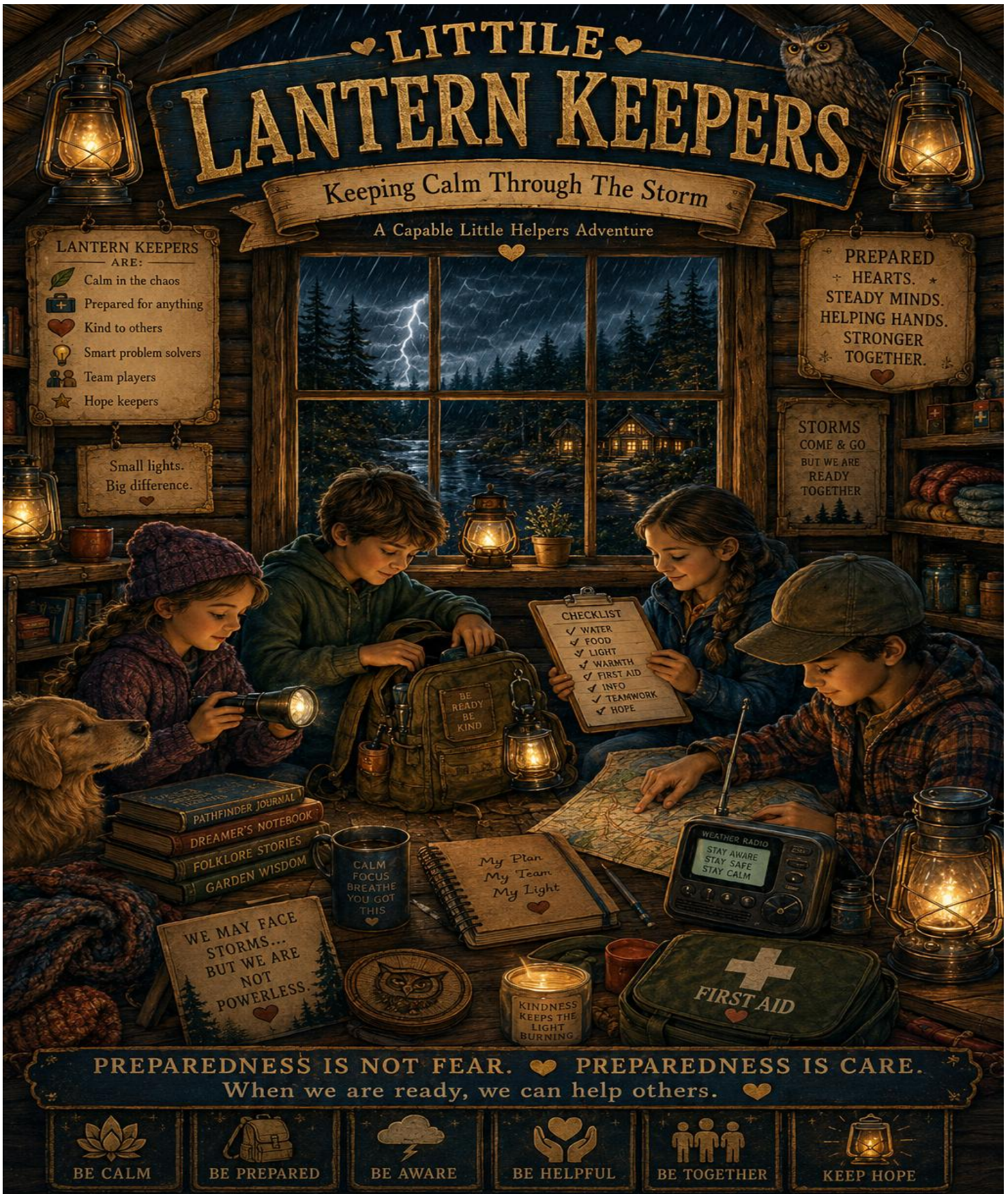




INTRODUCTION

WHAT IS A LANTERN KEEPER?

A Lantern Keeper is someone who:

- stays calm during difficult moments
- learns useful skills
- prepares thoughtfully
- helps others feel safe
- solves problems carefully
- works together with others
- keeps hope alive during storms

Lantern Keepers understand:

- ✦ preparedness is not fear
- ✦ calm minds make wise choices
- ✦ helping others matters
- ✦ small skills build confidence
- ✦ storms do not last forever

THE LANTERN KEEPER PROMISE

I will:

- ☐ Stay calm when I can
 - ☐ Learn useful skills
 - ☐ Help others feel safe
 - ☐ Prepare thoughtfully
 - ☐ Think clearly during problems
 - ☐ Work together with others
 - ☐ Keep learning
 - ☐ Keep my lantern glowing for others
-

SECTION 1 — KEEPING CALM “Steady Hearts Help Others”



Sometimes unexpected things happen: ☁️ storms ⚡️ power outages 🌧️ bad weather 🚗 delays
🚑 emergencies 🏠 difficult situations

When challenges happen, Lantern Keepers try to: slow down, breathe deeply, think clearly, stay calm, help others feel safe

Remaining calm helps people: ✨ solve problems ✨ make better decisions ✨ think more clearly
✨ help others

CALM TOOLKIT

What helps YOU feel calm?

- ☐ Deep breaths
- ☐ Quiet time
- ☐ Talking to someone
- ☐ Drawing or journaling
- ☐ Listening carefully
- ☐ Helping someone else
- ☐ Spending time outside
- ☐ Resting

SECTION 2 — LIGHT IN THE DARKNESS

“Small Lights Matter”



Long before electricity, people used lanterns and candles during storms and dark nights.

A small lantern could: 🏡 guide travelers 🏡 help families work together 🏡 bring comfort during storms
🏡 help people feel less afraid Even small lights make a difference in darkness. People can be lights too. Kindness, calmness, and encouragement help brighten difficult moments for others.

LITTLE LIGHT CHALLENGE

- ☐ Encouraged someone
- ☐ Helped someone feel safe
- ☐ Shared kindness
- ☐ Stayed calm during a difficult moment
- ☐ Helped solve a problem
- ☐ Brightened someone's day

SECTION 3 — READY HANDS “Preparedness Is Care”



Lantern Keepers know that preparing ahead of time can help people feel calmer during emergencies.

Preparedness is not about fear.

It is about: ✨ responsibility ✨ readiness ✨ confidence ✨ helping others

HELPFUL ITEMS

Some helpful preparedness items include: 🔦 Flashlights 🔵 First aid supplies 💧 Clean water 🛖 Warm blankets 📻 Weather radio 📞 Emergency contacts 🔋 Batteries

THINK ABOUT IT

Why is being prepared helpful?

SECTION 4 — WEATHER WATCHERS “Learning From The Sky”



Lantern Keepers pay attention to weather and nature.

People can learn by observing: ☁ cloud patterns ⚡ storms 🌬 wind 🌡 temperatures ⚡ lightning
🌤 changing conditions

Learning about weather helps people: prepare calmly, stay safe, make good decisions

WEATHER WATCHER ACTIVITY

- ☐ Watch clouds
- ☐ Track the weather forecast
- ☐ Learn storm safety
- ☐ Observe wind direction
- ☐ Learn where safe places are
- ☐ Build a weather journal

SECTION 5 — TEAMWORK “We Help Each Other”



During difficult moments, communities grow stronger when people work together.

Lantern Keepers understand: 🏠 neighbors' matter ❤️ teamwork matters 🏡 communities' matter

Helping others can include: checking on neighbors, sharing supplies, helping younger children, comforting others, listening carefully, staying calm together. Preparedness helps people become: **Helpers.**

TEAMWORK QUESTIONS

Who helps YOU feel safe?

How can YOU help others feel safe?

SECTION 6 — PROBLEM SOLVERS

“Think Clearly. Act Carefully.”



Lantern Keepers know that every problem has: steps, solutions, lessons, opportunities to learn

When problems happen: ✨ pause ✨ observe ✨ think carefully ✨ ask questions ✨ work step by step

Mistakes are part of learning. Good problem solvers stay patient and keep trying.

PROBLEM SOLVER ACTIVITY

Think of a challenge you solved recently.

What helped you work through it?

SECTION 7 — KEEPING HOPE ALIVE “Lanterns Shine Brightest During Storms”



Storms can sometimes feel: 🌩️ overwhelming 🌀 uncertain 🌑 dark

But storms eventually pass.

Lantern Keepers try to: ✨ keep hope alive ✨ encourage others ✨ stay steady ✨ focus on the next step
✨ remember brighter days return

Even during difficult moments, small acts of kindness can help people feel stronger.

HOPE BUILDER CHALLENGE

- ☐ Encouraged someone
- ☐ Shared a smile
- ☐ Helped someone during a hard day
- ☐ Stayed positive
- ☐ Practiced gratitude
- ☐ Remembered that storms pass

SECTION 8 — LITTLE LANTERN KEEPER BADGES

- ☐ 🕯️ Calm Keeper
- ☐ 🌟 Light Bringer
- ☐ 🌩️ Weather Watcher
- ☐ 🩹 Ready Helper
- ☐ 🤝 Community Supporter
- ☐ 🧠 Problem Solver
- ☐ ❤️ Hope Keeper
- ☐ 🏠 Steady Heart

FINAL MESSAGE

Preparedness is not about fear.

Preparedness is about:

- ✨ learning
- ✨ helping
- ✨ staying calm
- ✨ thinking clearly
- ✨ working together
- ✨ keeping hope alive

Lantern Keepers understand that even small lights can help guide others through difficult moments.

And when storms come,
steady hearts and helping hands can make all the difference.

✨ Keep your lantern glowing, Little Lantern Keeper. 🕯️