



Scottish & Southern
Electricity Networks

**POWERPACK
PALS**

THE POWER KIT ADVENTURE



**FUN ACTIVITIES,
CLEVER TIPS AND
COSY MISSIONS
FOR WHEN THE
POWER GOES OUT.**

This book belongs to:

.....
.....





Sometimes the lights go out. That might feel a bit unusual... but it can also be a chance for fun!

The Power Pack Pals are here to help, and with a little help from SSEN they have created **The Power Kit Adventure**.

Inside you'll find games, puzzles and cool ideas for what to do when there's no electricity.

Join Penelope, Peter, Polly and Percy on an adventure full of creativity and cosy moments.

**READY
POWER PACK PALS?
LET'S GO!**

Tip: It's great to explore this book with a grown-up but older children can help lead the fun too!

ALL ABOUT POWER



What is electricity?

Electricity helps power things we use every day - like lights, fridges, TVs and games.

It travels through cables and wires to homes, schools and hospitals. SSEN helps look after these power lines and works to keep electricity flowing safely to homes.

What is a power cut?

A power cut is when electricity stops for a short time. This can happen because of:

- Stormy weather
- Strong winds
- Trees touching wires
- Animals near equipment
- Engineers fixing things

Most power cuts don't last long, engineers work quickly to get the power back on. When the lights go out, it's a great time to try fun activities and be creative!

The Power Pack Pals are here to help you stay calm, cosy and entertained while you wait.



MEET THE POWER PACK PALS

The Power Pack Pals are four friendly teammates who know exactly what to do when the lights go out. Each Pal brings their own special skills to help keep everyone calm, cosy and entertained during a power cut!

Meet your team of helpers. Together, they make any power cut feel like an adventure!



PENELOPE

THE POWER BRAIN

She loves explaining how things work.



PETER

THE FIX-IT THINKER

He enjoys solving problems.



POLLY

THE CALM EXPLORER

She turns quiet moments into fun ones.

Look out for Penelope's Power Facts throughout the booklet. Can you find them?



PERCY

THE QUICK SPOTTER

He notices clever ideas all around.





BE POWER PACK READY!

BEFORE A POWER CUT

 Before the lights go out, you can help get ready by:

- Finding a torch
- Keeping blankets and jumpers nearby
- Charging useful devices
- Filling a water bottle
- Ask an adult to charge any devices you need
- Remembering the 105 number

DURING A POWER CUT

 When the lights go out, or if the power goes off:

- Tell a grown-up
- Stay together
- Use torches
- Keep the fridge closed
- Try a fun activity from this book
- Wear layers to keep warm
- Try fun Power Pack Pal missions while you wait!

AFTER A POWER CUT

 When the power comes back:

- Put things away together
- Share your favourite moments
- Get ready for your next Power Pack adventure



POWERPACK MISSION

Can you ask where your family keeps:

- A torch?
- Batteries?
- Blankets?



HELPFUL NUMBERS

105 – Power cut advice

111 – Medical help

999 – Call 999 in an emergency



THINK

Can you think of
anything you'll need if
the lights go out?

POWER FACT!

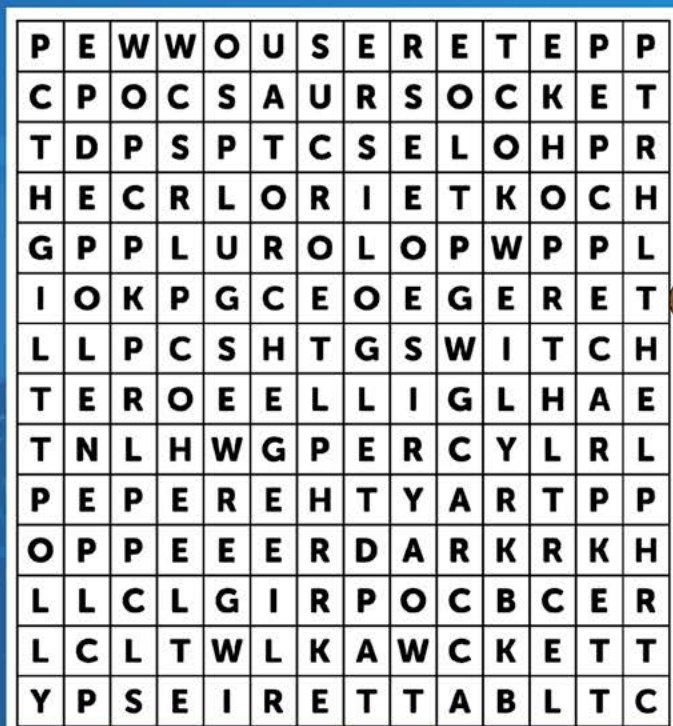
Electricity moves **SUPER** fast,
almost as fast as light!



POWER PACK PALS WORD SEARCH

The Power Pack Pals have got a puzzle to solve... but they need your help!

Can you find the hidden words? Some of the words are about electricity and what you might think of in a power cut.



POLLY
DARK
POWER
SWITCH

TORCH
PENELOPE
LIGHT
BATTERIES

PETER
PERCY
SOCKET
PLUG



SPOT THE DIFFERENCE

Can you help Penelope solve the puzzle?

There are 10 differences between the pictures – can you find them all?



PERCY

Percy is ready for some colour!

Grab your crayons and pencils and colour in the picture.
What colours will you choose for Percy on his
power packed adventure?



**POWER PACK
PALS**

POWER FACT!

Some animals can make
electricity too – electric eels
can create huge shocks!



THE ENERGY ESCAPE MAZE

**Uh oh! Polly has lost the rest
of the Power Pack Pals.**

Can you help Polly find her way through the maze?
Watch out for dead ends and tricky turns and guide
her safely to the finish!



POWER FACT!

If you keep the fridge door shut,
food can stay cold for hours
during a power cut.



MISSION 1

BUILD YOUR POWER CUT BASE

Oh no! The power has gone out... but don't worry, Peter says this is the perfect opportunity for you to build your very own Power Cut Base - a cosy, safe and comfy place where you can relax if there's ever a power cut at home.

Use blankets, cushions, pillows, chairs or even cardboard boxes to create your special base. Make it as creative, comfy and imaginative as you can!

Can you make it:

- Snuggly?
- Easy to move around in?
- Fun for a Power Pack Pal to visit?



POWER FACT!

Your brain uses tiny electrical signals to help you think, move and feel.



MISSION 2

SHADOW SHAPES

The lights are out, but shadows can make amazing pictures! Use a torch to make shapes on the wall.

What shapes can you create?

Can you make:

- A bird?
- A bunny?
- A funny monster?

BONUS CHALLENGE



Try moving closer and further away from the torch. What happens?

Who can make:

- The tallest shadow?
- The funniest shadow?
- The tiniest shadow?
- A shadow that moves across the room?

POWER FACT!

Engineers work day and night to help get the power back on safely.



MISSION 3

CREATE YOUR OWN POWER PACK PAL

The Power Pack Pals are looking for a new teammate. Your mission is to create your own hero from scratch.

YOU COULD INCLUDE:

For example a cape, a torch, a blanket – or the hero could be wearing a blanket/jumper – a 'power cut bag' with books or toys in it.



My Pal is called:

Their special power is:

POWER FACT!

During power cuts, people often help neighbours and check everyone is safe.



THE BIT FOR ADULTS (THE SLIGHTLY BORING – BUT HELPFUL PART!)

Power cuts are usually short, and can feel unsettling for families, but a little planning can make things easier for everyone. On this page you will find helpful practical tips to plan ahead and feel more prepared.

FOOD AND DRINK

- Keep simple, no-cook foods at home (like snacks, fruit or cereal bars)
- Fridges and freezers stay cold longer if you keep the doors closed

FOR BABIES AND YOUNG CHILDREN

- Nearby places for hot water (friends, family, cafés)
- Find a Warm Welcome Space near you by checking on www.warmwelcome.uk
- Ready-made options or cold-water sterilising

COMFORT IN LOW LIGHT

Some children may feel unsure in the dark. It can help to have:

- Torches or night lights
- Favourite comfort items
- A cosy space to sit together

STAYING CONNECTED

Wi-Fi may not work during a power cut. You could:

- Check mobile data or hotspot options
- Plan how you'll get updates if needed

CHARGING DEVICES

Keep devices charged where possible and consider a power bank. Decide which devices matter most.

EXTRA SUPPORT

The Priority Services Register (PSR) offers free help for eligible households, including families with children under 5.





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THANKS FOR JOINING THE POWER PACK PALS ON THEIR POWER CUT ADVENTURE!

We hope you've learned lots about electricity,
staying safe, and what to do during a power cut.
Remember — being prepared, staying calm, and
helping each other are all superpowers too!

For more information about:

- What to do during a power cut
- Staying safe around electricity
- Fun activities, games and downloads
- More Power Pack Pals missions

Visit: www.powerpackpals.com



**POWER PACK
PALS**