幔\地壳三层。地震一般发生在地壳之中，板块运动聚集了巨大能量，通过地震方式释放出来。当地壳变形、断裂或错动，便发生地震。
- 将所有参与者分组，第一组8-10人，第二组4-6人，第三组1人。让一\二组人员手拉手围成内外两个圈子。第三组的1人站在最中间，2-3人可以在圈内向外冲，在讲员下达口令后成同一方向慢跑（相当于地球转动），中间1人也不停的动（相当于地核），当讲员发现圈有变形或冲出时发出口令“停”。
- 看外圈人与人之间的变形，及在里面人的冲撞后变形情况。当外圈变形、断裂或错动时，便发生地震。



Spin & Break – the Moving Earth

✿ Target:

Participants will understand the structure of earth and theory of earthquakes.

🕒 **Game time:** 5 mins

👤 Participant:

Number: no limitation

Gender: boys & girls

Age: P.3 – P.6

Children with disability: applicable

🛠️ Tool:

Microphone/speaker, Disaster Graphic Card (Earthquake, Earth)

🔑 Game rule:

- Facilitator will explain the structure of the earth: crust, mantle and core. Earthquake usually occurs at earth crust level. As pressure is built up during tectonic movements and the energy is released through earthquake. When there is distortion, breaking and dislocation of earth crust, earthquake is induced.
- Participants will be divided into 3 groups: 8-10 people for Group A, 4-6 people for Group B and 1 person for Group C. Group A (crust) will join hands to form a big circle, Group B (mantle) will form a another smaller circle within Group A, while Group C (core) will stand in the middle of inner circle.
- Group A will start moving slowly in a clockwise direction, while Group C will start spinning slowly. Group B will move in an anti-clockwise direction and several members will try to rush outward as they move. Both Group A & B should try to not break their own circles as the move.
- Facilitator should instruct participants to “stop” when there is distortion or breaking of the circles. Participants will be asked to observe the situation of inner and outer circles. The distortion, breaking and dislocation of outer circle symbolize earthquakes.



逃生有门躲躲躲

目标：

- 让参与者用最快的速度在地震来临时找到一个相对安全的地带
- 了解地震时的危险地方及逃生方法
- 让参与者在游戏中接受更多地震安全知识

🕒 游戏时间：5 分钟

👤 参加人员：

数量：可全体参与

性别：男女均可

年龄：3-6年级

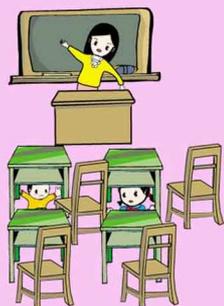
有特殊需要儿童：能参加

🔧 需要道具：

麦克风、灾害图卡、地点图卡及地球

🔑 游戏方法：

- 讲员在讲解地震逃生方法之前介绍地震来临之前的一些危险地方及安全地方，让参与者对地震的逃生地点和方法有初步的了解；
- 讲员下达地震来临的消息，并出示游戏卡中地震图片(或剧烈的摇晃桌子)，说明参与者现在所处的环境，请所有参与者在最快的速度内找出一个相对比较安全的地方，使自己不被伤害；
- 讲员对参与者所选的地方进行点评，并说明原因，如：不能在开阔的地方是防止房顶的东西脱落等。



Earthquake Hide & Seek – Quake Escape

Target:

1. Participants will learn to quickly find a safe hiding or evacuation place during earthquake.
2. Participants will learn about risky areas, self-protection and evacuation methods during earthquake.

Game time: 5 mins

Participant:

Number: no limitation
Age: P.3 – P.6

Gender: boys & girls
Children with disability: applicable

Tool:

Microphone/speaker, Disaster Graphic Card (Earthquake), Location cards

Game rule:

- Facilitator will first introduce dangerous and safe places for hiding and evacuation during earthquake, so that participants will have a brief idea on earthquake coping approaches.
- The location cards will be posted up in different places. Facilitator will announce the event of earthquake using Card (or shaking the table) and explain the whereabouts of participants.
- Participants will be asked to find a safe place to hide or run immediately for self-protection.
- Facilitator will review the locations chosen by participants, and give comments and explanation. For example, it is not safe to stand in open space near to buildings because of possible falling objects.



逃生路线跑跑跑

✿目标：

让参与者用最快的速度按泥石流逃生的方法进行避险
加深了解泥石流来临时逃生方法

🕒游戏时间：5 分钟

👤参加人员：

数量：可全体参与

性别：男女均可

年龄：3-6年级

有特殊需要儿童：能参加

🎒需要道具：

麦克风、灾害图卡、地点图卡

🔑游戏方法：

- 讲员在游戏前讲解泥石流来临时的逃生方法(与泥石流来临方向成垂直方向跑)，让参与者对泥石流中的逃生方法有初步的了解；
- 将参与者分组，每组6-8人；
- 讲员让每组人员成一列站立，讲员在前面下达泥石流来临的命令，(前\后\左\右)，看参与者跑动的逃生路线是否正确，速度慢及错误的将淘汰，另外一组负责监督；
- 两组间交换角色进行。



Slide Run – Landslides Evacuation

*Target:

Participants will learn to correctly and quickly avoid risks based on the flowing directions of landslides.

 **Game time:** 5 mins

Participant:

Number: no limitation
Age: P.3 – P.6

Gender: boys & girls
Children with disability: applicable

Tool:

Microphone/speaker, Disaster Graphic Card (Landslides, earthquakes, floods)

Game rule:

- Facilitator can first explain landslides are sometimes secondary disaster caused by other disasters (e.g. earthquake, rainstorm, flood, etc).
- Facilitator should explain the safe escape method during landslide: to run in the direction perpendicular to the flowing directions of the slides.
- Participants will be divided into groups of 6-8 people
- One group will be asked to stand in one line. Facilitator will announce the directions where the landslide is coming from (front/back/right/left), participants will have to move towards perpendicular directions correspondingly. The other group will monitor to see if anyone is moving to wrong directions or too slow in reaction.
- 2 groups can swap afterwards.



反应机敏得大奖

目标：

让参与者温习讲员所讲的灾害来临时的一些正确的防灾避灾方法

了解参与者的掌握程度

🕒 游戏时间：5 分钟

👤 参加人员：

数量：可全体参与

性别：男女均可

年龄：3-6年级

有特殊需要儿童：能参加

🛠️ 需要道具：

麦克风、灾害图卡、地点图卡

🔑 游戏方法：

- 讲解游戏的方法和规则准备好一套游戏卡，将所有人员分组，另外一组监督，反应慢的将淘汰。讲员每次都按不同的秩序出示游戏卡，出示其中一种游戏卡时，参与者应迅速做出相应的防灾避灾动作；
- 当游戏只剩下最后1-2人时就是大奖得主，并颁发部分奖品，当第一组游戏完成后，另一组的人员进行，刚才游戏的一组负责监督。



Disaster Run Run Run

Target:

1. Participants will have a revision of risk reduction and evacuation knowledge during different disasters.
2. Facilitator can review participants' level of understanding of coping approaches during different disasters.

Game time: 5 mins



Participant:

Number: no limitation
Age: P.3 – P.6

Gender: boys & girls
Children with disability: applicable



Tool:

Microphone/speaker, Disaster Graphic Cards (full set), Location cards



Game rule:

- Facilitator will first go through the disaster cards and explain the game rules. The location cards will also be posted up in different places.
- Participants will be divided into 2 groups. One group will be in the game, while the other group will be the judge.
- Facilitator will announce the disaster events using the Disaster Graphic Cards, and participants will have to carry out corresponding reactions or evacuations.
- The monitoring group will eliminate any participants that have wrong or slow reactions.
- As the game continues, the last 1-2 people left will be the winner of the group.
- 2 groups can swap afterwards.





操场
Playground



大树
Tree



电线杆
Telegraph pole



高楼
Highrise



高山
Mountain



公路
Road



河堤
Riverside



河流
River



平房
House



危房
Damaged House

出版

世界宣明會 - 中国
中国香港特别行政区 九龙长沙湾道 883
号长沙湾广场二期八楼 810-811 室

2018年1月

Published by

World Vision China
Unit 810-811, 8/F, Tower 2, Cheung Sha Wan
Plazza, 833 Cheung Sha Wan Road, Kowloon,
Hong Kong SAR, China

January 2018