



The Stay Safe Activity Book

Get ready for severe weather
with these fun activities

Proud partner of
Get Ready Queensland



Queensland
Government



SES | **SUNCORP**



A message for grown-ups! Emergency contact numbers

Children experience disasters differently—and often more deeply. When they're left out of planning, it can leave them feeling powerless, frightened or confused. But when they're involved in planning and preparing, kids can grow confidence, feel more secure, and develop real-world problem-solving skills.

That's why we created this activity book: to help you engage your children in a way that's fun, age-appropriate and empowering. It's filled with tips, puzzles and colouring-in pages to help them understand weather risks and how they can play an important part in keeping your family safe.

At the back, you'll also find practical checklists for grown-ups to help your whole household be ready for severe weather events—including looking after your family's mental health and emotional wellbeing. Use them together—let your child help pack the emergency kit, check supplies or draw your evacuation route.

Because when kids feel prepared, they feel powerful.

And that's how we raise the next generation of confident, capable disaster-ready Australians.

A message for kids!

Even though Queensland is known as the 'Sunshine State', there is a lot of wild weather! It's important to know how to stay safe during a storm and other kinds of weather.

This activity book will give you a fun way to understand how you can help keep your family safe during storms, including your pets!

Ask an adult to help you with the activity book and talk to them about what they might do to get ready for a storm.

We hope you enjoy the colouring-in pages and puzzles – all about preparing for severe weather! The back of this booklet has a set of checklists to help you know what to do before, during and after different types of severe weather.

Police, Fire or Ambulance
000

SES
132 500

Red Cross
1800 733 276

Lifeline
13 11 14

Beyond Blue
1300 224 636

Animal and wildlife emergencies
1300 264 625

Visit your local council's online Disaster Dashboard:

getready.qld.gov.au/find-your-local-council, to sign up for local weather alerts and to access additional information about how you can Get Ready.

Scan for updates

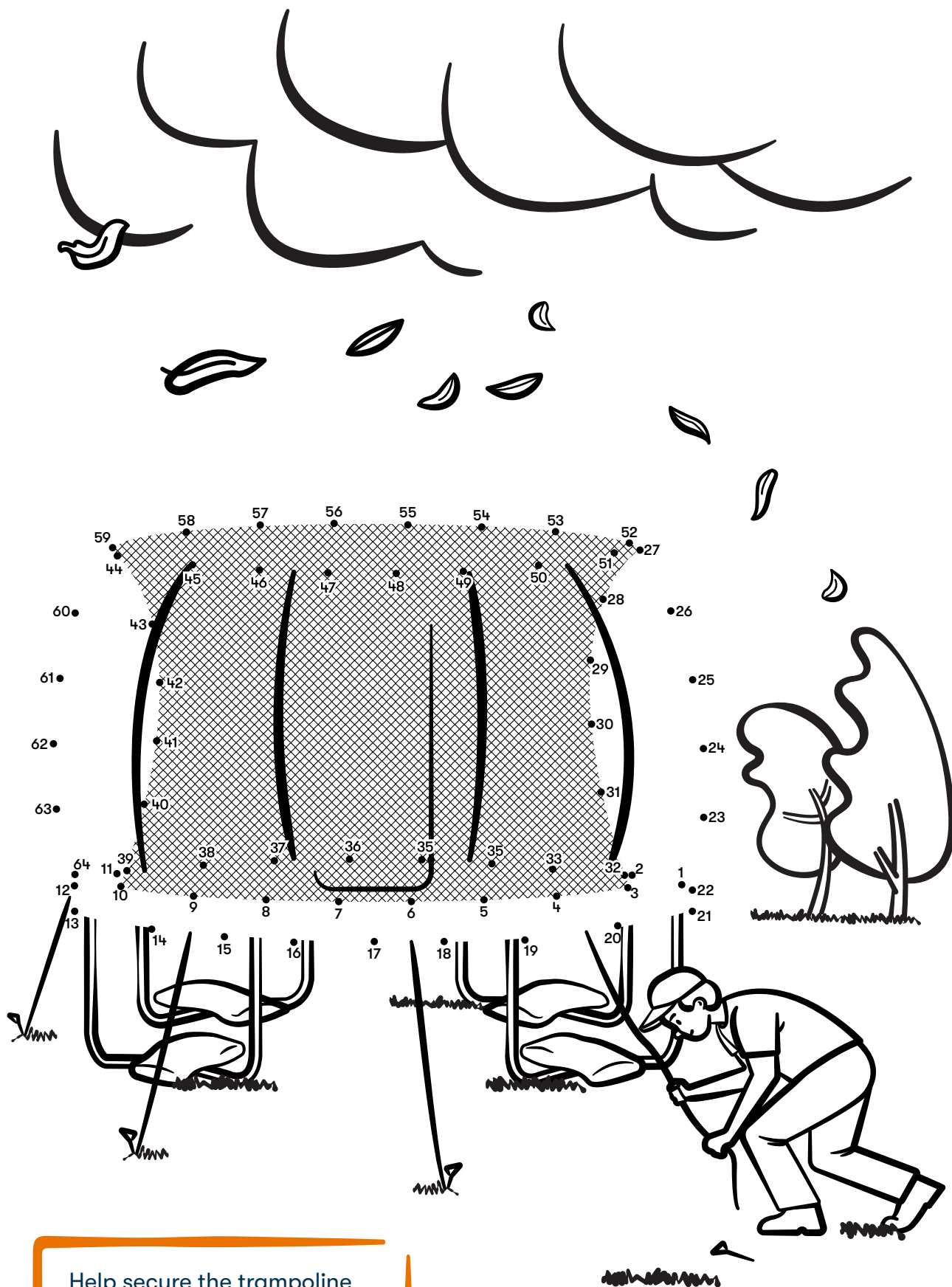


We acknowledge the Traditional Custodians of country throughout Queensland and their connections to land, sea and community. We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

**Get ready for
storm season.**

Remind your grown-ups
to clean the gutters so
that water cannot get
into the house.

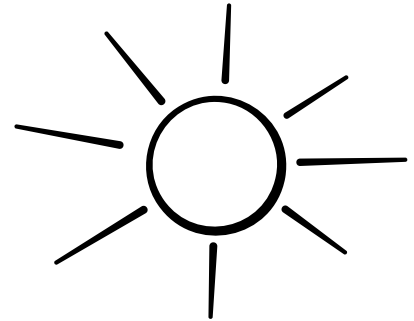




Help secure the trampoline so it doesn't blow away and hurt someone during a storm.

SES members are volunteers from your local community. They may be your neighbour, teacher, or parent! They are ordinary people who do extraordinary things.

Did you know?





Did you know?

SES volunteers respond to emergencies relating to floods, storms and cyclones. They can help in many different ways such as temporary repairs if your roof is damaged during a storm. They even help search for and rescue missing people.

Spot the difference

One of these homes has been well looked after and one hasn't.
Can you spot the 11 differences? Circle the differences you find!



Go to page 19 to check your answers.



Packing your emergency kit

An emergency kit has the essential supplies that you might need in emergencies such as storms, floods or cyclones. Your kit should have enough supplies for three days in case you don't have power and water, so be sure to pack enough for every member of your family (including your pets)!

Keep your kit in a waterproof container in an easy-to-find location. Check your kit every year to make sure supplies are fresh and safe to use – weather doesn't plan, but you can.

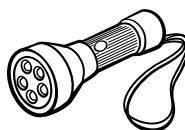
What do you think are the 5 most important things to put in your emergency kit?



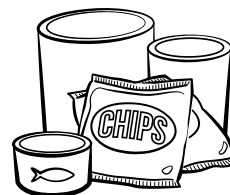
Sports equipment



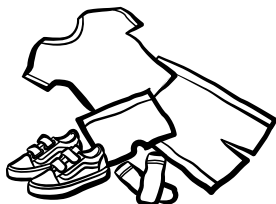
A favourite toy



Torch



Food



Spare clothes



Essential toiletries



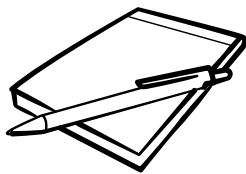
Devices and chargers



House plants



Radio



Paper and pen



Batteries



Blankets



Water



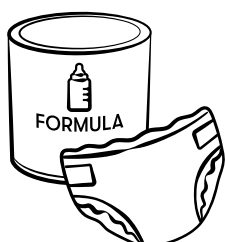
First-aid kit



Important documents



Safety gear



Baby supplies



Cooking equipment



Pet supplies

**Did you
know?**

During a storm you should stay inside, away from windows, external doors and skylights until the storm has passed. If possible, park cars undercover and bring your pets inside too!



Find a word

Words can be found in any direction (including diagonals) and can overlap each other.
Use the word bank below.

S L I G H T N I N G F J G Q E
D E O U J S U O R E G N A D M
R X Y L A L F L O O D T M W C
A T F E M E R A P E R P E E S
Z R G T U S T O R M D D X A E
A E Q A Y C N E G R E M E T N
H M L U W F F U J N A L P H O
E E H C J T N E D I C C A E L
R T O A D Z G A B R U O Y R C
I H D V T C A B O E P K U U Y
F U S E K W L M G S R W S J C
H N C J J I M Z E C U E U L E
S D Y J S N V G W U W L O E R
U E Q X I D P Y T E F A S K E
B R B G X Y N I A R Q N Q Y S

Word bank

- | | | | |
|------------------------------------|-----------------------------------|------------------------------------|------------------------------------|
| ☐ Lightning | ☐ Bushfire | ☐ Emergency | ☐ Weather |
| ☐ Storm | ☐ Rescue | ☐ Evacuate | ☐ Dangerous |
| ☐ Thunder | ☐ Rain | ☐ Plan | ☐ Windy |
| ☐ Cyclone | ☐ Accident | ☐ Act | ☐ Extreme |
| ☐ Flood | ☐ Prepare | ☐ Safety | ☐ Hazards |

Go to page 19 to check your answers.



For the grown-ups

Storm checklist

Severe storms can be sudden and intense, but simple preparations go a long way. This checklist is designed to help adults protect the household and stay calm under pressure.

Children look to adults for cues during emergencies. Keep them informed, involved, and comforted. Give them small tasks like moving toys indoors, checking the weather app, or choosing calming activities for when the power is out. Feeling useful helps children feel safe.

Before a storm

- ☐ Check your roof for damaged or loose tiles, or raised corners of corrugated sheets. A roof in good repair will be more likely to withstand the pressure inflicted by high winds and keep water out.
- ☐ Trim overgrown tree branches (with council approval if required), clear out gutters and remove or secure loose items around the garden which could become flying debris during high winds. **DO NOT** attempt to trim trees near powerlines.
- ☐ When checking your roof, cleaning gutters and removing debris, take care to be cautious and follow safety protocols.
- ☐ Keep a battery operated torch and radio handy in case of loss of electricity. Use the radio for power restoration updates and possible evacuation notice.
- ☐ Put together a small evacuation package, keepsakes and things you would hate to lose in case you need to evacuate quickly.
- ☐ Keep spare batteries, canned non-perishable food, can opener, water, first-aid kit and blankets handy and identify a shelter room in your house if evacuation isn't possible.
- ☐ Practice evacuating your pet to a safe location. Make sure their tags have up-to-date contact information. Prepare an emergency kit ahead of time, including food, water and any medication. Talk to your vet about any special considerations.
- ☐ Any outside furniture, bikes, ornaments, toys, pot plants, etc. should be either secured or, if possible, taken inside.

During and after a storm

- ☐ Secure doors, windows and any awnings you have. Covering windows with plywood can be a good last-minute protection.
- ☐ Move cars into garage, if you have one.
- ☐ If you have a garage door, back your car against the inside of the door to help prevent it twisting in high winds.
- ☐ Stay indoors away from windows. Move furniture and fixtures away from window and door openings.
- ☐ If power is lost, turn off and unplug electrical items, especially computers. **DO NOT** use wet or damp electrical appliances.
- ☐ Fill containers with drinking water.
- ☐ Listen to your local radio station with a battery operated radio for storm and power supply updates and any evacuation plans, if needed.
- ☐ Stay clear of fallen powerlines.
- ☐ Make a list and take photos of damaged items for insurance purposes.



Mental wellbeing tips

Feeling prepared helps reduce anxiety. Share your storm plan with family and neighbours—staying connected builds confidence.

Storms can be scary, especially for kids. Offer reassurance, calming music, books, or games.

Recovery takes time. Even if there's no damage, stress can stick around. Take breaks, talk to someone, and ask for help if you're feeling overwhelmed.

Did you know?

Being prepared can reduce your risk during severe weather. People who are prepared also recover more quickly.

Scan the QR Code or go to getready.qld.gov.au/plan to make your Severe Weather Household Emergency Plan.

Weather doesn't plan, but you can!





For the grown-ups

Flood checklist

Floods can rise quickly and unpredictably, so early preparation is key. Use this checklist to take the pressure out of decision-making during a flood emergency.

Kids cope better when they're involved. Let them help pack waterproof bags, choose essentials to take, and rehearse the plan as a family. Small roles—like checking torch batteries—can build confidence and reduce anxiety. Reassure them that being prepared is the best way to stay safe. **Finally, remember... Never drive, ride, walk or swim in floodwater. If it's flooded, forget it.**

Before a flood

- ☐ Keep a list of emergency phone numbers handy.
- ☐ Plan what you'll do in case of a flood, and discuss with friends and neighbours.
- ☐ Put fuel in your car and park it in a sheltered area so you are ready to evacuate if necessary.
- ☐ Take photos of your property, both inside and out.
- ☐ Assemble an emergency kit for your family.
- ☐ Review your home and contents insurance regularly to ensure it is adequate to cover the full replacement value of your home and contents — new for old.
- ☐ Store important documents in a watertight container.
- ☐ Practice evacuating your pet to a safe location. Make sure their tags and microchips have up-to-date contact information. Include pet supplies such as food, water and any medication in your emergency kit. Talk to your vet about any special considerations.

During a flood

- ☐ Switch off electricity and gas to your home.
- ☐ Keep tuned to a portable radio for warnings and advice.
- ☐ Move your furniture above likely flood level.
- ☐ Pack warm clothes and valuables in waterproof bags you can take with you.
- ☐ If you need to evacuate, lock your home and take recommended evacuation routes for your area.
- ☐ Do not drive into flood waters of unknown depth and current.

After a flood

- ☐ Check for damage to your home.
- ☐ Stay away from fallen powerlines and damaged trees.
- ☐ If you've left your home, make sure the gas and electricity are switched off before re-entering.
- ☐ Make sure all your gas and electrical appliances are professionally tested prior to use.
- ☐ Do not eat food which has been in contact with flood water.
- ☐ Boil tap water until supplies have been declared safe.
- ☐ Beware of snakes and spiders that may have moved into your house.
- ☐ Avoid entering flood waters and don't allow children to play in flood waters.
- ☐ Make a list of items that may have been destroyed or damaged by the flood.



Mental wellbeing tips

Talk about flood risks as a family. Feeling informed helps reduce fear and panic.

Emergencies can overwhelm kids and adults. Use calming techniques like deep breathing, distraction, or chatting.

Recovery can take time. It's normal to feel tired, upset or stressed. Reach out to your support networks or call services like Lifeline or Beyond Blue.

Are your pets safe?

Thunderstorms can be scary for your pets. To prevent them from running away during a storm, keep them safe and calm indoors. If you are not home, make sure they have access to food and water.

Remember, if the weather isn't safe for your family, it is also not safe for your pet.



For the grown-ups

Cyclone checklist

Cyclones can cause widespread disruption, but being prepared gives you control. This guide offers practical ways to secure your home and plan ahead.

Children can be part of your cyclone readiness too. Help them understand what to expect with age-appropriate conversations. Invite them to help gather supplies or practice moving to your safe room. Giving children simple jobs and information helps reduce fear and builds resilience.

Before a cyclone

- ☐ Before the cyclone season, check with your local council if your home has been built to cyclone standards.
- ☐ Check that the walls, roof and eaves of your home are secure.
- ☐ Trim treetops and branches well clear of your home (get council permission).
- ☐ Fit shutters, or at least metal screens, to all glass areas.
- ☐ Clear your property of loose material that could blow about and possibly cause injury or damage during extreme winds – this includes cleaning out gutters.
- ☐ When cleaning gutters and removing debris, take care to be cautious and follow safety protocols.
- ☐ In case of a storm warning or other flooding, know your nearest safe high ground and the safest access route to it.
- ☐ Prepare an emergency kit to take with you and keep a list of emergency numbers on display.

During and after a cyclone

- ☐ When a cyclone watch is issued, fill your car's fuel tank. Ensure that your family members know where the strongest part of your house is.
- ☐ Listen continuously to your local radio/TV for further warnings.
- ☐ When the cyclone strikes, disconnect all electrical appliances. Listen to your portable radio for updates.
- ☐ Stay indoors (unless you are asked to evacuate) in the strongest part of the building, (i.e., cellar, internal hallway or bathroom). Keep evacuation and emergency kits with you.
- ☐ Protect yourself with mattresses, rugs or blankets under a strong table or bench if the building starts to break up.
- ☐ Drive carefully as roads may be filled with debris.
- ☐ Practice evacuating your pet to a safe location. Make sure their tags and microchips have up-to-date contact information. Include pet supplies such as food, water and any medication in your emergency kit. Talk to your vet about any special considerations.



Mental wellbeing tips

Feeling prepared reduces stress. Talk through your cyclone plan as a family and stay connected with neighbours.

Cyclones can last for hours. Keep calm using breathing exercises or quiet distractions like music, drawing or reading. Give children clear, simple updates.

Recovery takes time. Don't hesitate to ask for help—reach out to Lifeline, Beyond Blue or local recovery services if you're feeling overwhelmed.

Emergency alerts

Emergency alerts are sent to people in places where extreme weather is happening and require people to act. You do not need to register to receive an emergency alert, but make sure you add +61 444 444 444 to your phone contacts to recognise important alerts. For more information visit [emergencyalert.gov.au](https://www.emergencyalert.gov.au)



For the grown-ups

Bushfire checklist

Bushfires can be fast and frightening, but knowing what to do — or when to leave — makes a real difference. This checklist helps adults take practical steps to reduce risk and protect what matters most.

Children benefit from being included in planning. Talk about bushfire safety in calm, honest ways. Let kids help check the emergency kit, draw your evacuation route, or pack comfort items for a go-bag. When kids feel prepared, they feel powerful—even in uncertain times.

Preparing your home

- ☐ Regularly clean gutters.
- ☐ Keep woodpiles and flammable materials covered and well away from your house.
- ☐ Consider using a portable pump to access water from a pool or tank. Check that your hose reaches the entire property.
- ☐ Mow lawns and remove dry grass, leaves, and branches from your yard.
- ☐ Trim overhanging branches.
- ☐ Test smoke alarms inside your home.
- ☐ Install ember guards or fire-resistant gutter protection and metal mesh screens on vents.
- ☐ Review your insurance—check that you're covered for bushfire.
- ☐ Take photos of your home and contents for insurance claims.
- ☐ Create a Bushfire Survival Plan and pack a go-bag. Visit www.qld.gov.au/bushfires

In case of evacuation

- ☐ Turn off power and gas.
- ☐ Close windows and doors. Seal gaps with wet towels or blankets.
- ☐ Move curtains and furniture away from windows.
- ☐ Tell a neighbour, friend, or local authority where you're going.

Prepare your home before bushfire season

Scan the QR code or go to www.qld.gov.au/bushfires



During the fire

- ☐ Wear protective clothing: full-length wool or cotton clothes, enclosed shoes, hat and gloves.
- ☐ Close windows and doors.
- ☐ Use eye and breathing protection.
- ☐ Drink water regularly to stay hydrated.
- ☐ Call Triple Zero (000) to notify the fire brigade.
- ☐ Do not leave the house while the fire front passes.

After the fire

- ☐ Put out any spot fires in gutters or around the house.
- ☐ Avoid fallen powerlines.
- ☐ If the house is unsafe, move everyone to a burnt-out area.
- ☐ If you must leave, secure the property from weather or theft if it's safe to do so.



Mental wellbeing tips

Talk through your bushfire plan with family and neighbours. Feeling ready reduces anxiety and gives you a sense of control.

Panic is natural. Use breathing exercises (like inhale for 4, hold for 4, exhale for 4) to stay calm.

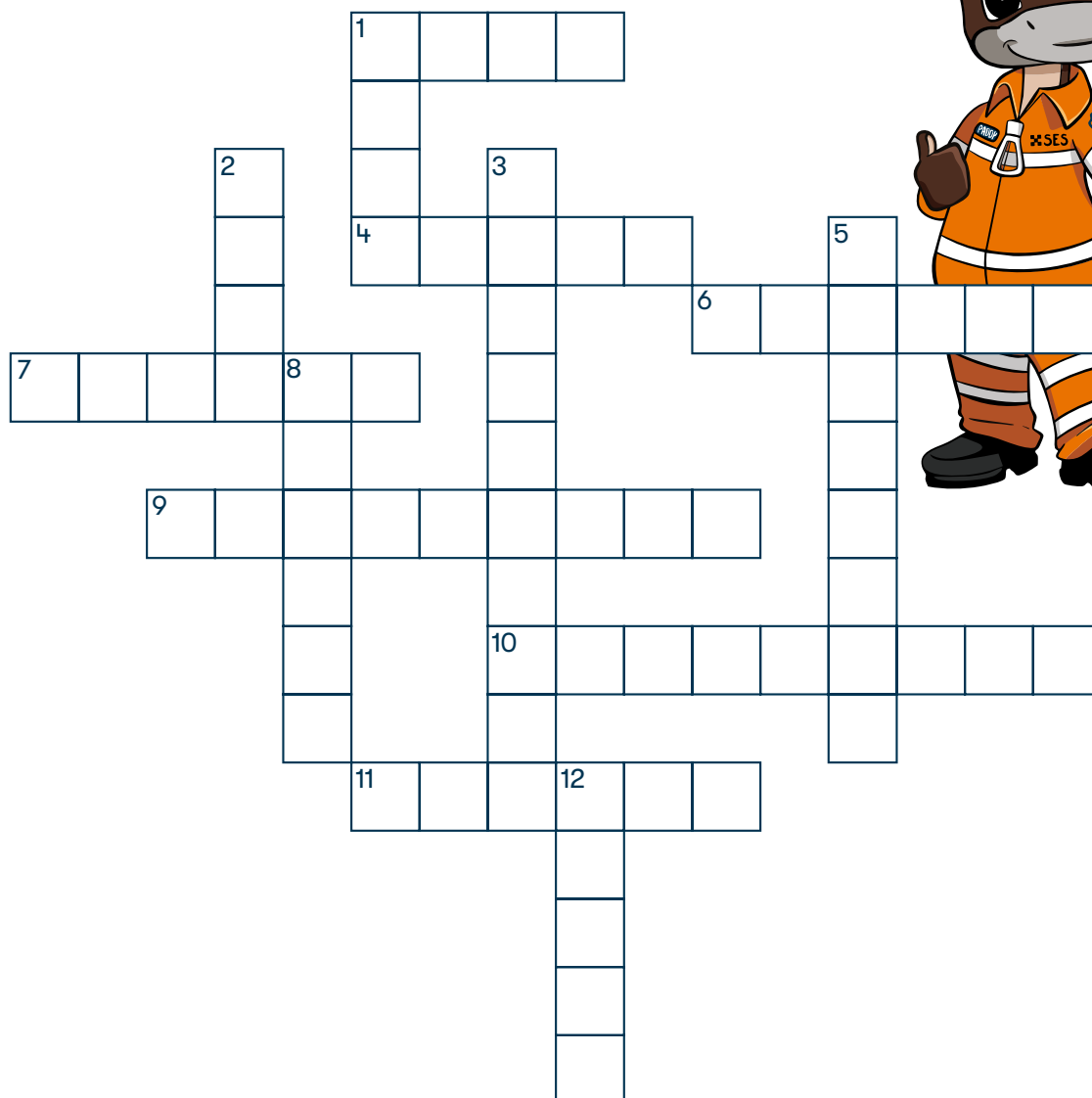
Evacuating can be stressful, especially when leaving belongings or property behind. It's okay to feel upset. Focus on what you can do to stay safe.

You're not alone. Connect with neighbours, friends or reach out to services like Lifeline or Beyond Blue.

It's probably lightning

One of the most common natural causes of bushfires in Australia is lightning. **"Dry Thunderstorms"** can happen where the rain evaporates before it hits the ground. This means a lightning strike could easily ignite the dry vegetation below.

Paddy's crossword puzzle



Across

1. Do not ... or swim in flood water (4 letters)
4. You should stay inside during a ... (5 letters)
6. If it's flooded, ... it! (6 letters)
7. SES volunteers wear the colour ... (6 letters)
9. Before storm season, put away outside ... (8 letters)
10. Paddy is a member of the State ... Service (9 letters)
11. During a storm, you should ... to weather reports (6 letters)

Down

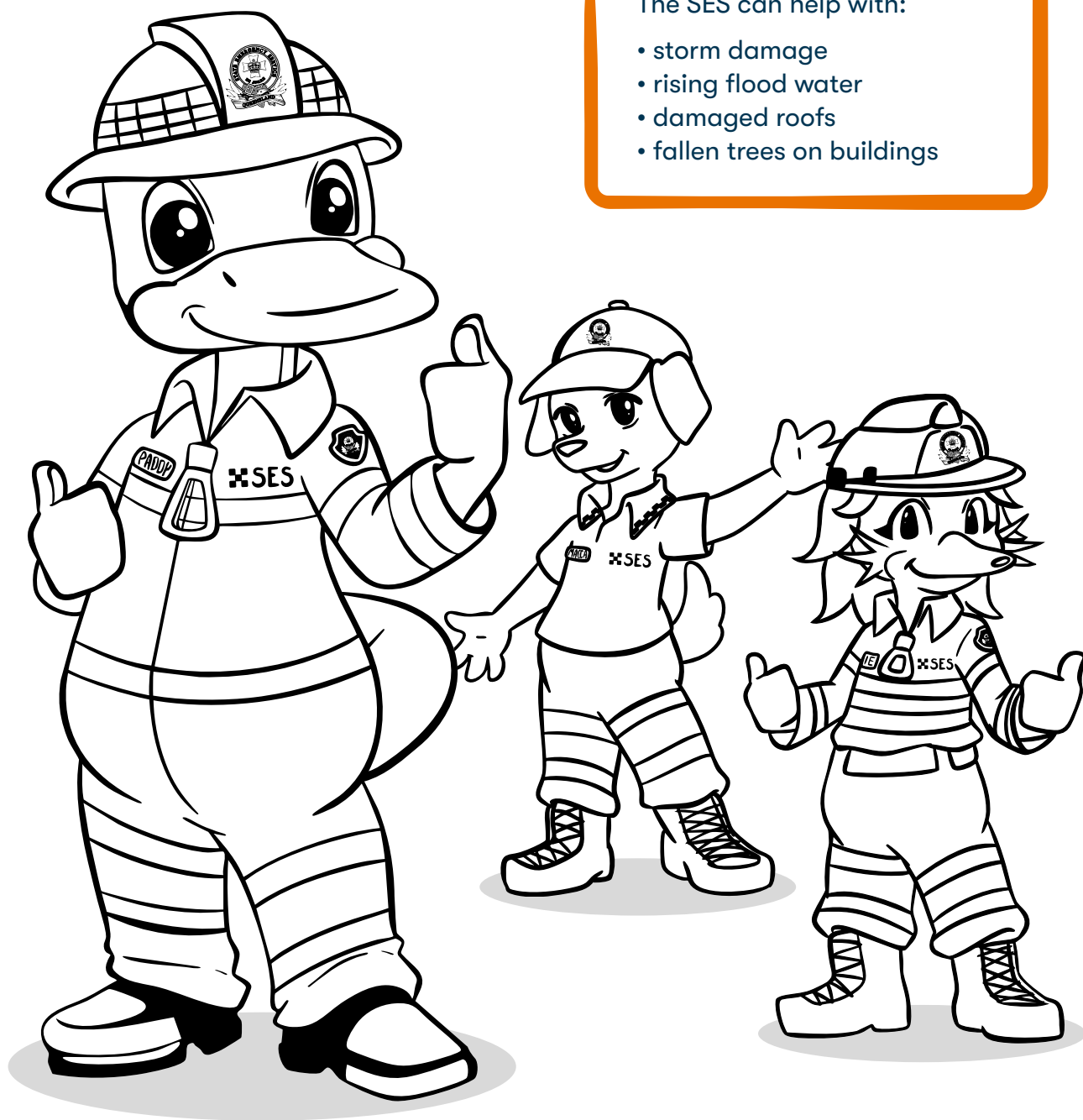
1. I need to go inside during a storm and bring my ... with me (4 letters)
2. A cyclone can bring strong wind and ... (4 letters)
3. SES members are ... (10 letters)
5. My family needs to be ... for storm season by making an emergency kit (8 letters)
8. Before storm season arrives, you should tidy the ... (6 letters)
12. I should keep a ... and batteries in my emergency kit (5 letters)

Go to page 19 to check your answers.

Paddy, Ellie and Macca are SES members

The SES can help with:

- storm damage
- rising flood water
- damaged roofs
- fallen trees on buildings



If you need help from the SES during a flood or storm emergency

call
visit
or use the

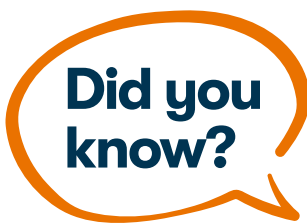
132 500
132500.qld.gov.au
SES Assistance QLD app

Paddy's storm safe word jumble

Stay storm safe and help Paddy unscramble the words below.

1. Stay **SNIED** _____ and bring your pets with you during a **MROST** _____.
2. Never **LYPA** _____ in floodwater.
3. Make an **GREEECMNY** _____ kit with your family.
4. Remember to always put your **SOTY** _____ away so they don't blow around the **YDAR** _____ in strong **DISWN** _____.
5. Listen to the local **ADROI** _____ station when a flood, cyclone or storm is happening in your area.
6. Help your family **YDTI** _____ the garden of any leaves, **ACRNEBSH** _____ and furniture.
7. Remind your family to **NLCAE** _____ the gutters and fix any roof **EDMGAA** _____.
8. Always **WLLOOF** _____ the instructions of emergency services workers.

Go to page 19 to check your answers.



SES

This is a short way of saying “State Emergency Service”. The SES is made up of volunteers from across the state. They work to help people who are lost or hurt in the bush, assist in car crashes, and help communities get ready for and clean up after floods, storms and cyclones.

Storm season

This is the time of year when big storms like cyclones are more likely to happen. These storms can be very dangerous with flooding, hailstones, and strong winds. Large storms and cyclones can easily damage buildings and cars.

If it's flooded, forget it

Even in shallow floodwater, a car's steering, engine and electrics can fail. Just 15cm of floodwater can cause a car to lose traction on the road and be swept away. Remind your grown-ups to never drive in floodwaters.

50 years and going strong

SES has been helping Queenslanders for over 50 years. That might be older than your parents!

Paddy Platypus

Paddy Platypus is the national mascot for SES. He is an SES member who helps during emergencies.

Coastal flooding

80% of Queenslanders live in coastal areas at risk of coastal flooding (or inundation) due to tidal changes, storms, cyclones and tsunamis.

Australian Warning System

In Queensland, natural disaster warnings follow the Australian Warning System. There are three warning levels – Advice, Watch and Act, and Emergency Warning. Official warnings are issued when a flood, storm, or cyclone has the potential to threaten life or property.

Answers page

Packing your emergency kit

In a weather emergency, it's important to be prepared. Here are some essentials you should have packed and ready to go:



Torch: Because power outages are common in extreme weather, having a torch on hand means you can see where you're going in the dark, signal for help if needed and be able to do important things like read and administer first-aid.



Portable Radio: When power and internet are out, a battery-operated or hand-cranked radio allows you to get updates on the current state of the weather emergency.



Extra Batteries: If an emergency situation goes on for a long time, the batteries in your devices will eventually run out. Having extra batteries and portable power banks on hand for things like flashlights, radios and mobile phones will be important. But make sure you have the battery sizes you need!



Bottled Water: Safe and clean drinking water is a basic need. Weather emergencies can disrupt water supply systems, contaminate drinking sources, or prevent access to safe water.



First-Aid Kit: Injuries can happen during severe weather events from things like debris from a storm or even tripping in the dark during a power outage. A first-aid kit contains essential supplies to treat minor injuries and stabilise more severe injuries until professional medical assistance can arrive.

Find a word

S L I G H T N I N G F J G Q E
D E O U J S U O R E G N A D M
R X Y L A L F L O O D T M W C
A T F E M E R A P E R P E E S
Z R G T U S T O R M D D X A E
A E Q A Y C N E G R E M E T N
H M L U W F F U J N A L P H O
E E H C J T N E D I C C A E L
R T O A D Z G A B R U O Y R C
I H D V T C A B O E P K U U Y
F U S E K W L M G S R W S J C
H N C J J I M Z E C U E U L E
S D Y J S N V G W U W L O E R
U E Q X I D P Y T E F A S K E
B R B G X Y N I A R Q N Q Y S

Paddy's storm safe word jumble

Stay **(INSIDE)** and bring your pets with you during a **(STORM)**.

Never **(PLAY)** in floodwater.

Make an **(EMERGENCY)** kit with your family.

Remember to always put your **(TOYS)** away so they don't blow around the **(YARD)** in strong **(WINDS)**.

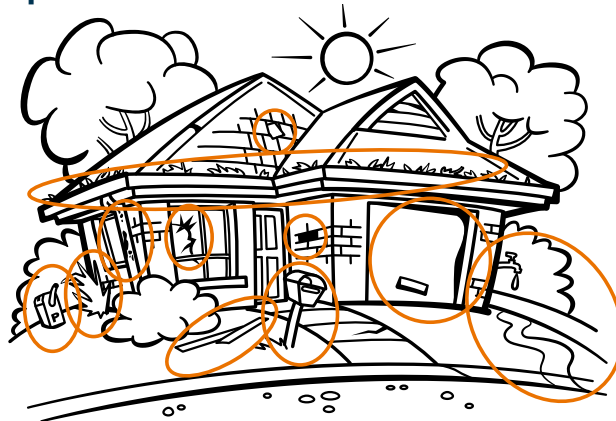
Listen to the local **(RADIO)** station when a flood, cyclone or storm is happening in your area.

Help your family **(TIDY)** the garden of any leaves, **(BRANCHES)** and furniture.

Remind your family to **(CLEAN)** the gutters and fix any roof **(DAMAGE)**.

Always **(FOLLOW)** the instructions of emergency services workers.

Spot the Difference



Petrol Can: it can ignite during bushfires.

Overgrown Grass: Dry grass is a fire hazard that can be easily ignited by a downed powerline or even lightning. It can also be a habitat for pests, rodents and snakes. In a storm, they're going to seek shelter – maybe in your house!

Loose Planks of Wood: Strong winds can cause flying debris that could cause significant damage and injury. If they have loose nails or sharp edges, they're even more dangerous!

Smashed Window: A broken window lets in rain, wind and debris from a storm that can cause structural damage, electrical shorts, injuries and longer-term issues like mould inside your house.

Missing Bricks: If bricks are missing from the foundation of a house, it can lead to water getting in and causing larger structural issues. Pooling water can also cause health issues from things like mould.

Broken Garage Door: Strong winds will further damage a broken garage door, even blowing it in or ripping it off completely. It can also let in water and cause flooding in the garage and home.

Leaking Water Tap: Continuous water leakage will cause pooling water which can erode soil and destroy the foundation of a house. Standing water can also be slippery and lead to injuries. And that's not to mention the waste of precious clean water!

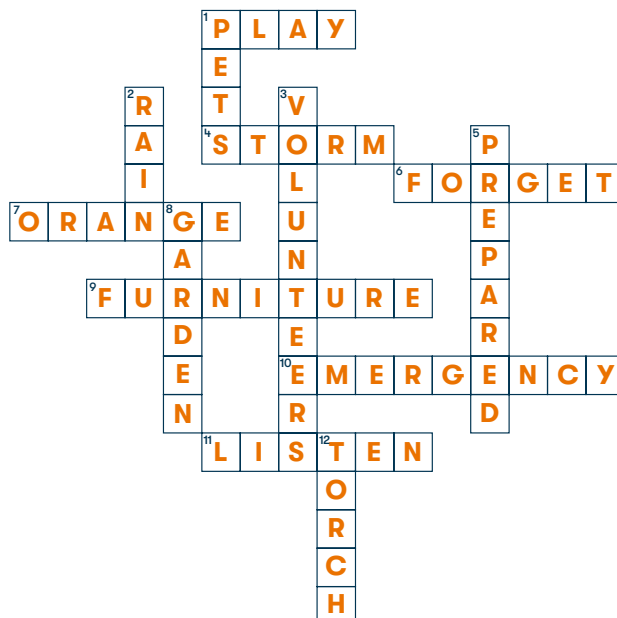
Loose Mailbox: It can get ripped out of the ground and become flying debris in high winds – that means damage to cars, your home or even animals and people.

Broken Roof Tile: Gaps or cracks in roof tiles let rainwater into your ceiling, which can damage insulation, cause mould, and lead to expensive repairs. In high winds, broken tiles can also become dangerous flying debris.

Damaged Downpipe: A broken or missing downpipe stops water from draining away properly, causing it to pool around the base of your home. Over time, this can lead to water damage, erosion or even weaken the building's foundations.

Leaves in Gutters: When gutters are full of dry leaves and debris, water can overflow and seep into the roof and walls. During a storm or fire, blocked gutters can also increase the risk of damage or ignite from flying embers.

Paddy's crossword puzzle





If you need help from the SES during a flood or storm emergency

call **132 500**
visit **132500.qld.gov.au**
or use the **SES Assistance QLD app**



Proudly partnering
**Black Dog
Institute**

Mental wellbeing tips in this resource were developed in partnership with the Black Dog Institute. We thank them for their expertise and commitment to supporting the mental health and resilience of our communities.

The Stay Safe Activity Book was prepared in partnership with the Queensland State Emergency Service, Get Ready Queensland and Suncorp Insurance to help you stay informed and prepared for severe weather. Together, we aim to provide valuable information and practical tips to help you protect your home, family, and community during severe weather. The information provided is intended to be of general nature only to help you improve the resilience of your home or property to better withstand natural hazards. Subject to any rights you may have under any law, we do not accept any legal responsibility for any loss or damage, including loss of business or profits or any other indirect loss, incurred as a result of reliance upon it – please make your own enquiries.

Proud partner of
Get Ready Queensland



**Queensland
Government**



SES | **SUNCORP**

