

THE LITTLE **GUIDE** for young **SURVIVORS**

Children's Basic Survival Skills
ACTIVITY BOOK



Cecília Sobral-Michiels

ILLUSTRATED BY

Maria Antônia Sobral



A EUROPEAN CLIMATE PACT
AMBASSADOR'S PROJECT

To Pedro, my little nephew. To my parents, Maria
Antônia and José, to my brothers and their families.
To my family, with love.
Cecília Sobral-Michiels.



© copyright 2025 Cecília Sobral-Michiels. All rights reserved.

Disclaimer: Views and opinions expressed in this book are those of the author only, and do not necessarily reflect those of the European Union. The European Union cannot be held responsible for them.

 Dear Parent, Guardian, or Educator 

"Our posturings, our imagined self-importance, the delusion that we have some privileged position in the Universe, are challenged by this point of pale light. Our planet is a lonely speck in the great enveloping cosmic dark. In our obscurity, in all this vastness, there is no hint that help will come from elsewhere to save us from ourselves."

– Carl Sagan, Pale Blue Dot, 1994

This activity book is designed to teach young children and their families about how to stay safe during emergencies and climatic disasters. Emergencies can be scary for kids, but children are much better at adapting to situations when they know what to expect.

This activity book's message and purpose rely on the support and guidance of adults - parents, teachers, and caretakers - like you. Regardless of your views on climate change or politics, what matters most is providing children with the knowledge and tools to protect themselves in the face of potential dangers. By encouraging them to understand the importance of these survival skills and helping them practice, you are giving them a chance to be prepared, confident, and resilient. You are giving them a chance to survive.

The world is unpredictable, and climate disasters are a reality we cannot ignore. This guide empowers kids to face those challenges with practical, simple, easy-to-learn skills. I invite you to join on this journey with them. Talk about the potential climate disasters and their respective risks, help your kids build their emergency kits, explain how, why, and when to use them, and most importantly, encourage your children to see these skills as empowering, not frightening. After all, preparedness is not about fear - it's about hope and readiness.

The author.

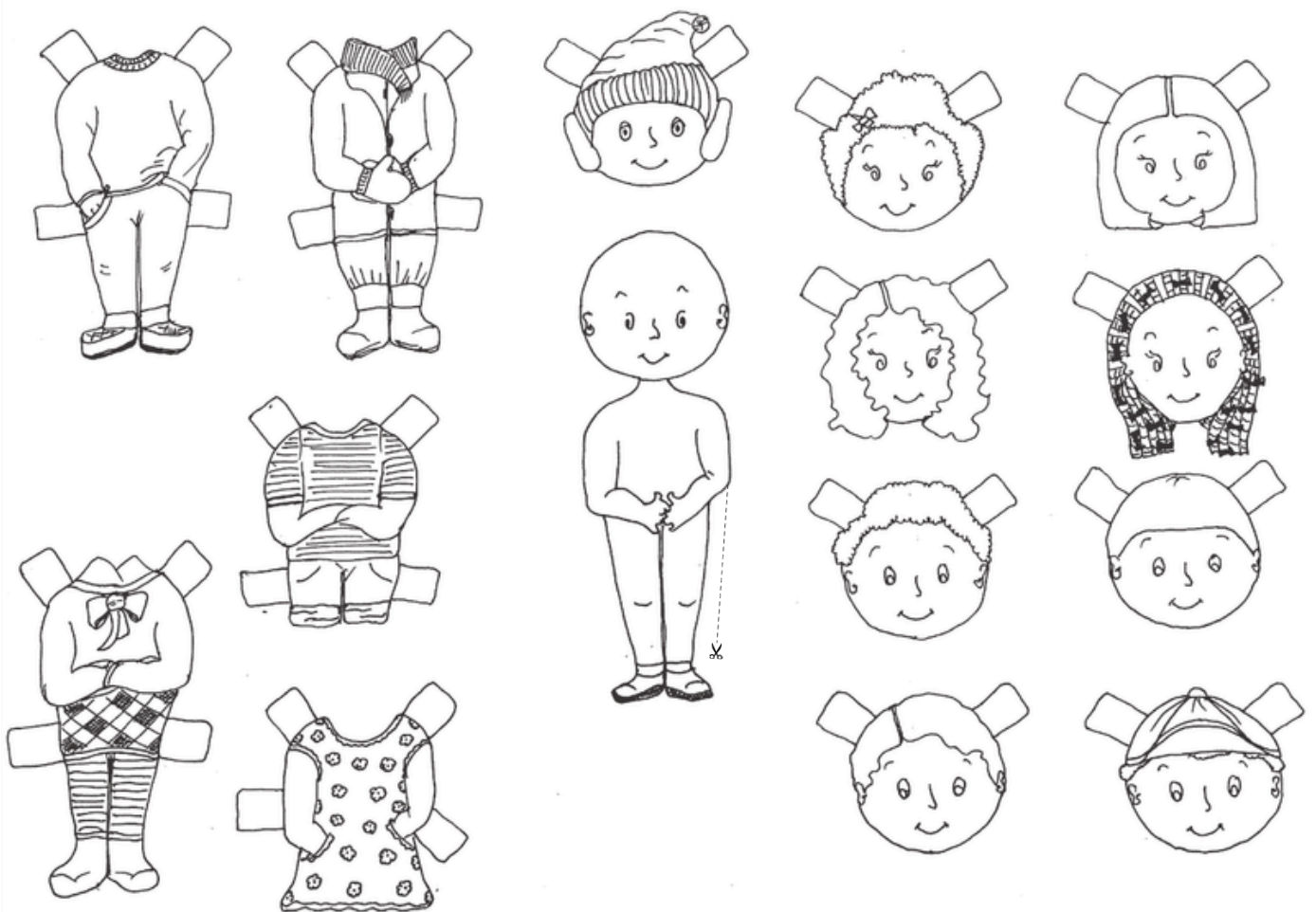
Hey, kid!



In this activity book, you'll embark on an exciting adventure, learning how to **stay calm, strong, smart, and prepared** for any emergency! First, you must choose a friend to travel through each page with you.

Color the clothes and pick the best outfit for their adventure! Are you ready to dress your new friend up and go explore together?

Grab your crayons and let's go!



WHAT IS YOUR NEW FRIEND'S NAME? _ _ _ _ _

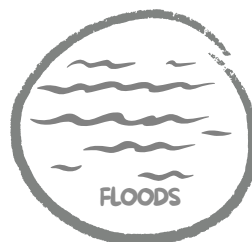
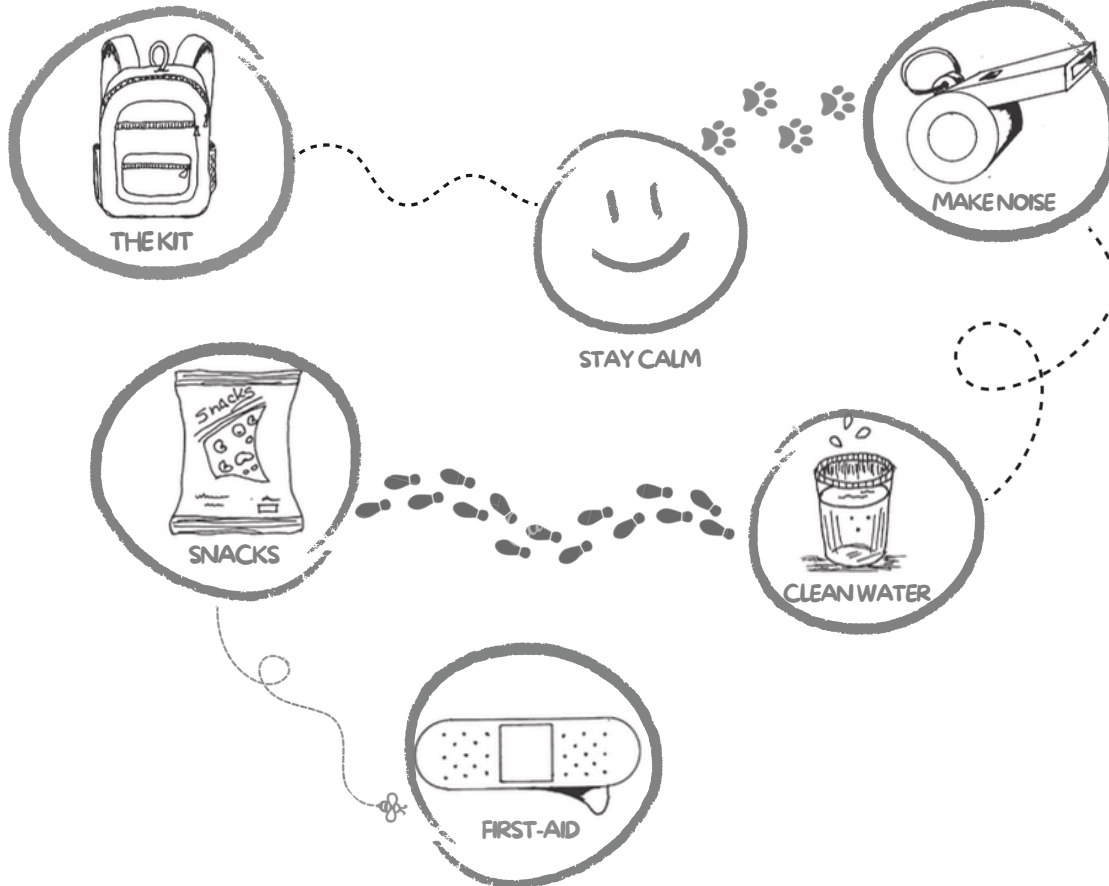
WHAT IS THEIR SUPERPOWER? _ _ _ _ _

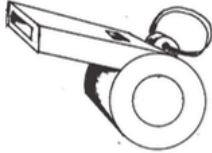
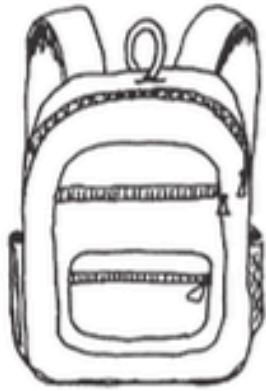
THE ADVENTURE MAP



Emergencies and disasters can happen anywhere, but there are ways to help you **stay safe.**

Follow along, bring your friend and we can learn together!

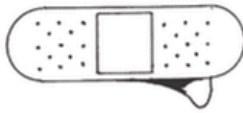
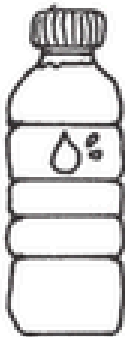




Part 1



THE KIT

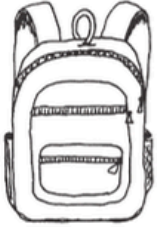


You can put together your very own emergency kit **at home**. Could you ask an adult to help you gather important supplies?

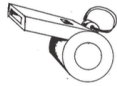
Having your kit ready means you'll be prepared
for all kinds of emergencies!

FIND YOUR GEAR!

Oh no! This bedroom is super messy! Hidden inside are important items for your emergency kit. **Can you find and circle them all?** Once you find them, **think about why each one is important.**



backpack



whistle



blanket



snacks



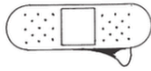
granola bar



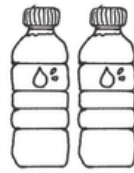
flashlight



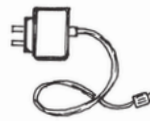
first aid kit



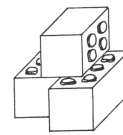
band aid



water



charger



toys

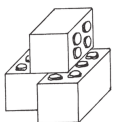
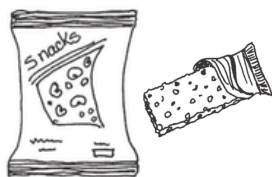
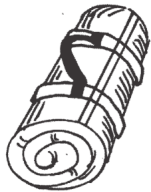
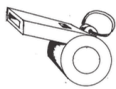


ID copies



LEARN YOUR GEAR

Great job finding your emergency gear in that messy room! Now it's time to understand why these items are important to have in your super-hero kit. Match the items with your thoughts and feelings below!



These are important things to have.



First basic survival skill



stay
CALM

and keep

WARM

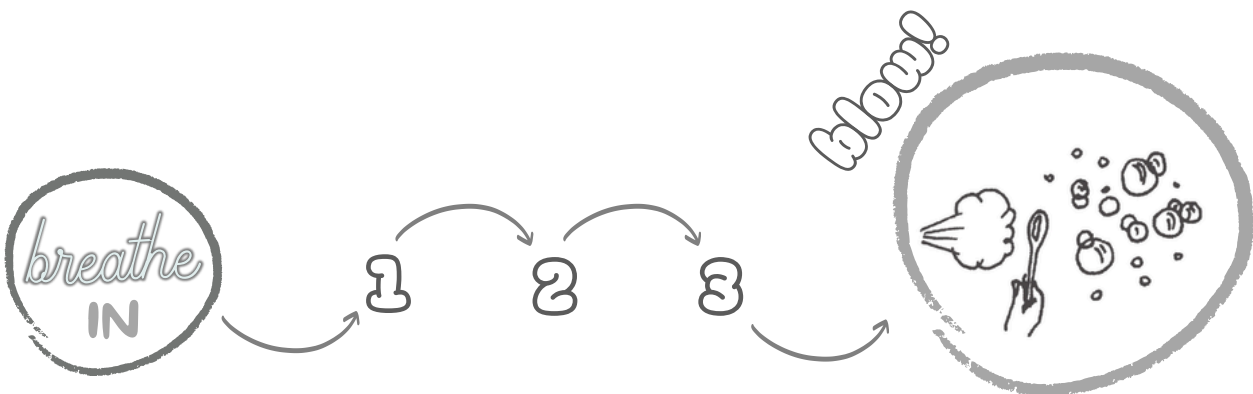
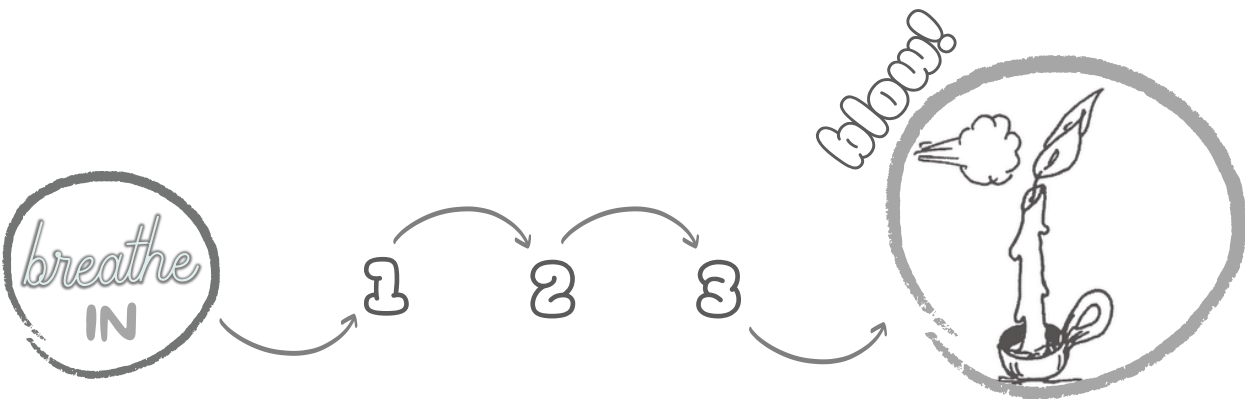
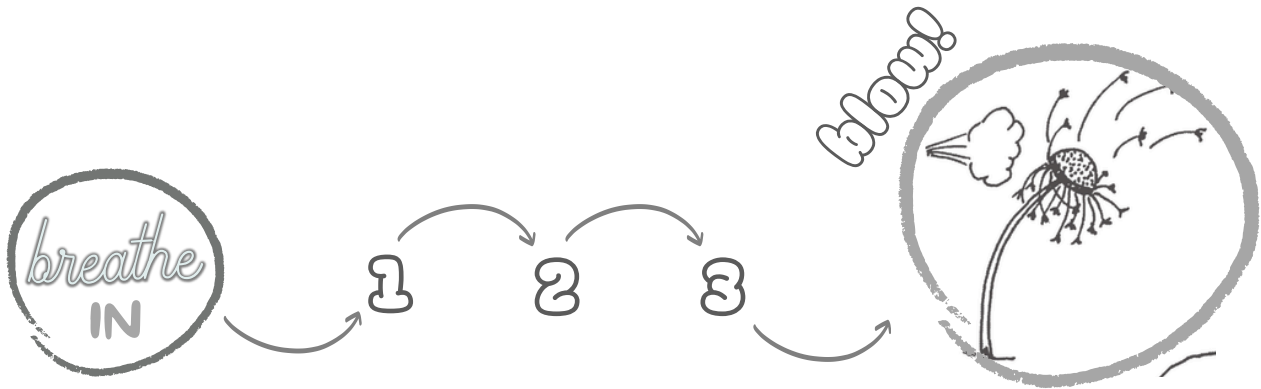


When things don't go as planned, your most important superpower is **staying calm!** Taking deep breaths helps your brain think clearly, and keeping warm makes your body **safe.**

Let's learn how to stay calm
and find the coziest clothes to keep warm when it's cold.

TAKE A DEEP BREATH...

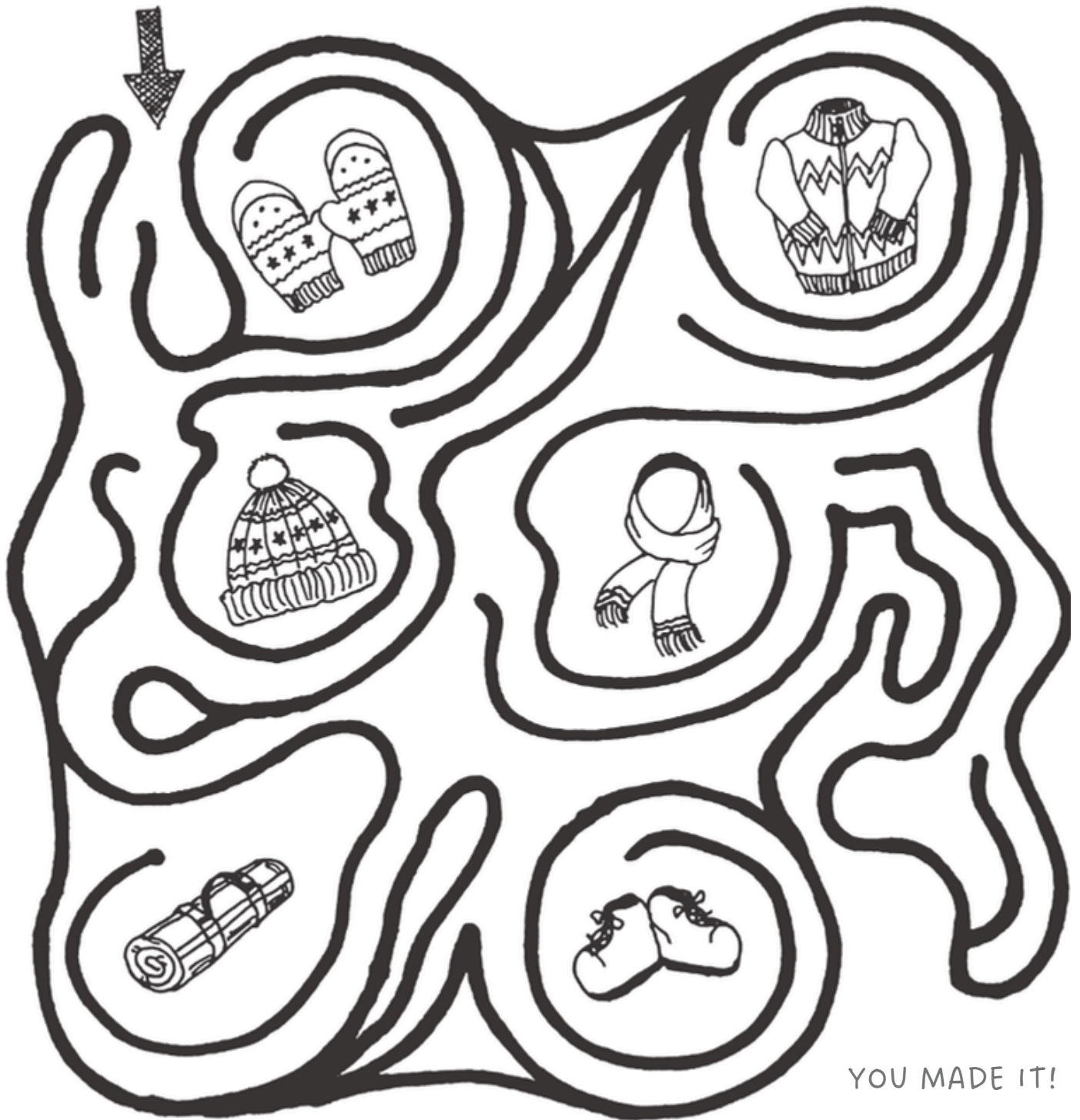
When you feel worried or scared, taking deep breaths can help you **feel calm and strong**. Let's practice with a fun blowing game!



Are you feeling a bit more relaxed now?

THE COZY RESCUE MAZE

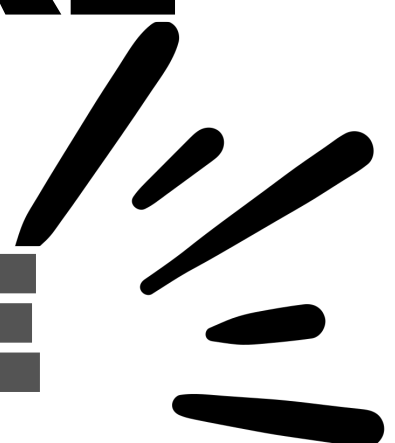
Oh no! It's getting cold! Remember: Staying warm keeps your body safe. Find the warm items by solving the maze. Draw a line along the correct path and collect all the cozy items.



Second basic survival skill



IT'S TIME TO MAKE some NOISE

Several thick, black, slanted lines radiating from the right side of the word 'NOISE', suggesting sound or noise.

When you're **in trouble, lost or alone**, it's important to let others know **where you are and that you need help**. That's why learning the **secret codes** to signal for help is one of the most important survival skills!

In this chapter, you'll discover a special way to get attention,
so rescuers can find you quickly.

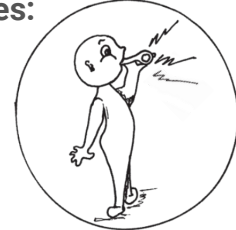
THE WHISTLE CODE



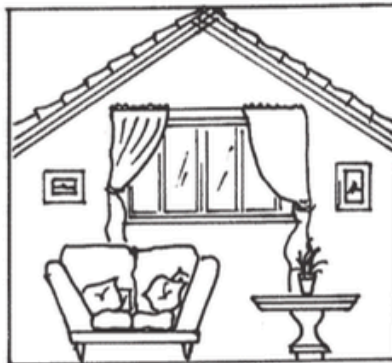
Let's practice when and how to use a whistle! In this game, you'll see different pictures of situations. Your mission is to circle the right moments to use your whistle and **then practice blowing it three short times:**

TWEET-TWEET-TWEET!

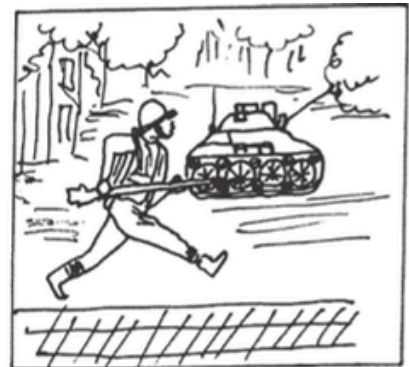
This is the universal signal for help.



YOU ARE ALONE IN THE FOREST!



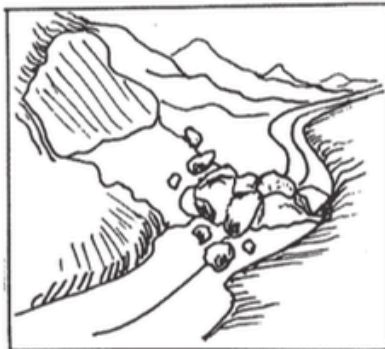
YOU ARE AT HOME WITH YOUR PARENTS.



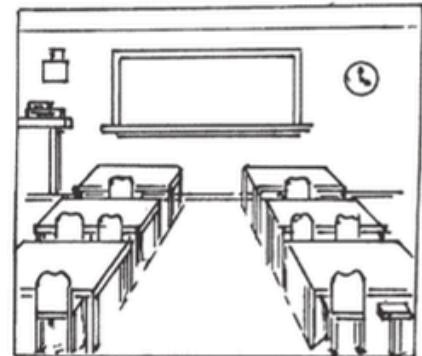
YOU ARE OUTSIDE IN DANGER!



YOU ARE ALONE IN THE MIDDLE OF A WILDFIRE!



YOU ARE ALONE IN A LANDSLIDE!



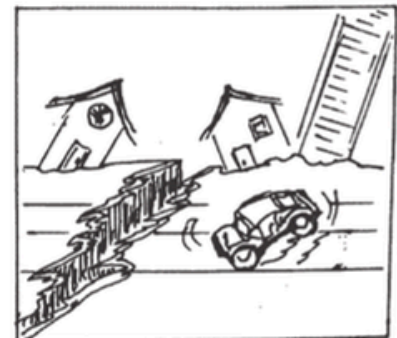
YOU ARE IN YOUR CLASSROOM.



YOU ARE ALONE IN THE MIDDLE OF A FLOODING!



YOU ARE ALONE DURING A HURRICANE!



YOU ARE ALONE DURING AN EARTHQUAKE!

Third basic survival skill



THIRSTY?

MAKE SURE



it's

CLEAN

Water keeps our bodies **strong**. However, in an emergency, finding water can be difficult, and not every source of water is safe to drink. Unsafe water can make us sick! Now is the time to learn about the importance of **clean water** and how to access it in an emergency.

Let's learn how to find water in an emergency and how to make it safe to drink!

WATER DETECTIVE MATCH UP

Let's play a matching game! Your task is to be a water detective and find out which tools make **water safe to drink**.

DRAW A LINE TO MATCH THE WATER SOURCE TO THE RIGHT SOLUTION!



River Water



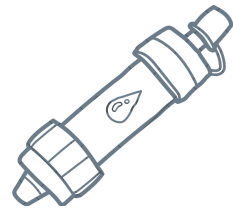
Rain Puddle



Water Bottle



Tap Water



Portable Water Filter



Already safe to drink!

Fourth basic survival skill

POWER **SNACKS** for smart **KIDS**



When you're facing an emergency, you need energy to **think clearly** and stay **strong**. It's very important to pack non-perishable, ready-to-eat food in your emergency kit.

In this chapter, you'll find healthy and yummy snack ideas for your emergency kit, to help you be ready for anything!

PICK THE POWER SNACKS

Look at the picture below of a kitchen pantry filled with all kinds of food. There you'll find 6 choices of food that are suitable for your emergency kit: **CEREAL**, **SNACKS**, **CANNED FOOD**, **CHIPS**, **WATER BOTTLES**, and **COOKIES**.

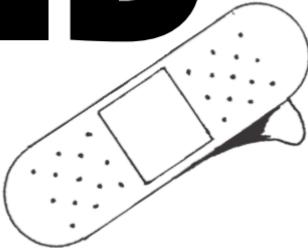
CAN YOU CIRCLE ALL THE FOOD TO PACK FOR AN
EMERGENCY KIT?



Fifth basic survival skill

 **OUCH!** WHAT NOW?

FIRST AID

to the 

RESCUE

Sometimes **accidents happen!** **OUCH!** But guess what? You can learn to **help yourself** and **others**. Knowing basic first-aid skills makes you a **real-life hero**.

Let's learn the 3 basic first-aid skills that can help you stay safe and prepared!

1. PRESS, PRESS - DON'T MESS

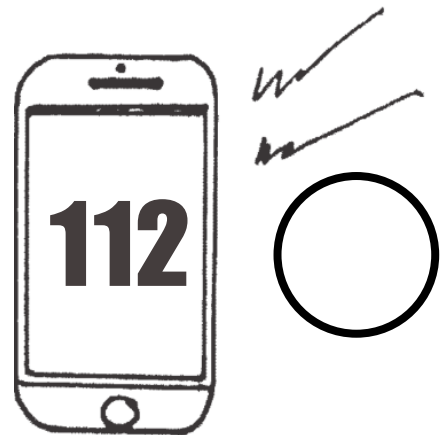
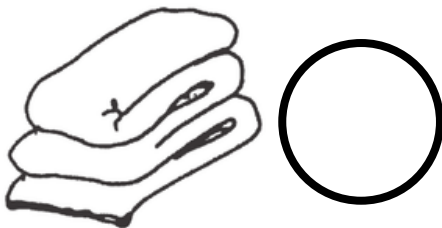
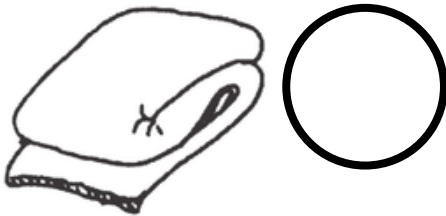
If you get a **cut** or see someone with a **bleed**, don't panic! You can be a helper.

Here's what to do:

- Grab a cloth or tissue (or use your clean hand).
- Press it gently but firmly on the bleeding spot.
- If it keeps bleeding, add more cloth on top. Don't take it off.
- If the cut is really big, get help fast: call 112 and shout for an adult!

Your task is to pretend that you, or someone next to you, got hurt. Follow the steps below and mark as checked when you do it!

REMEMBER: BE CALM, BE GENTLE, AND ALWAYS ASK FOR HELP.



2. LITTLE WOUNDS, LITTLE DOCTORS

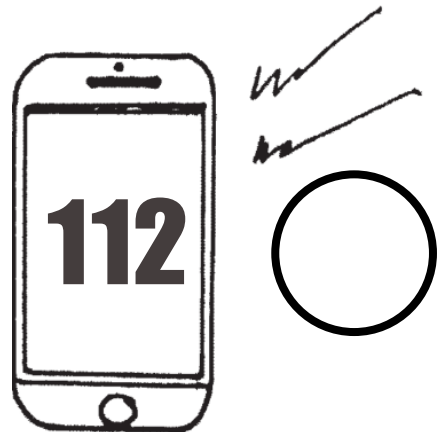
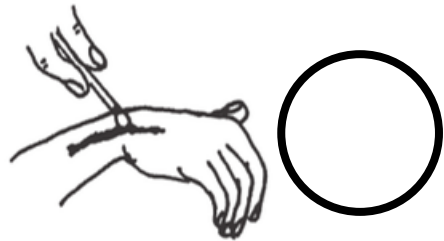
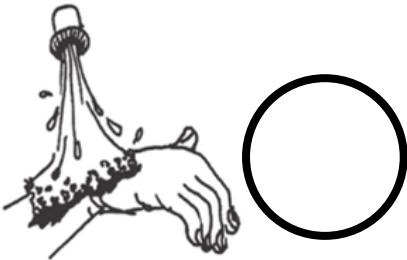
If you get a little **cut** or see someone with a **scrape**, stay calm! You've got this.

Here's what to do:

- Gently rinse the wound with clean water to wash away any dirt. If you have some antiseptic (that's a germ-killer), dab a little on.
- Cover the cut with a clean bandage as a little shield for your skin.
- Make sure to change the bandage every day or if it gets dirty.
- If the cut is really big, get help fast: call 112 or shout for an adult!

Your task is to pretend that you, or someone next to you, got hurt. Follow the steps below and mark as checked when you do it!

REMEMBER: WASH, DAB, COVER, CHECK!



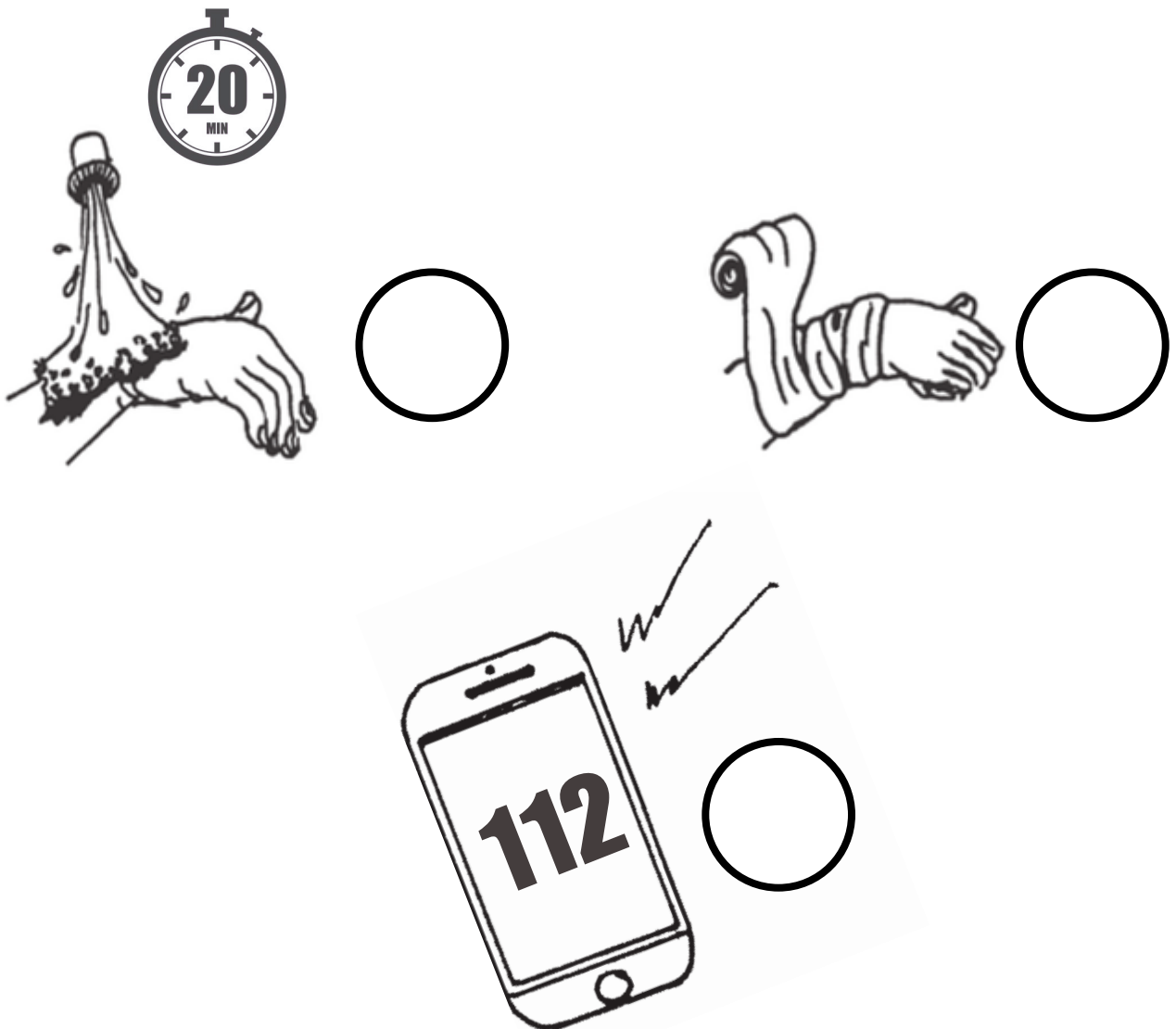
3. WHEN FIRE BITES

Burns and blisters occur when excessive heat damages the skin. Stay cool! You're brave, and you know what to do.

Here's what to do:

- Right away, put the burned area under cold running water. Keep it there for at least 20 minutes!
- Once it feels better, gently cover the burn with cling film (that's the see-through kitchen wrap) or a clean plastic bag.
- Then, call 112 or shout for an adult to come help. Heroes always ask for backup!

REMEMBER: COOL IT, COVER IT, CALL FOR HELP!





Part II

THE TASKS

After you've learned all you need to put your emergency kit together, now **it's time to learn when, why, and how to use it.**

Always keep your emergency kit in a safe and easy spot nearby.



ICE, ICE

SAFETY!

stay warm

STAY OK



During winter, the air outside can get **extremely cold**. **Remember:** your emergency kit has a **warm blanket**. Wrap yourself up tight to keep you **warm** and **nice**!

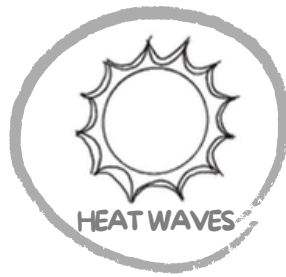
In this chapter, you'll learn how to stay warm, dry, and safe when the temperature drops.

BABE, IT IS COLD OUTSIDE

Brrrrr! Our little snowman is freezing... Use white glue to stick wool threads all over him. While you work, think about what you would wear to stay **warm** in an icy emergency.

CAN YOU HELP KEEP HIM WARM?





KEEPING **COOL** in a hot **PLANET**



When it gets too hot outside, our bodies can **overheat**. That can make us feel **dizzy**, **tired**, or **sick**. **Remember:** Your emergency kit has **water bottles**.
Drink often, even if you're not thirsty.

In this chapter, you'll learn how to stay cool and safe.

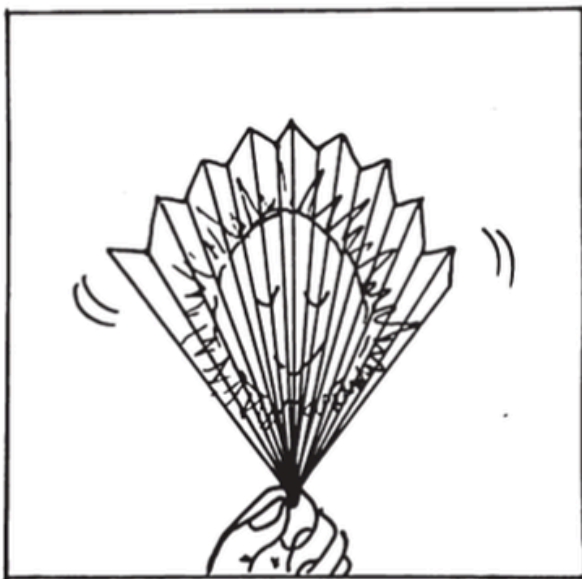
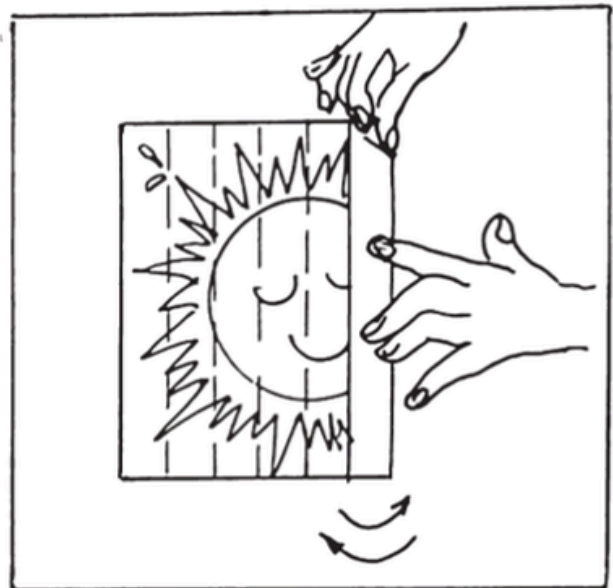
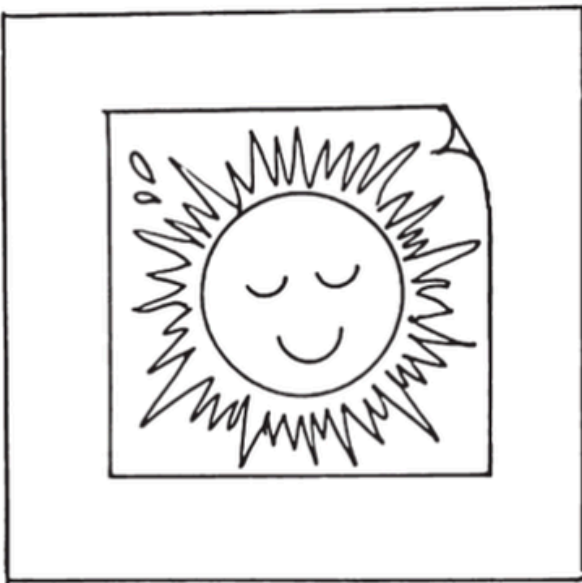
FEELING HOT HOT HOT

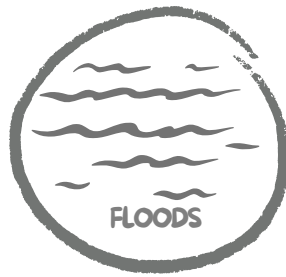
When the sun is blazing and it's too hot to play outside, **stay inside** during the hottest part of the day. **Fans**, **water**, and **shade** are your best friends during a heat wave.

LEARN HOW TO MAKE YOUR OWN PAPER FAN!

Here's what you need:

- A sheet of paper (A4 or square)
- Crayons or markers (to decorate)





RAIN, RAIN

GO AWAY!

stay afloat

STAY OK

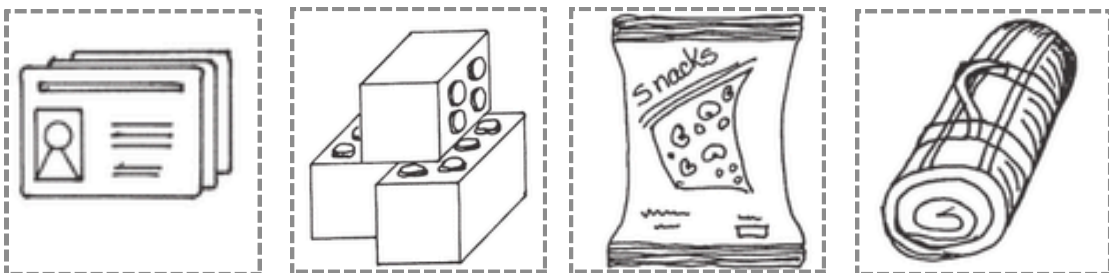
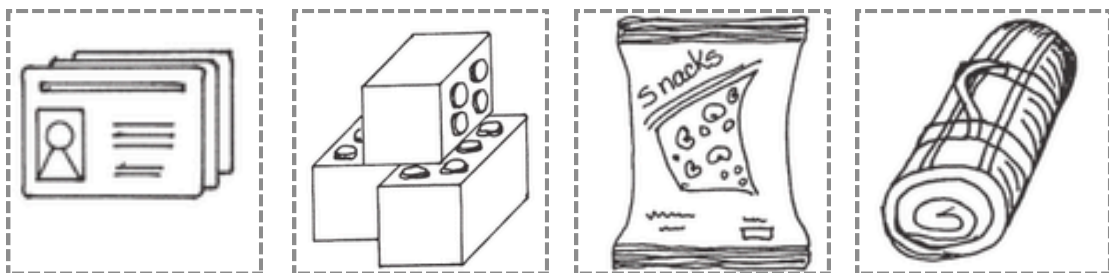
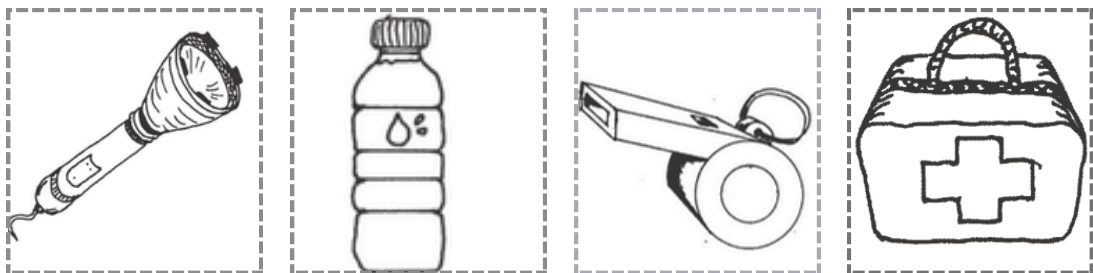
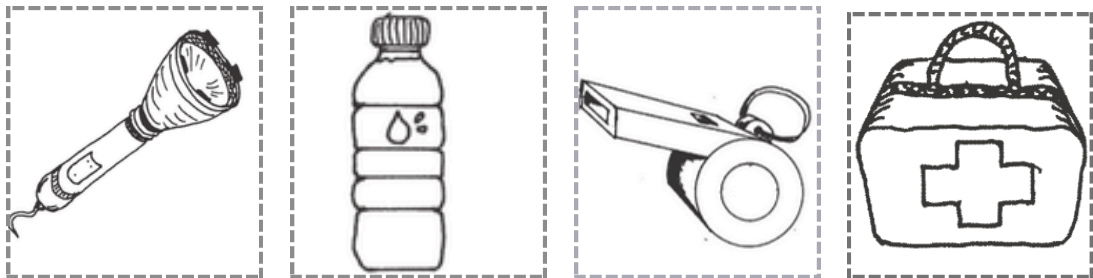
Floods can happen **fast**. They can fill streets, homes, and parks with water. Sometimes, the **electricity** may **go out**. When this happens, you can use your emergency kit to help you stay safe. What to do when the water **rises**? How to stay **safe, warm, calm**, and **signal** for **help** during floods?

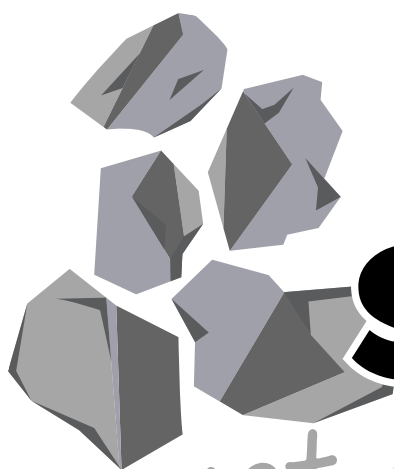
DON'T FORGET: Your emergency kit has a whistle for you to ask for help, a warm blanket to keep you warm, snacks and water bottles to stay strong, and a flashlight if the power goes out!

FLOOD-READY MEMORY MATCH

When a flood comes, can you remember what helps you stay safe?
Let's play a memory game to find out! With **calm thinking**, **warm clothes**, and your **emergency kit**, you can stay safe and be a hero!

BEING PREPARED IS POWERFUL AND FUN!





DON'T

SLIP!

get ready for a

LANDSLIDE



Landslides can happen when there's too much **rain** or shaking **ground**.

They can occur quickly, but you can stay safe by knowing exactly **where to go** and **what to do**. Sometimes, the **electricity** may **go out**. When this happens, you can use your emergency kit to help stay safe.

DON'T FORGET: Always keep your emergency kit nearby. In a landslide, staying safe means acting quickly, getting covered, and using your tools wisely.

SMART SPOT CHALLENGE

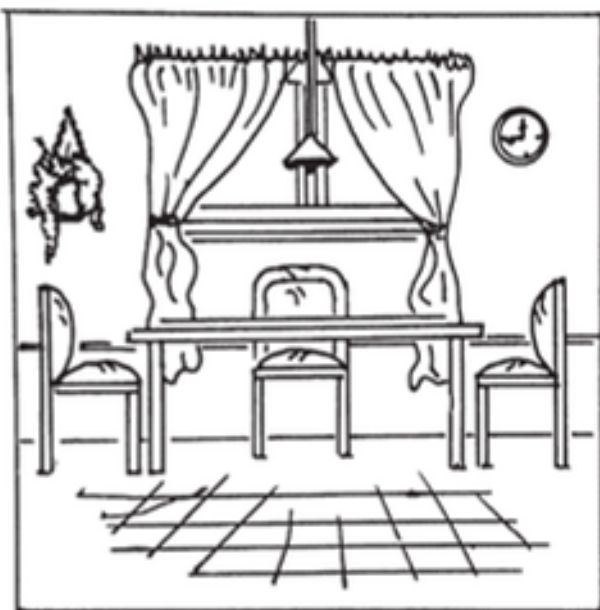
What to do when the ground moves? How to find **cover**, **stay safe**, and **signal for help** during a landslide?

Here's what to do:

- Hide under a sturdy table or bench.
- Hold on tight and protect your neck.
- Stay put and count slowly to 20.
- Grab your whistle and ask for help!

When a landslide is about to happen, knowing where to hide can keep you safe! Look at each picture carefully and **circle the best hiding spot!**

Where would you hide until the landslide stops?





WHEN THUNDER

ROARS

BOOOOM!

go

CRASH!

INDOORS

Storms bring strong **winds, thunder, and bright flashes** of lightning. The most important rule? **Get indoors quickly, and stay away from windows!**

DON'T FORGET: Once you're inside, your emergency kit helps you stay safe, warm, and even have fun while you wait it out.

FLASH! BOOOOM! HOW FAR IS THE STORM?

If you hear thunder, head **indoors** and **stay away from windows**. Now that you're safe, let's play a counting game. Thunderstorms can sound **scary**, but did you know you can measure how far away the lightning is just by **counting**?

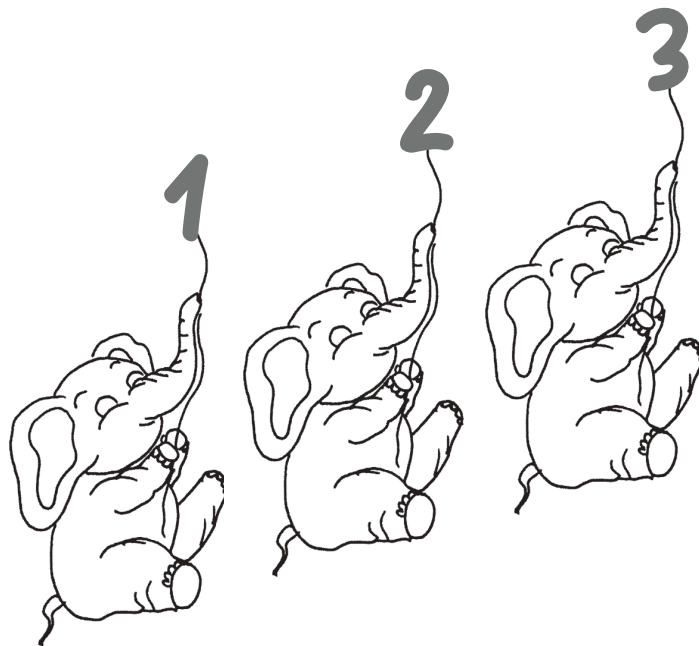
YOU'RE A LIGHTNING DETECTIVE!

1. SEE THE LIGHTNING



2. COUNT THE SECONDS


(one elephant, two elephants, three elephants, four elephants..)



3. GREAT JOB! That's how far away the lightning is in kilometers



WHEN YOU SEE **SMOKE** it's time to **MOVE**



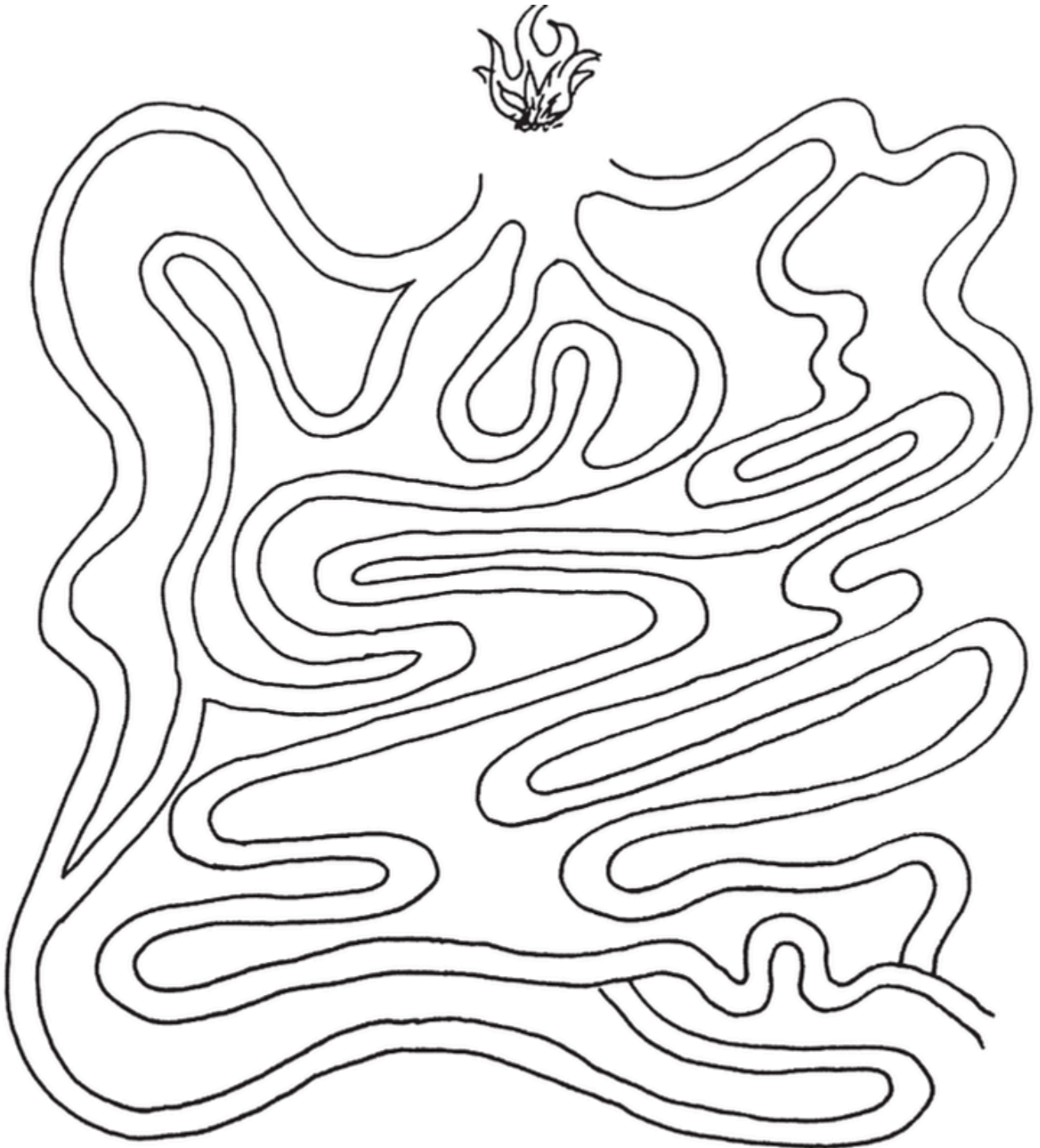
Wildfires can move **fast** and get very **hot**, very **quickly**.

In this chapter, you'll learn when to leave, where to go, and how to get there safely when there's a wildfire around.

FIND THE FIRE-FREE PATH

The fire is coming! Can you find the safest way out? Be fast!

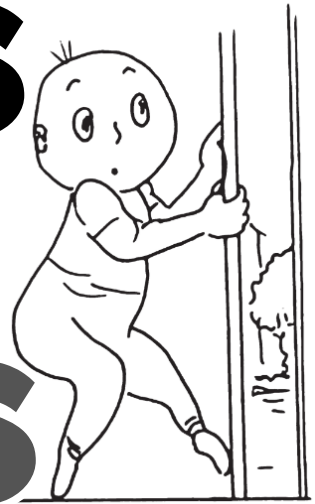
LET'S GO!



YOU MADE IT!



SAFE SPOTS in scary TIMES



It's important to know how to stay **safe**, stay **calm**, and **wait** for the right moment to go outside. **Listening carefully** and being aware of your surroundings can help protect you and your family.

Even in uncertain times, you can be brave, prepared, and smart.

SAFE SONG

When something **scary** like a **shooting**, a **fight**, or a **bomb** happens, it's important to make smart choices fast.

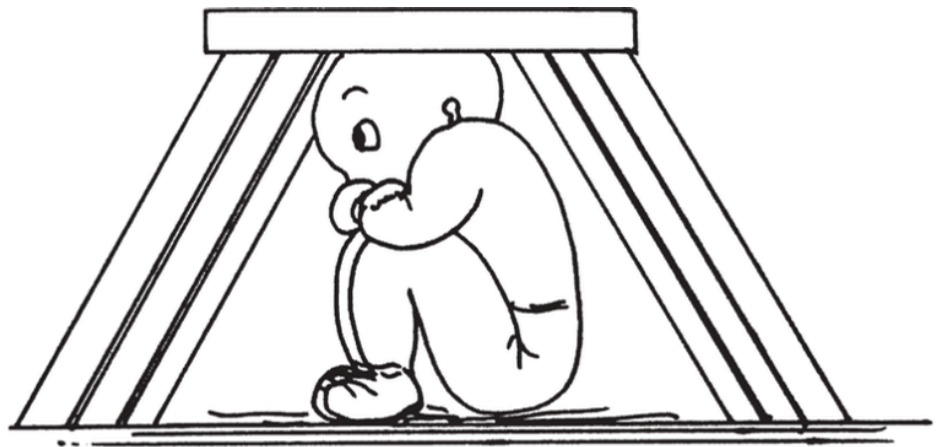
HERE'S A SONG TO REMIND YOU HOW TO BE SAFE!

When things get scary and you hear a loud noise,

Don't scream, don't cry. Hide still in a safe spot.

Help will be coming, wait quietly and small,

Like a stone on the floor, don't move at all.



YOUNG PATHFINDER

CERTIFICATE

awarded to

For learning how to stay safe and help others,
no matter what comes their way.





Note from the Author



Dear reader,

My journey has been shaped by curiosity and the privilege of being raised in a safe and supportive environment in Brazil. My parents nourished my questions, supported my studies, and never asked me to dream smaller. Today, I reside in Belgium, pursuing a PhD in Space Science, and serve as an ambassador for the European Climate Pact. But this book wasn't born from titles. It was born from urgency.

Engaging with the climate cause and collaborating with people dedicated to improving lives in this context has been profoundly inspiring. The question is no longer *if* an emergency will strike, but *when*. This reality demands something simple but powerful: *preparedness*.

The Little Guide for Young Survivors is the result of extensive research, field studies, and expert consultation. It is designed to teach basic survival skills in a way that is accessible, engaging, and empowering for children.

I hope this guide finds its way into homes, schools, and communities worldwide. If it reaches just one child in need or prepares one family to face the unpredictable, then all the effort will have been worth it.

Cecília Sobral-Michiels