

Family Home Evening Lesson 72-Hour Kits

Purpose: To familiarize the family with and update the items in the kits.

Supplies: 72-Hour kits
Scriptures

Song: If You're Happy Page 266 in Children's Songbook

Activity: Read D&C 38:30. Heavenly Father has told us that if we are prepared we shall not fear. To help us be prepared, we have been encouraged to have 72-hour kits for everyone in the family in case of emergency. Begin the activity by showing the children where the kits are kept. Talk about different emergencies such as flood, fire, etc., that may require us to leave our homes. (Keep this part of the activity light-hearted.)

Have each family member go through his/her pack and verify that things are current. For example: If you wear glasses, make sure there is a pair of glasses with a reasonably current prescription in the kit. Make sure medications are in the kit and check their expiration date. If you have small children, make sure you have the right size diapers. Have everyone try on the clothes that are in their kits to verify they fit. Update the personal information, emergency addresses and phone numbers. Make sure the water containers aren't leaking. Change the batteries in the flashlights and emergency radio. Make sure that the food has not expired.

Get some hands-on experience with some of your emergency supplies. Sit in a dark room and turn on your flashlights. Listen to your emergency radio and dine on some of your emergency rations. (Just be sure to replenish your supplies when you repack your kits.)

Emergencies are scary times, but if we keep our kits current and keep a level head we will be prepared for them. Remember: You need not to fear if you are prepared.

Challenge: Learn some simple first aid techniques.