FREE GIFT · THE 7-72 METHOD

The Night the Lights Went Out

A story to help children get ready without scaring them



FOR MUMS AND DADS

Before you read it

Children don't need to know what a disaster is. They need to feel that their family knows what to do, and that they have a part to play too. This story gives them both.

How to read it

- For children aged 3 to 9. Read it to the little ones; older children can read it on their own.
- Read it calmly, like any bedtime story. There is no need to explain anything else.
- If they ask questions, answer truthfully and in simple words.

Afterwards, ask them

- Where is our torch?
- What could your job be, like Lucy's?
- What would you put in the family box?

And at the end

Do the activities on the last pages together: their card, their bag and "Torch Mission". It is the guide's practice drill turned into a game.



Lucy is nine years old. She has a little brother called Theo, a golden dog called Honey and a cat called Bramble.

That night it was pouring with rain, and the house smelled of soup.



Suddenly... click! All the lights went out. Theo jumped, and Honey pricked up her ears.

“What’s happening?” asked Lucy.
“It’s a power cut,” said Dad in a calm voice. “It’s all right. We know what to do.”



Lucy remembered: she had a job to do! She walked slowly, touching the wall, to the drawer by the front door.

There was the torch, exactly where they had left it. Click. A round circle of light lit up the hallway.



Mum brought out the family box. Inside there were more torches, batteries, a small radio and biscuits.

Theo switched on the lantern, and the living room filled with golden light.



Grandpa turned the little dial on the radio. A voice said the storm had cut the power in the neighbourhood and that it would be fixed soon.

“You see?” said Grandpa. “That’s why we listen to the radio: to find out what’s really happening.”



Theo was a little bit scared. Lucy held his hand.

“It’s like camping inside the house,” she told him. And Grandma told them a story about when she was little and the lights went out too.



They had sandwiches and fruit for dinner by the light of the lantern. Honey ate her usual food, and Bramble curled up on the blanket.

Nobody opened the fridge, so the food would stay nice and cold.



Before bed, Dad called Auntie Martha to tell her they were all fine.

It was a very short call, so the battery wouldn’t run down.



Lucy fell asleep with the torch beside her. Outside it was still raining, but she wasn’t scared.

Her family had a plan.



In the morning... click! The lights came back on.

“We did really well!” said Mum. “What could we do better?”
“More batteries,” said Theo.
“And more biscuits!” said Lucy. And everyone laughed.

WHAT LUCY LEARNED

If the lights ever go out...

1. I stay calm and find a grown-up.
2. I know where my torch is.
3. We listen to the radio to find out what's really happening.
4. I have a job, and I do it.
5. Together, everything is easier.



ACTIVITY 1

My explorer card

Fill it in with a grown-up's help, cut it out and keep it in your bag.

My name is _____

I live at _____

My family's phone number is _____

In an emergency, I call **999**

Our meeting point is _____

✂ Cut along the edge

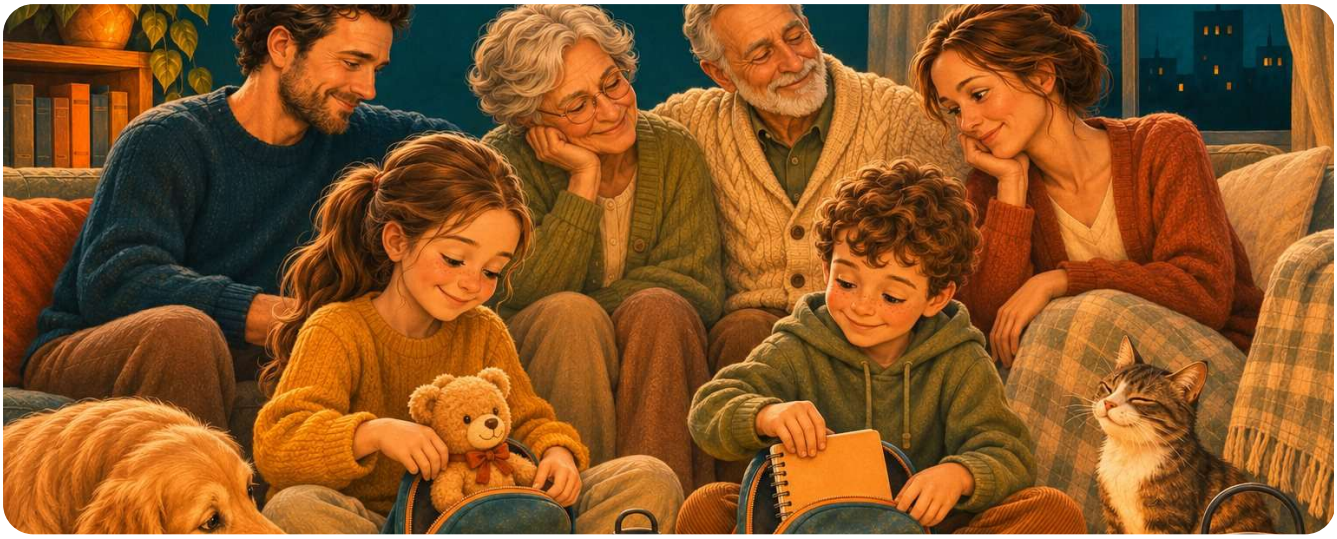
ACTIVITY 2

My explorer bag

- [ ] A small torch
- [ ] A bottle of water
- [ ] Biscuits or dried fruit
- [ ] My favourite toy
- [ ] A notebook and pencils
- [ ] A photo of my family
- [ ] My explorer card
- [ ] A jacket

ACTIVITY 3

Torch Mission



A 5-minute game to practise what Lucy did. Play it in the daytime with the curtains closed, or at dusk.

1. A grown-up says “Torch Mission!” and switches off the lights.
2. Everyone walks slowly to find their torch, touching the wall.
3. Everyone meets in the living room, with their torches on.
4. Look at the clock: how long did it take? Next time, try to beat it!

Date	Time	What went well

Prepared explorer certificate

_____ knows what to do if the lights go out.

Date: _____