

# COPE

.....  
HOW TO BE READY FOR  
NATURAL DISASTERS  
.....

# EARTHQUAKES!

By Martha Keswick + Mariko Jesse + Timothy Sim



## *What are natural disasters?*

They are forces of nature that cause destruction of life and property. They happen with little warning and occur all over the world. There are many types of Natural Disasters – earthquakes, land slides, tsunamis, famines, cyclones, blizzards, heat waves, volcanoes, wild fires and droughts.

## *What are earthquakes?*

They are the shaking, rolling or sudden shock of the earth's surface. They are the earth's natural means of releasing stress. Earthquakes can be felt over large areas although they usually last less than one minute.

*COPE will teach you how to be ready for Earthquakes!*







# COPE

How to be ready for  
natural disasters – earthquakes

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COPE

*Who is  
Grand Mistress Fu?*

A famous Chinese martial arts teacher and founder of the Mount Emei Wushu School. Grand Mistress Fu, also known as Shifu, is disciplined and tough, yet fun with a big heart. She narrowly escaped death as her school collapsed during the Wenchuan Earthquake in May 2008 and has since dedicated her life to disaster risk reduction.



*What is  
The COPE Academy?*

An international disaster hub set up by Grand Mistress Fu, hidden in Sichuan Province. The COPE Squad – Candy, Ollie, Ping and Eddy are teenage orphans who were plucked out of their care homes to live at The COPE Academy and trained to be disaster risk reduction agents.



*Sense*  
**THE SNAKE**

A beautiful 25-year-old royal python, Sense has a special gift for predicting disasters. Grand Mistress Fu feeds her mice every month.

*Rescue*  
**THE DOG**

An enormous 8-year-old Kunming Wolf Dog, Rescue has masses of energy and tracks missing people. Rescue's favourite hobby is catching flies.





# The C O P E Squad



**Candy**

**THE CARER**

12 years old from Arusi Wayde, Ethiopia, Candy is kind, strong, lively and loves singing and rock-climbing. Her role is caring for vulnerable groups affected by disasters such as children, elderly or disabled.

*Disaster Experience:*  
*Wildfires*



**Ollie**

**THE SCIENTIST**

13 years old from Christchurch, New Zealand, Ollie is clever, popular, sporty and loves astrology and rugby. His role is to understand weather patterns, climates and ecology.

*Disaster Experience:*  
*Earthquakes*



**Ping**

**THE NETWORKER**

12 years old from Hong Kong, Ping is practical, chatty, creative and loves cooking and Wushu. Ping is the networker and spokesperson within the COPE squad.

*Disaster Experience:*  
*Floods*



**Eddy**

**THE ENGINEER**

12 years old from Bahia, Brazil, Eddy is fun, witty, chilled out and loves Lego and skateboarding. Eddy is a talented engineer focusing on the safety of buildings.

*Disaster Experience:*  
*Landslides*

It was spring in Sichuan Province. The sun rose over misty  
Mount Emei as the roosters crowed. Time for COPE to get up!



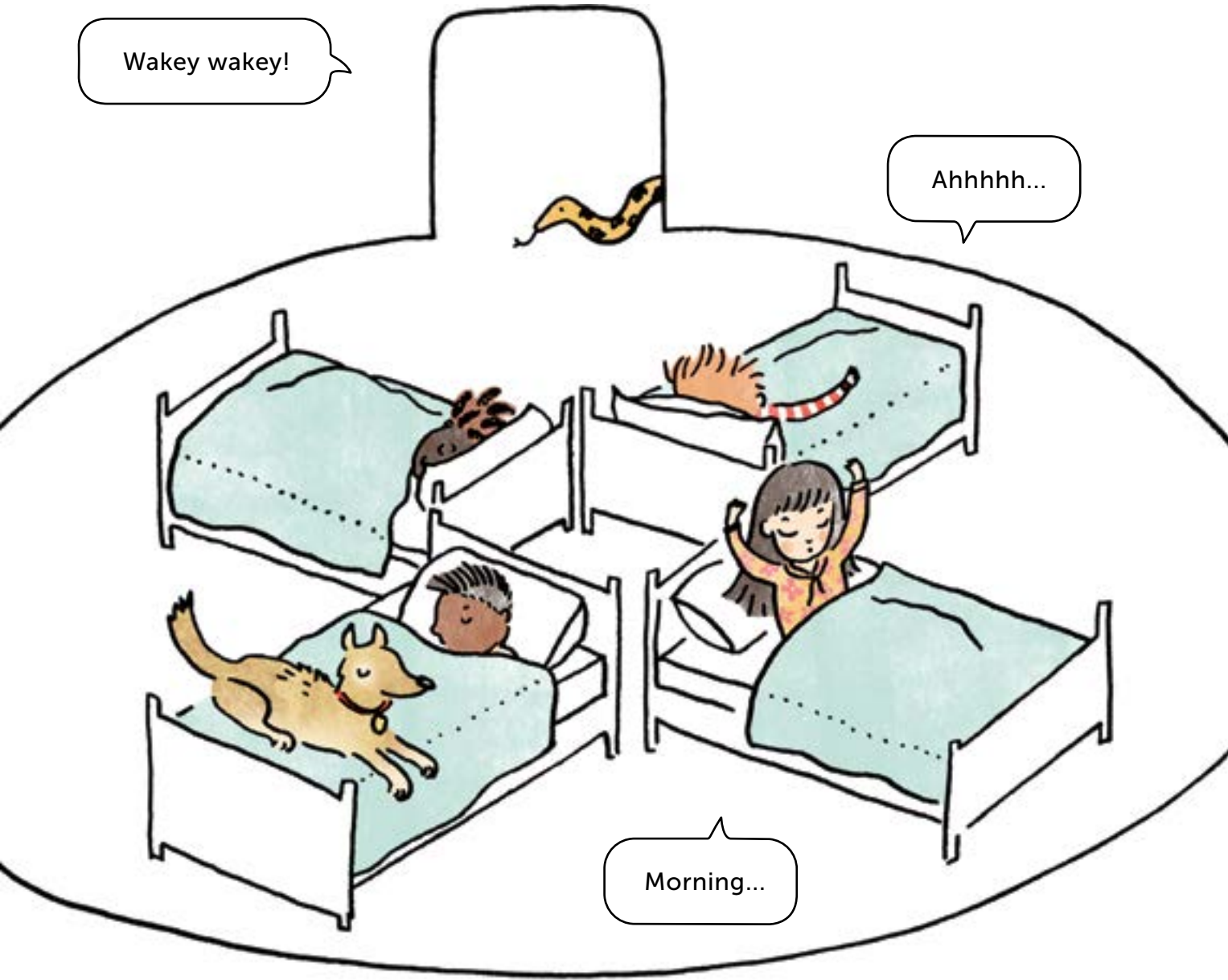




Eddy didn't stir. He loved to sleep sleep sleep.

Wakey wakey!

Ahhhhh...



Morning...

Grand Mistress Fu was doing her morning Tai Chi.  
She spread her arms out like a stork.



Calm and ready, she wrapped Sense around her neck  
and went to get eggs for breakfast.



Good morning, Shifu.

Good morning,  
COPE.

Today we will start our...  
**E A R T H Q U A K E** mission.  
Meet you in the Zen room, 7am... SHARP!







Close your eyes and take 3 deep breaths...

Sit up tall and strong like a mountain...

Our mission is to help children all  
over the world get ready for earthquakes!

For this we must be strong...

Keep calm, breathe deeply and listen well.

When an earthquake strikes  
remember to...

# DROP, COVER & HOLD





After the first jolt, DROP to the floor, take COVER by getting under a sturdy table and HOLD on tightly.





Candy, stay still until after the shaking stops.

D R O

1



Ollie, be ready for any *aftershocks*.

C O

2

& H O

3



P,



Ping, don't panic.

V E R

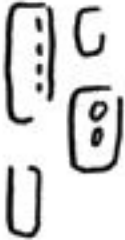
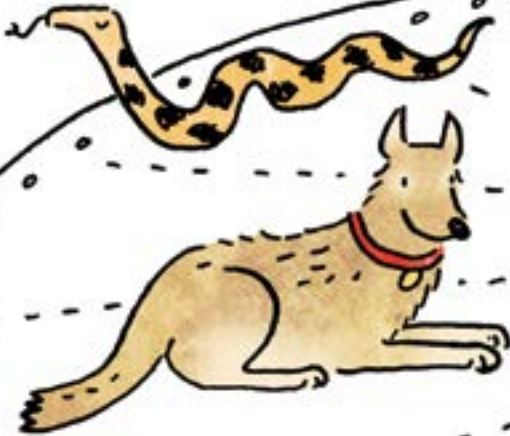


Eddy, raise the alarm.  
Blow a whistle or make some noise,  
without wearing yourself out.

L D

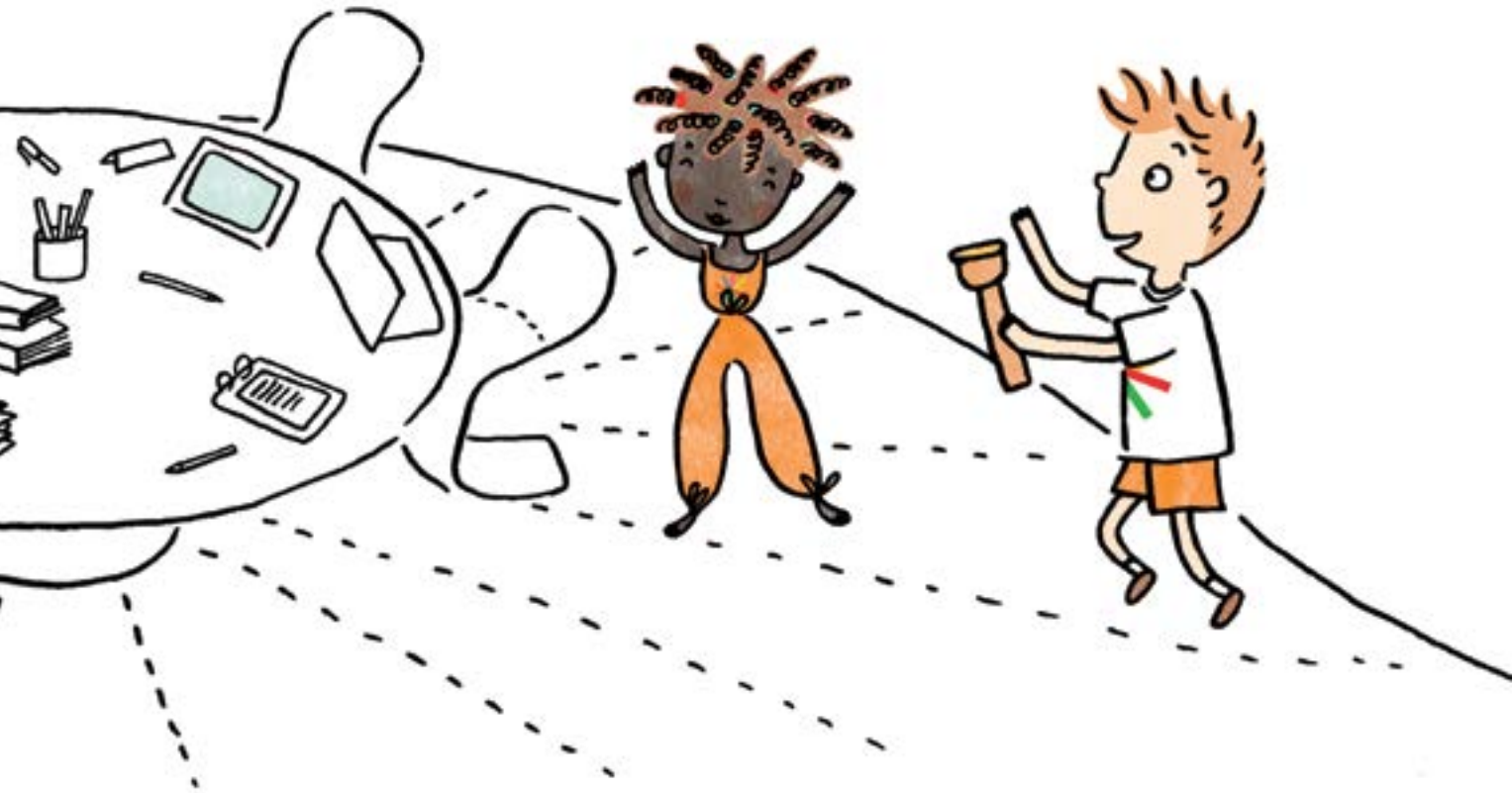
Excellent work, COPE!

DROP,  
COVER  
& HOLD





Now COPE, it is time to spread the word  
and recruit **COPE Champions**  
to teach others about earthquakes.  
First stop, Colima Mexico!



COPE, are we ready  
for take off? Over!

All ready! Over!

Oh no, we nearly  
forgot Rescue!







Shifu, what are those strange dark lines? Over.

Those are **earthquake fault lines**. Over.

Colima, Mexico

So that's what they look like! Over.



COPE were staying at the Colima Wushu School.

I'll take the  
top bunk!

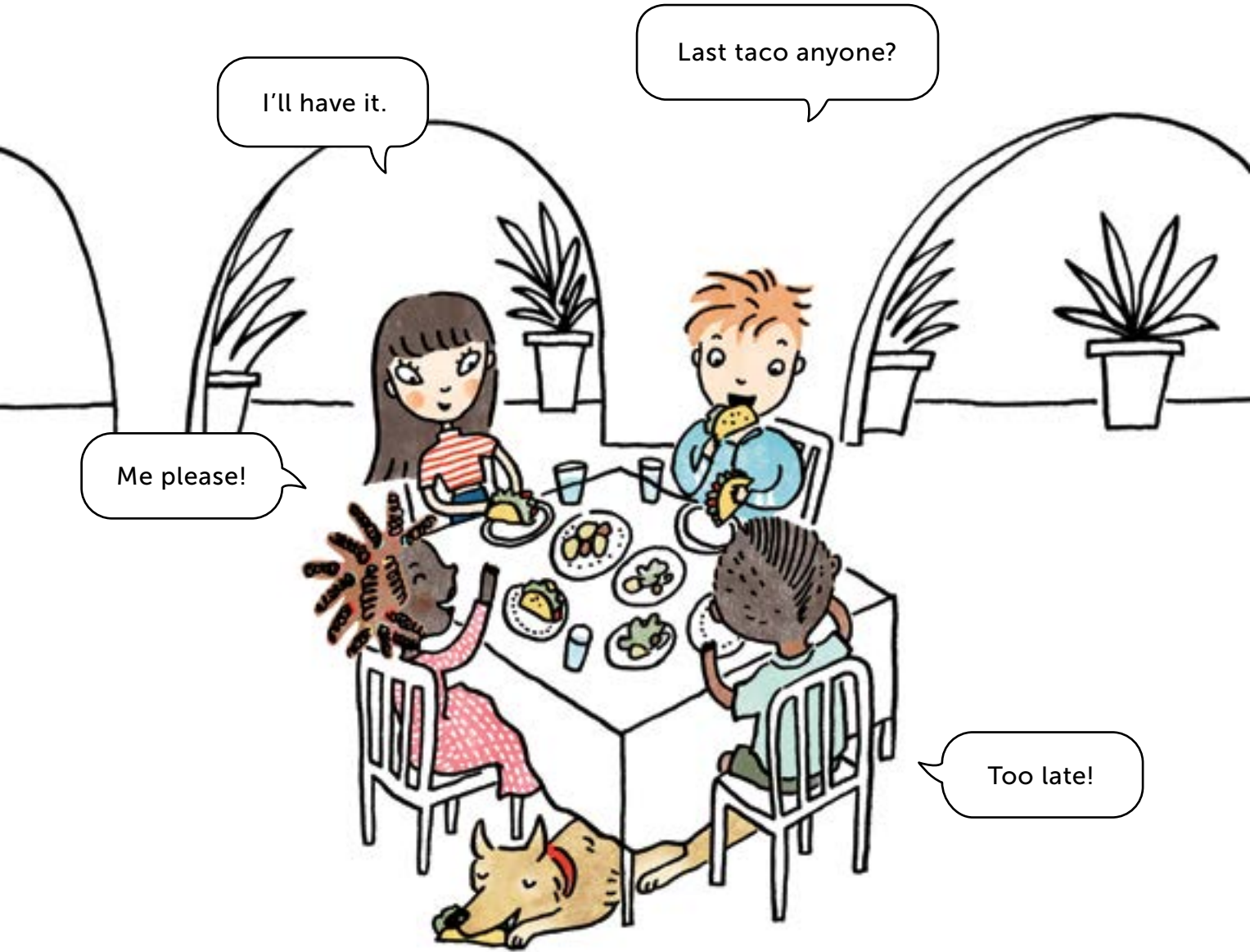
I'll take this one!

I don't mind where I go.

I'm on the bottom!

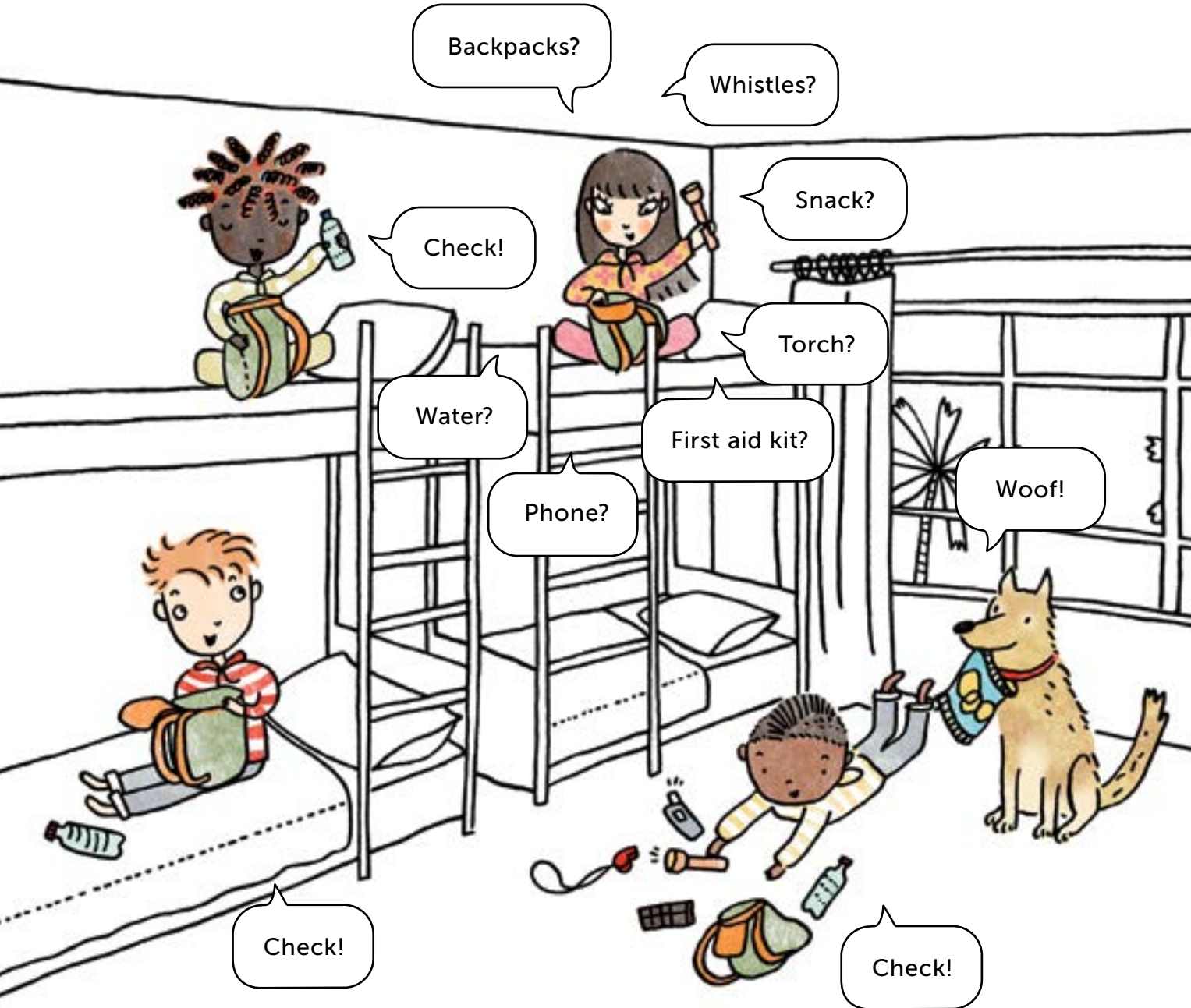


That evening they tucked into delicious Mexican food.





COPE woke early to sort out their *earthquake survival bags.*





COPE performed at a primary school.

Hola! We are COPE – Candy, Ollie, Ping and Eddy.  
Earthquakes can happen anytime, anywhere.  
We're here to get you ready!



Listen up! Remember...



D

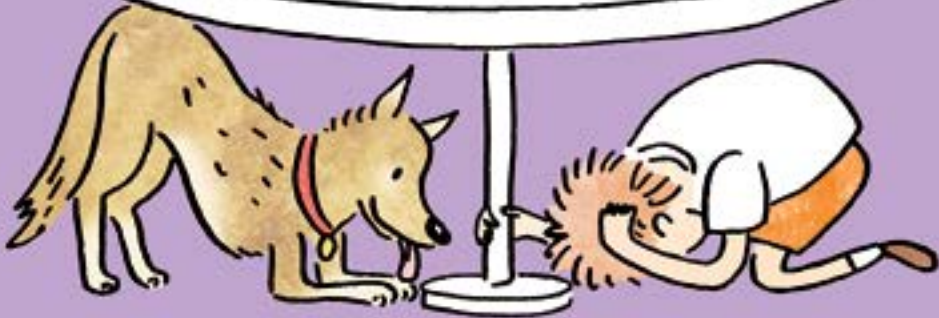
R

O

P



C O V E R



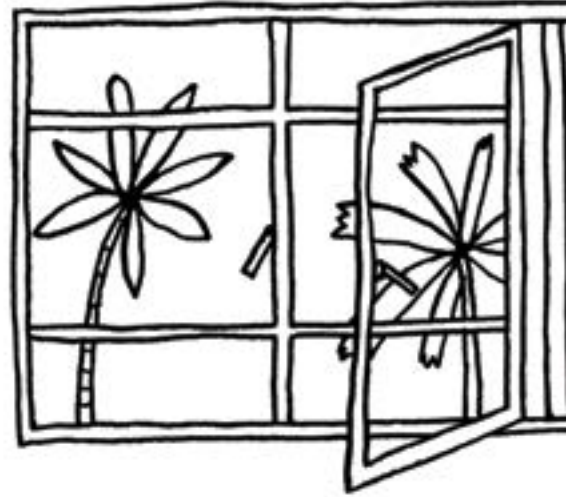
H O L D

If you are outside or not near a table,  
**crouch down,** cover your head with a bag or book.





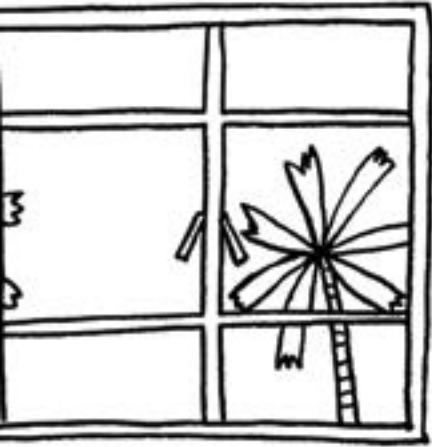
COPE played earthquake games with the children.



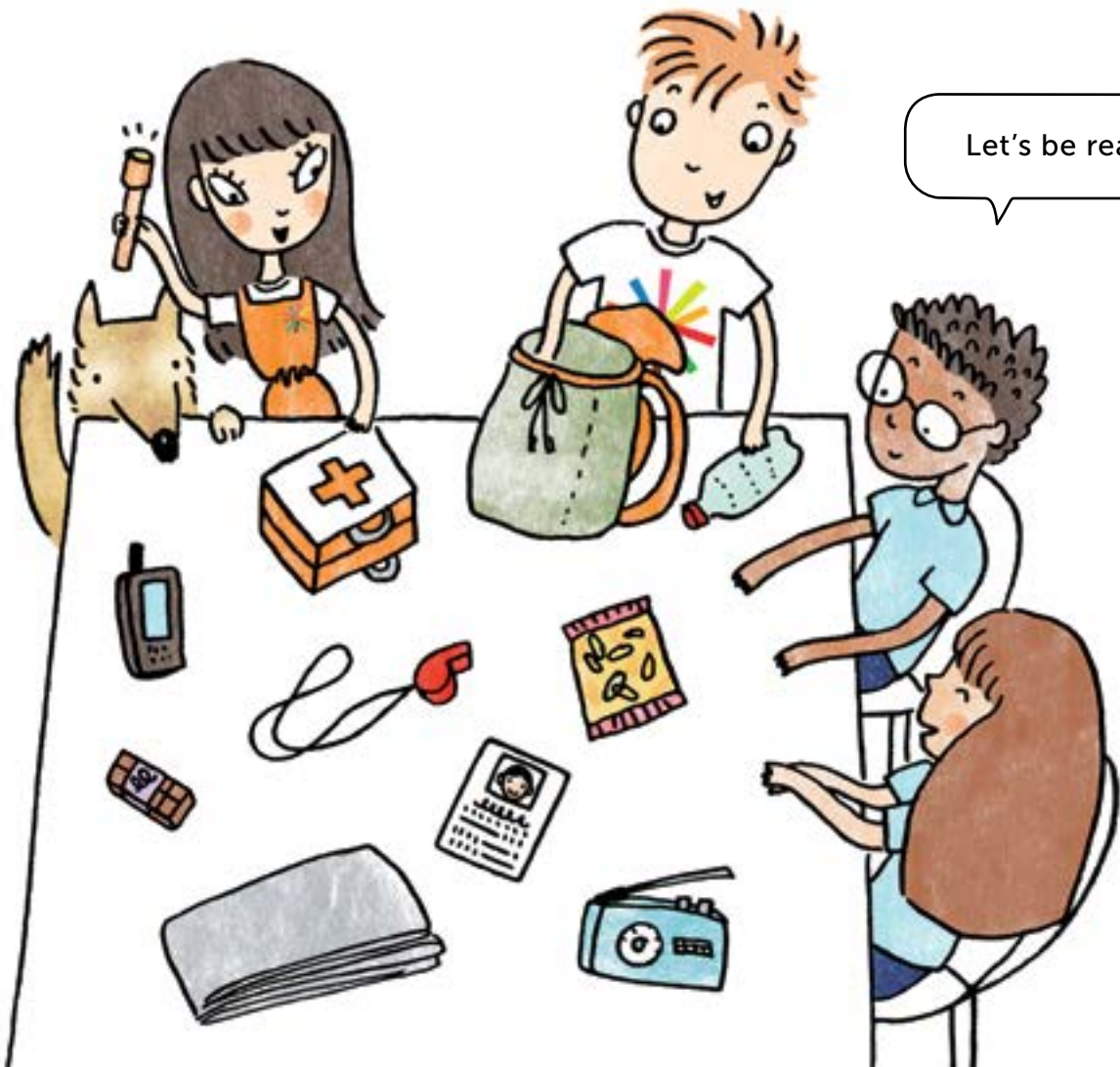
Good move!

I won!





They learnt how to pack earthquake survival bags.



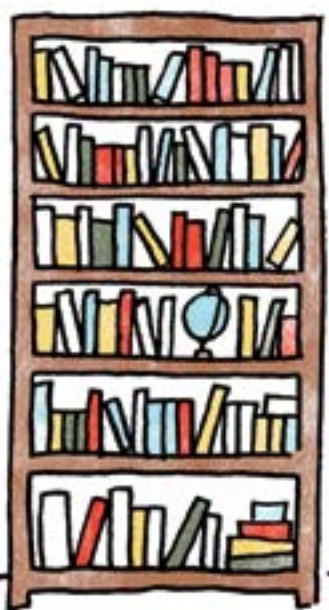
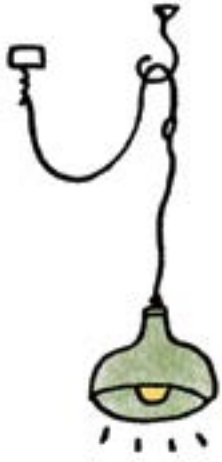
Let's be ready!

COPE did drills to practice *emergency exits*.



Grand Mistress Fu and the Principal checked the safety of the school.

That ceiling light and bookcase look dangerous.



COPE met Rafael, a 12-year-old earthquake survivor.

Candy hugged him, tears in her eyes.

It happened after lunch. I was on the beach with my brothers.

Everything started *shaking* and  
we couldn't stand up. There was dust everywhere.

I was scared and crying but my big brother  
looked after me... As soon as the shaking stopped  
we ran home to check on our parents.

Luckily they had made our home

*earthquake resilient.*

We were so relieved and happy they were safe.









They recruited COPE Champions to become role models in the community.



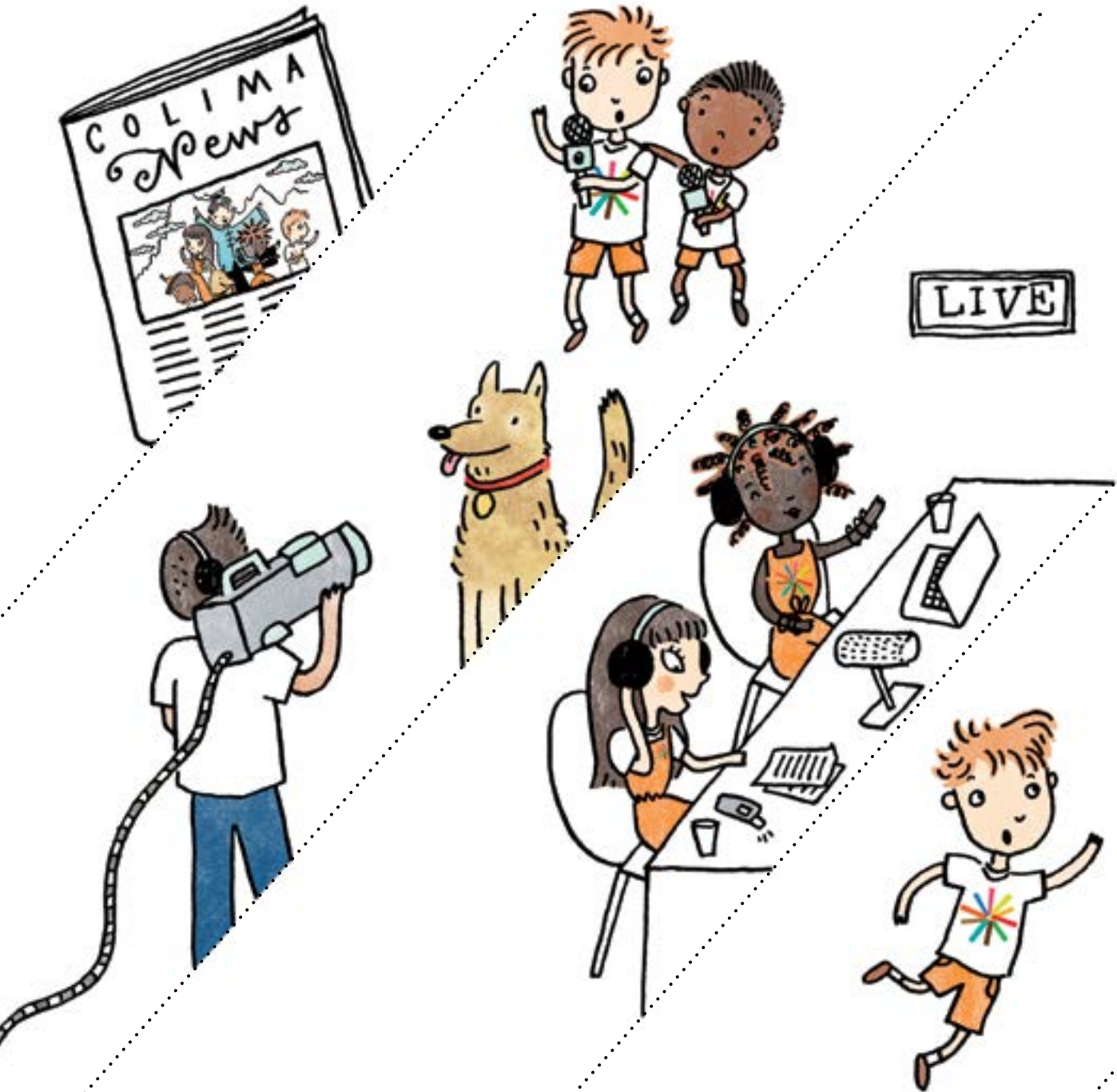
COPE Champions are cool!



Spread the word!



COPE were all over the newspapers, on the local TV, and internet.





They performed at a soccer game, on the beach, and in the plaza.



COPE went from house to house teaching families the key earthquake message of

***DROP, COVER and HOLD!***

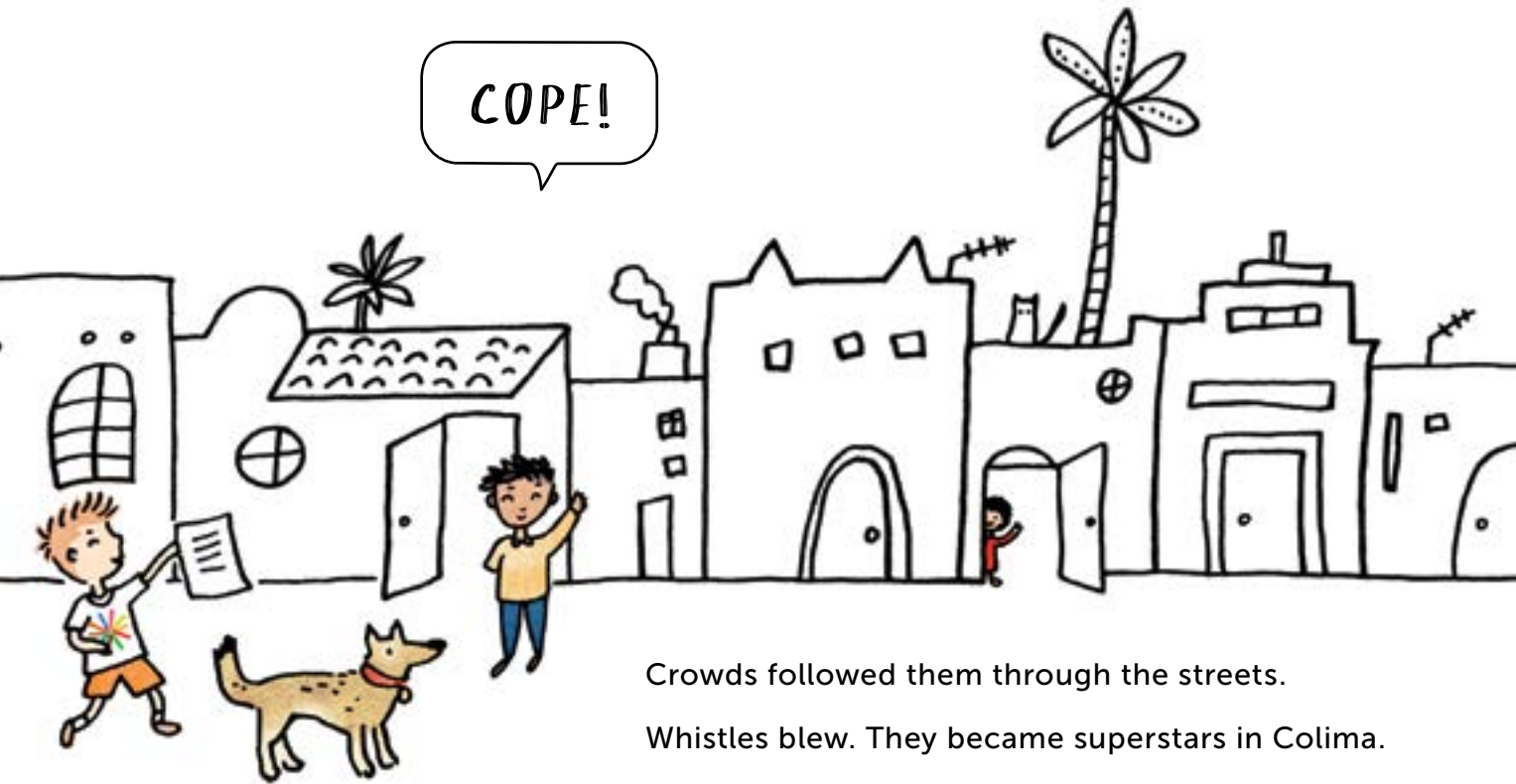
COPE!





COPE!

COPE!



Crowds followed them through the streets.

Whistles blew. They became superstars in Colima.

COPE club badges and T-shirts were like gold.

COPE!





On their last day, COPE were at a local library.

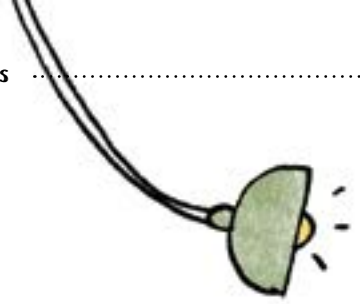
Suddenly Ping noticed a lamp *Swaying*

Sense was acting strange, banging her head against the door, over and over. But why?





The ground felt like a wave. Chairs flew across the room; books fell from the shelves while pictures came off the wall, shattering into pieces.



The shaking lasted for **20 seconds.**

Oh no...



Heeeelp...

1

D

R

O

P

They hid under *sturdy* desks,  
holding onto the legs, huddling  
together and waited ... calmly.

2

C O V E R



3

H O L D

Just then, Candy heard a whistle.  
Someone was trapped. She gently  
uncovered a small, scared girl.

Don't worry.  
You are safe now.

Tttttthank you.



A moment later, Grand Mistress Fu came in.

The earthquake had measured *magnitude 6.5.*

but thankfully there had been little damage.

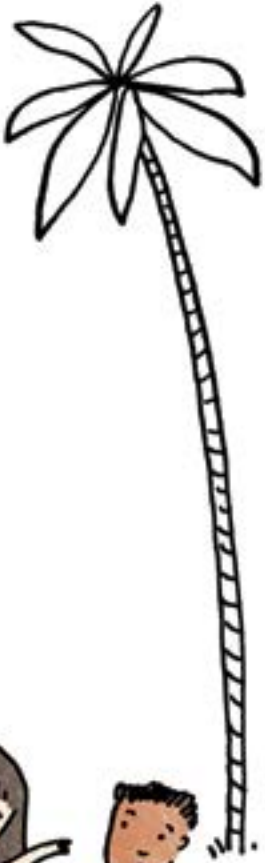
Please make your way out using  
the emergency exit.





Outside people were still crouching down covering their heads.

Keep away from the buildings and check each other for injuries.



Biblioteca



Woof! Woof!

The earthquake had given the town of Colima a real shock.  
The Mayor vowed to *build back better.*



COPE stayed in Colima to tidy up the damage...  
with the help of the newly trained COPE Champions.





Well done COPE!  
Ready for take off? Over!

Yes, Shifu. Over!



The whole town turned out to wave goodbye to COPE.  
Grand Mistress Fu was proud of her squad.



The sun was setting as they landed back on beautiful Mount Emei. COPE's hearts lifted as the spring flowers were blooming.



## T H E C O P E C O N T R I B U T O R S



**Martha  
Keswick**

**COPE  
AUTHOR**

Martha Keswick is the author of the popular bilingual *Max and Mei* picture book series, the factual *Zhongguo Mingren Series* about famous people of China and the action-packed *Pangu* comic book series. Martha's work for the Keswick Foundation often supports disaster related projects in China.

Martha lives in Hong Kong with her husband, their four children and two dogs.



**Mariko  
Jesse**

**COPE  
ILLUSTRATOR**

Mariko Jesse studied at Central St Martins, where she went on to be an Associate Lecturer. She is an acclaimed freelance illustrator, working on a variety of projects around the world from picture books to ceramics.

Mariko lives in California where she is always in a state of preparedness for earthquakes.



**Timothy  
Sim**

**COPE  
EDITOR**

Dr Timothy Sim is an Associate Professor in the Department of Applied Social Sciences at The Hong Kong Polytechnic University. Tim started out as a social worker, specialising in family therapy, and now focus on disaster risk reduction, writing many books in both Chinese and English.

Tim lives in Hong Kong and works with people from all over the world researching disaster preparedness.



An easy-to-follow book that is readily accessible for children, and a must read for those living in earthquake prone areas. Comments from children themselves add a dimension of real life realities for them.

- **PROFESSOR LENA DOMINELLI**  
Professor in the School of Applied Social Sciences, and Management Board Member in Institute of Hazard, Risk and Resilience, Durham University, UK

The COPE book series ingeniously combines a cast of characters all are sure to fall in love with, touching and humorous artwork, and a scientifically well-designed set of messages on disaster risk reduction. Its potential impact internationally is enormous.

- **PROFESSOR GRETCHEN KALONJI**  
Dean, Sichuan University–The Hong Kong Polytechnic University  
Institute for Disaster Management and Reconstruction, China

The COPE series does an excellent job of preparing, empowering and reassuring children in a world where disasters strike on a regular basis.

- **PROFESSOR JOSHUA MILLER**  
Chair, Human Behaviour in the Social Environment Sequence,  
Smith College School for Social Work, USA

The COPE series is lively, colourful and laid out in an attractive, effective way. The characters are amusing and surprising (the boa especially), and their personalities are consistent.

- **PROFESSOR BEN WISNER**  
Visiting Professor, Institute for Risk and Disaster Reduction,  
University College London, UK and Environmental Studies  
Program, Oberlin College, Oberlin, OH, USA

## COPE Academy, Sichuan Province.

Under Grand Mistress Fu, the COPE squad undergoes intensive training on natural disasters and how to be prepared. Join their Earthquake mission to Colima, Mexico where they actually have to put their disaster risk reduction skills into action...



[www.cope-natural-disasters.com](http://www.cope-natural-disasters.com)

## ☉ Earthquakes

☉ Landslides

☉ Tsunamis

☉ Floods

☉ Cyclones

☉ Blizzards

☉ Heatwave

☉ Volcanoes

☉ Wildfires

☉ Droughts

COPE TITLES



# COPE

.....  
*Make the Difference.  
Be Ready!*