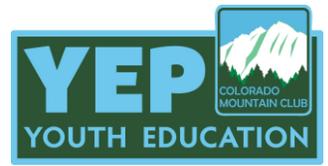


Lightning Safety Game



Grades: pre K- 3rd

Length: 10-15 min

This simple activity is a great way to introduce younger students to lightning safety and what to do in a lightning storm. The main goal of this activity is to show that it's difficult to maintain a "safe" lightning position- so the best option is to always check the weather and plan outdoor adventures well so that you can be safely in your car or home when a lightning storm hits!

Instructions:

Set the scene- tell students they were out for a hike, having a great day, when suddenly, dark clouds begin to roll in. They'd forgotten to check the weather, so they didn't know that a big afternoon thunderstorm was quickly approaching. Before they knew it, they began to hear the boom-clap of thunder and lightning, and they needed to make themselves as safe as possible. It's time to practice lightning position!

Now, teach students how to assume the 'textbook' lightning position. They should be crouched down with their heels together, balancing on the balls of their feet. Hands should wrap around the head to protect the ears (see the diagram on the next page for an example). If there are multiple students, instruct them to stay 10-15 feet apart (if space allows) and explain that lightning can travel between people, so that's why distance between people is necessary. Now, let's see how long these hikers can last in lightning position. Set a timer and see how long they can stay in lightning position without falling over or sitting down. Bonus- really set the mood by playing some storm sounds on your phone or speaker. Once students come out of lightning position, check how long it was. Did they stay in the position long enough? (A lightning storm can last for 30 minutes to multiple hours!) Is lightning position a good choice for staying safe in a storm? Discuss, and then watch the lightning video to see how lightning is created!

Lightning Safety Game

Lightning crouch

When you are outside during a lightning storm, the key to staying safe is to get low to the ground with the least amount of contact to the ground.



1) Put your hands over your ears

This will protect your ears from the thunder. The thunder will be louder because it is closer to you.

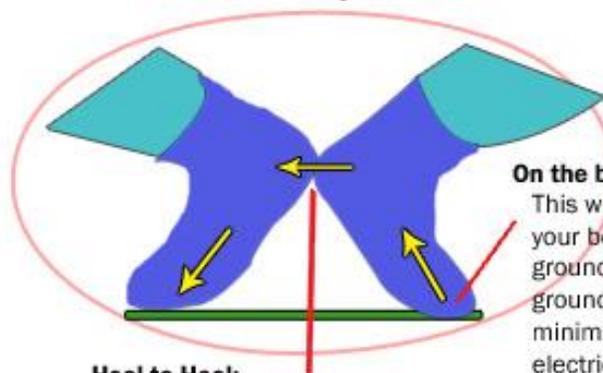
2) Crouch down low

Bend down low as you possibly can. DO NOT lay down flat. The closer you are to the ground, the less likely you will be hit by lightning.



3) Position your feet

Make sure that the balls of your feet are the only things touching the ground.



On the balls of your feet:

This will be the only part of your body that will touch the ground. If lightning hits the ground, the small contact will minimize the chances of electricity entering your body.

Heel to Heel:

Make sure your heels are touching. If electricity enters your body from your foot, the electricity will be able to travel from one heel into the other and out from the other foot. This will minimize the chances of electricity entering the rest of your body.

Lightning Safety Game

