

# 72-HOUR SURVIVAL KIT

Stay alert and keep these items ready this rainy season



EVERYWHERE

## WHISTLE

It's bad enough that you don't have a signal on your mobile phone but worse when you run out of battery. When you're in distress and need to draw attention to yourself, having a whistle can help rescuers spot you.

## BOTTLED WATER

You can survive without food but not without water. It's the most important thing on your list and should be the first thing you pack in your survival kit. There are at least 3 liters of water that's good for 3 days.

## CELLPHONE

If you're stranded in the middle of nowhere and you need to call for help, your mobile phone will do, just make sure your battery is always full. So hold off on playing Candy Crush for now, your ticket request can wait.

## BATTERY-OPERATED RADIO

Keep up-to-date with what's going on in the news. Listen for updates and monitor events following a disaster. Ignoring evacuation instructions could spell the difference between life and death.

## READY-TO-EAT FOOD

Food is vital for your survival. Just make sure you pack foods that will last at least 3-7 days. Packaged non-perishable or canned food and boxed juice are best.

## CLOTHES

When it rains, it pours! When you get wet, make sure you have dry clothes to quickly change into. You can't afford to get sick and in times like these, the threat of disease spreading is extremely high.

## FLASHLIGHT

When electricity is out, don't be left in the dark. A handy flashlight will be your best guide as you rummage through the darkness.

## IMPORTANT DOCUMENTS

When you need to thread on, high waters, it's a good idea to keep your important documents in a waterproof container or resealable plastic bag.

## FIRST AID KIT

Whatever the weather is, you should have a first aid kit with you at all times. Just remember, your best defense is a good offense.

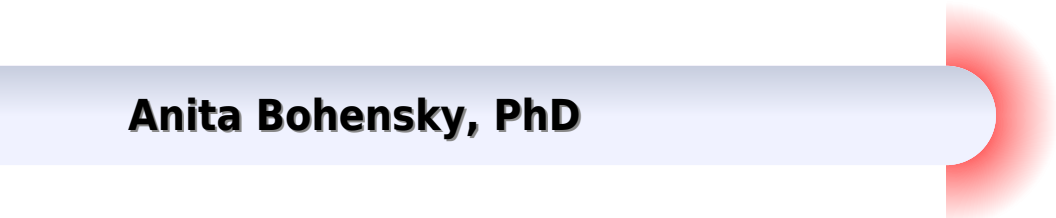
## EMERGENCY MONEY

ATM offline? Always make sure you have cash on hand just in case you'll need to buy extra supplies.

TEXT BY: RALPH ARSADIO  
GRAPHICS BY: MICA CRUZ

# Time For Kids Of How All About Survival

**Anita Bohensky, PhD**



## **Time For Kids Of How All About Survival:**

**All About Survival (TIME For Kids Book of HOW)** The Editors of TIME For Kids, 2014-09-02 TIME For Kids The Book of How All About Survival presents kids 8 12 years old with answers to the kinds of intriguing questions that appeal to their sense of curiosity Colorful graphics spectacular photos and clear engaging diagrams will help answer questions such as How do you stay safe in a hurricane How do you stay safe in a fire How does a search dog find a missing person And many more TIME For Kids goes beyond just answering the question and engages kids with hands on activities at the end of each chapter that bring life to a topic or idea they just read about The Book of How All About Survival is a must have book to satisfy the most curious of kids

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*Mrs. Clean Jean's Housekeeping with Kids* Tara Aronson, 2004-03-24 The beloved San Francisco Chronicle columnist takes on a subject that parents everywhere will welcome getting one's children to pitch in around the house

TIME For Kids Nonfiction Readers: Advanced Teacher's Guide Chandra Prough, 2012-07-01 *Binge - Compulsive Eating Workbook for Kids and Teens* Anita Bohensky, PhD, 2003 Our culture has a problem with eating Not so much the act of eating itself but the kinds of foods and the amount of such foods Foods are everywhere all the time But oddly enough at the very same time we are obsessed with physical beauty Or more precisely a particular often unobtainable version of beauty We as a culture no longer encourage our children to be accepting for who they are physically Nor do we seem able to accept ourselves for who we are We must be thinner more muscular less wrinkled and less gray all in the name of physical perfection Temptation is everywhere and we have lost the ability to say no And at the same time when we give our children the message that they should strive for an unattainable physical ideal what can we expect other than great difficulties with the process of eating This clinically developed and proven workbook employs the major eating interventions by using model presentations rehearsal positive feedback and promoting The Workbook is designed to reduce levels of guilt shame and isolation underlying the eating problem and is written especially for adolescents and pre adolescents

**Anger Management Workbook for Kids and Teens** Anita Bohensky, PhD, 2001 Too much anger can be costly both physically and emotionally Most kids and teens can use their anger in appropriate ways in some situations and yet be ineffective in others The Anger Management Workbook for Kids and Teens reduces levels of anger especially in provocative situations Kids and Teens will learn effective coping behaviors to stop escalation and to resolve conflicts

Graduated homework assignments allow participants to apply their newly acquired skills The Anger Management Workbook for Kids and Teens employs the three major anger control interventions by using model presentations rehearsal positive feedback and promoting The Workbook is designed especially for adolescents and pre adolescents How to Save Your Child from Ostrich Attacks, Accidental Time Travel, and Anything Else that Might Happen on an Average Tuesday James Breakwell,2019-11-05 The parenting humorist behind the viral Twitter account XplodingUnicorn and author of Only Dead on the Inside A Parent s Guide to Surviving the Zombie Apocalypse presents the long awaited guide to surviving everything else In the era of instant parent shaming and viral hot takes some questions are too dangerous to ask out loud What s the proper first aid for my toddler s vampire bite What should I do if I take a wrong turn on the way to soccer practice and end up in the Cretaceous Period How can I fend off Godzilla without disrupting my child s nap Fortunately there s now a parenting resource that answers those burning questions and many more Professional comedy writer and amateur father James Breakwell s latest book tackles more than 90 survival challenges ordinary parents might encounter in their everyday lives including How to protect your child against tigers penguins mastodons and other animals found in the suburbs How to defeat ghosts gremlins mummies and any other supernatural force that might prevent you from getting your kid to bed on time How to survive crashing horses trains hot air balloons and other vehicles you might find in the carpool lane This is an essential guide for anyone who has children might have children someday or is vaguely aware children exist Put this book down at your own and your children s risk **Life in a Small Town** E.L. Steinberg,2011-02-04 This book is about a time when life was not as simple as it is today People worked manual labor and ate very little living through tougher times than ever before but those people survived to see our generation growup and be able to live in a less complicated time Those were a generation of survivors who successfully brought children into the world and raised them to survive in today s world

Evocative Strategies in Child and Adolescent Psychotherapy David A. Crenshaw,2007 Informed by an amalgamation of psychoanalytic and attachment theories the techniques offered in this book can be employed alongside a variety of therapeutic modalities such as evidenced based cognitive behavioral treatment social learning family systems emotion focused Ericksonian and solution focused approaches gestalt psychodynamic and narrative therapies as well as play therapy and the therapies of the creative arts Evocative strategies have been developed for the purpose of engaging children in an emotionally meaningful process Crenshaw illustrates that in order to create moments of transformation and change in and through the therapy process we have to learn the language of the heart where children in their essence live The Practitioner Guide to Skills Training for Struggling Kids Michael L. Bloomquist,2012-11-29 Addressing frequently encountered emotional behavioral and academic difficulties this essential guide shows how to help parents implement proven skills building strategies with their kids ages 5 17 The author draws on over 25 years of research and clinical practice to provide a flexible program for individual families or parent groups The focus is on teaching kids the skills they need to get

their development back on track and teaching parents to cope with and manage challenging behavior Featuring vignettes and troubleshooting tips the Practitioner Guide is packed with ideas for engaging clients and tailoring the interventions In a large size format for easy photocopying it contains more than 60 reproducible handouts and forms See also Skills Training for Struggling Kids an invaluable client recommendation which guides parents to implement Dr Bloomquist s strategies and includes all of the handouts and forms they need

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Time For Kids Of How All About Survival** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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