

# LESSON PLAN

Schools: Preschool-Kindergarten (ages 4-6)



## CONTENTS

Lesson Overview	1
Agenda	3
Lesson Plan	4
Introduction	4
Topic 1: Burns, hot things and kitchen safety	6
Topic 2: Smoke alarms	8
Topic 3: Home escape planning	9
Topic 4: Firefighters are community helpers	11
(Optional) Topic 5: Fire hall/truck tour	12
Conclusion	13
Materials and Handouts	14



Lesson plans are intended as a guide. You are encouraged to customize the lesson plans to suit the audience and local needs.

### **Lesson Overview**

#### Lesson Objectives

- Learn about things that are hot and not to touch them.
- Learn the sounds (or sights) of smoke alarms.
- Describe and demonstrate crawling low under smoke.
- Identify two ways out of a room and an outside meeting place.
- Learn that firefighters are community helpers.
- See equipment used by firefighters.

**Note:** The procedure to stop, drop and roll is not a learning objective in this lesson plan. This reflects the National Fire Protection Agency (NFPA) guidance provided in their Learn Not to Burn program. Children under the age of six are generally not developmentally able to understand the context for **when** and **why** to engage in stop, drop and roll.

Resource List		
Instructor Materials	Take-home Handouts	
<ul> <li>HOT or NOT HOT pictures and questions</li> <li>Cool a Burn picture and questions</li> <li>Crawl Low Under Smoke picture and questions</li> <li>Optional Video: <u>NFPA – The Gear Firefighters</u> <u>Wear</u></li> <li>Optional Video: <u>NFPA – I Spy Sounds of Fire</u> Safety</li> </ul>	<ul> <li>What is HOT, What is NOT? circle the pictures and answer key</li> <li>Tools for Firefighters circle the pictures and answer key</li> <li>Two Ways Out worksheet and answer key</li> <li>Our Home is Fire Safe package</li> </ul>	
<ul> <li>Fire Department Materials</li> <li>Smoke alarm or visual smoke alert</li> <li>Turn-out gear</li> </ul>		

Resource List		
Optional Materials		
Mats or blankets (for sitting)		
Stamp and stamp pad		
Blanket or sheet (for pretend smoke)		
Certificates, stickers, ribbons		

#### **Teaching Tips**

- Use examples relevant to a child's world. For example, a smoke alarm is like your nose and it sniffs for smoke while everyone is asleep.
- Treat the students as equals and avoid talking down to them. When appropriate, get on their level by sitting on the floor when speaking to them.
- Use simple and clear words that children can understand. Some suggestions:
  - Apparatus  $\rightarrow$  Fire truck
  - Turn-out coat  $\rightarrow$  Jacket
  - Truck bay  $\rightarrow$  Where we keep the trucks
  - Injury  $\rightarrow$  Hurt
  - Scald  $\rightarrow$  Burn
  - Incident  $\rightarrow$  Emergency
  - Respond  $\rightarrow$  Go to the emergency
  - Nozzle  $\rightarrow$  Where the water comes out
- Encourage participation, children learn by seeing, then doing. Describe the behaviour, demonstrate it, then have the students practice it.
- Take a positive approach, showing what "to do" rather than what "not to do." Young children relate more to what they see, rather than what they hear.
- Keep instructions clear and concise, as children have short attention spans. Emphasize the single action that is most important. For example: "When the smoke alarm sounds, get out!"
- Warn the students before sounding a fire alarm or testing a smoke alarm. Young children sometimes fear loud noises.
- Repeat **key messages** at the conclusion of your visit. Show the students what you want them to remember and have them practice it.
- Stay on schedule. Ask the students to share their personal stories at the end of the class.

### Agenda

Total lesson time: 55 minutes (75 minutes if including optional topic)

Lesson Topics	Time
Introduction	5 min
Topic 1: Burns, hot things and kitchen safety	15 min
Topic 2: Smoke alarms	10 min
Topic 3: Home escape planning	10 min
Topic 4: Firefighters are community helpers	10 min
(Optional) Topic 5: Fire hall/truck tour	20 min
Conclusion	5 min

### Lesson Plan

### Introduction

Time: 5 minutes

#### Select the introduction for your lesson location - classroom or fire hall

Outline	Time	Resources
Classroom Introduction	5 min	Mats or
Introduce yourself to the class.		blankets
• Offer to stamp their hands with a fire safety hand stamp to make them feel welcome and comfortable. Be enthusiastic. Your lesson should be educational and fun!		Stamp and stamp pad
• Sit at the students' level and provide an overview of activities to follow.		
<b>SAY!</b> "Today we are going to learn about staying safe from fires and burns, and important ways to practice fire safety at home with the people you live with."		

Outline	Time	Resources
<ul> <li>Fire Hall Introduction</li> <li>Count the number of students present at the beginning and end of the lesson.</li> <li>Introduce yourself to the class.</li> <li>Offer to stamp their hands with a fire safety hand stamp to make them feel welcome and comfortable. Be enthusiastic. Your lesson should be educational and fun!</li> </ul>	5 min	Mats or blankets Stamp and stamp pad
<ul> <li>Provide an overview of fire hall rules and behavioural expectations, such as:</li> <li>Fire Hall Rules <ul> <li>Stay together at all times</li> <li>Procedures in case of emergency</li> <li>Restrictions on handling equipment</li> </ul> </li> <li>Behavioural Expectations <ul> <li>Put hand up to answer</li> <li>Be respectful of others</li> <li>Always give your best effort</li> </ul> </li> <li>Responsibilities of Adult Supervisors <ul> <li>Remain in attendance</li> <li>Maintain supervision</li> <li>Help students if needed</li> </ul> </li> <li>Provide an overview of activities to follow.</li> </ul> <li>SAY! "Today we are going to learn some important fire safety information, talk about the tools a firefighter uses and the special clothes a firefighter wears to stay safe. Then we'll spend some time looking at the fire trucks and the different parts of the fire hall."</li>		

### Topic 1: Burns, hot things and kitchen safety

Time: 15 minutes

	Outline	Time	Resources
Но	t Things	5 min	HOT or NOT HOT pictures
•	Explain that hot things can hurt and that a grown-up must always be present when children are around hot things.		and questions
Pic	ture Sorting Activity		
•	Display the pictures provided illustrating things that are HOT and things that are NOT HOT.		
	<ul> <li>HOT pictures include a birthday cake, stove, clothing iron, candle, frying pan, toaster, electric kettle, fireplace, curling iron and coffee and tea.</li> </ul>		
	<ul> <li>NOT HOT pictures include an apple, crayons, bicycle and doll.</li> </ul>		
•	Ask the students to identify which pictures are HOT and which are NOT HOT.		
	<ul> <li>To enhance discussion, use the question prompts found on the back of the pictures.</li> </ul>		
Co	oking and Kitchen Safety	4 min	
•	Explain that fire and hot things help cook our food and keep us warm. Explain that there are many hot things in the kitchen or cooking area that can hurt and a grown-up must always be present when children are in the kitchen.		
•	Ask the students to raise their hand and share something in the kitchen that is HOT and NOT HOT.		
•	Demonstrate ways that students can stay safe in the kitchen, including:		
	<ul> <li>Staying at least 1 metre (3 feet) away from the stove or oven</li> </ul>		
	<ul> <li>Not running or jumping when adults are cooking in the kitchen</li> </ul>		
	<ul> <li>Being careful around hot food or hot water</li> </ul>		
Co	ol a Burn	5 min	Cool a Burn
•	Explain to the class that if they get burned from something hot, they should always tell a grown-up.		picture and questions
•	Explain they should immediately cool the burn by running cool water over the burned area for 10 to 15 minutes. This helps stop the skin from burning more and helps to stop the hurt.		

Outline	Time	Resources
Cool a Burn Activity		
• Show the class the proper procedure for cooling a burn. If facilities do not permit this, display the <b>Cool a Burn</b> picture that illustrates the procedure.		
<ul> <li>To enhance discussion, use the prompts on the back of the picture.</li> </ul>		
Topic Close Out	30 sec	
Say these key messages:		
<ul> <li>Keep away from hot things.</li> </ul>		
Cool a burn by running cool water over it.		
Lead into the next topic.	30 sec	
<b>SAY!</b> "Now that we've talked about things that can burn you, we are going to talk about smoke alarms."		

### **Topic 2: Smoke alarms**

Time: 10 minutes

Outline	Time	Resources
Introducing Smoke Alarms	5 min	Smoke alarm
• Show the class a smoke alarm and ask them what it is and what it does.		or visual smoke alert
• Explain that the smoke alarm will warn them if there is fire by smelling the smoke and making loud beeps.		
Smoke Alarm Activity	4 min	Smoke alarm
• Open the smoke alarm. Identify and explain in very simple terms the function of the various parts of the smoke alarm, such as the "nose," battery, beeper, lights or shaker.		or visual smoke alert
• Close the alarm. Explain the purpose of the test button and prepare the class for the sound and/or lights of the smoke alarm. Mention that the alarm is very loud and/or bright. The students may want to cover their ears to muffle the sound. Sound the alarm by pushing the test button.		
• Explain that when the smoke alarm sounds " <b>beep</b> , <b>beep</b> , <b>beep</b> !" or it flashes bright lights, it means to go outside and stay outside until a grown-up says it's safe.		
Topic Close Out	30 sec	
Say these key messages:		
<ul> <li>When you hear a smoke alarm beep, get outside, stay outside and wait there until a grown-up says it's safe.</li> </ul>		
<ul> <li>Note for deaf or hard of hearing students: When you see smoke alarm lights or feel a shaker, get outside, stay outside and wait there until a grown-up says it's safe.</li> </ul>		
• A smoke alarm in your home helps keep you and the people you live with safe.		
Lead into the next topic.	30 sec	
<b>SAY!</b> "Now that we know what a smoke alarm sounds and looks like, let's learn how to safely get outside when there is a fire or smoke."		

### **Topic 3: Home escape planning**

Time: 10 minutes

	Outline	Time	Resources
Но	me Escape Fire Drill	5 min	
•	Explain to the class that when they hear a smoke alarm beep, their "job" is to GET OUT of the building they are in and STAY OUT.		
	<ul> <li>Explain to deaf or hard of hearing students that when they see smoke alarm lights or feel a shaker, their "job" is to GET OUT of the building they are in and STAY OUT.</li> </ul>		
•	Demonstrate two ways out of every room. Ask the class to point to two ways out of the classroom. Point to the door and windows.		
•	Tell the class that after they get outside, they need to go to their safe meeting place and stay there until a grown-up says it's safe. Point outside the window to show the class where they can meet. Examples include: a tree, a friend or neighbour's home, a street sign or mailbox. Tell the class that everyone they live with should know where the safe meeting place is. - <b>Note:</b> Use places relevant to the community you are presenting in. Explain to the class they should practice their home fire escape drill with the		
<u> </u>	people they live with at least twice a year.	4 min	Blanket or
•	awl Low Under Smoke Activity Explain that if there is smoke, they must stay low because the dangerous smoky air is up and the safer, cleaner air is close to the ground.	4 min	sheet (for pretend smoke)
•	<ul> <li>Demonstrate the crawl low under smoke procedure.</li> <li>If time permits, have the class practice crawling low under a blanket, sheet or table of <i>pretend</i> smoke while the smoke alarm is sounding, or illustrate the procedure with the <b>Crawl Low Under Smoke</b> picture. Make sure the students are on their hands and knees when crawling low under smoke, not on their bellies.</li> </ul>		Crawl Low Under Smoke picture and questions

	Outline	Time	Resources
×	Topic Close Out	30 sec	
	Say these key messages:		
	<ul> <li>When you hear a smoke alarm beep, get outside, stay outside and wait there until a grown-up says it's safe.</li> </ul>		
	<ul> <li>Note for deaf or hard of hearing students: When you see smoke alarm lights or feel a shaker, get outside, stay outside and wait there until a grown-up says it's safe.</li> </ul>		
	<ul> <li>Identify two ways out of each room. Look for doors and windows.</li> </ul>		
	Crawl low under smoke.		
	Have a meeting place outside.		
	• Practice a fire drill with the people you live with.		
Lead int	o the next topic.	30 sec	
SAY!	"We have learned some very important things to do to stay safe if there is smoke or fire in your home. Firefighters are helpers who want to help you stay safe. Let's look at some of the special clothes firefighters wear to stay safe in a fire."		

### **Topic 4: Firefighters are community helpers**

Time: 10 minutes

Outline	Time	Resources
Turn-out Gear Demonstration	9 min	Blankets or
• Settle the class on blankets or mats with turn-out gear and SCBA displayed in front of them. Ensure it is clean and free of contaminants.		mats Turn-out gear
• Ask the students to tell you what order they think the turn-out gear should be put on. As they identify the correct piece of gear, put the piece on and explain why the item is important for firefighters to wear. Continue until you are wearing your complete turn-out gear. For example:		
<ul> <li>Helmet - is hard and protects the head from injury, similar to a bike helmet. Note: Due to the risk of possible neck injury, never place a turn-out helmet on the head of a young child.</li> </ul>		
<ul> <li>Boots - have steel inside to protect the feet.</li> </ul>		
<ul> <li>Pants - are strong, easy to get into and protect the legs.</li> </ul>		
<ul> <li>Coat - waterproof lining to keep dry, quilt lining like a sweater, special outer cloth to keep fire away, bright tape that glows in the dark.</li> </ul>		
<ul> <li>Breathing mask (SCBA) - provides clean air.</li> </ul>		
• Turn-out gear and SCBA can be scary for some children. Once the gear and SCBA are on, get down to the students' level and explain why firefighters breathe so loud and use loud voices when they are wearing their gear. Take off the mask, then put it on again to emphasize that you are the same friendly firefighter with or without the mask.		
• Explain what the students can expect if a firefighter were to go into their home to help them. Offer to shake each student's hand before you take the gear off.		
• Tell the class that the equipment can look and sound scary but it helps keep us safe so we can help you. Don't ever hide from a firefighter.		
Topic Close Out	30 sec	
Say these key messages:		
Firefighters keep you safe from fire.		
Firefighters wear special equipment.		
• Firefighters are friends, don't be afraid of them.		
• <b>Never</b> hide from a firefighter.		
Lead into the next topic (if touring the fire hall) or to the lesson conclusion.	30 sec	
<b>SAY!</b> "Everyone has done a great job! Now it's time to learn about firefighter equipment and tools."		

### (Optional) Topic 5: Fire hall/truck tour

Time: 20 minutes

	Outline	Time	Resources
Fire Hall Tour		10 min	
•	In an orderly fashion, walk the group through some key areas of interest in the apparatus bay, such as:		
	<ul> <li>Hose racks</li> </ul>		
	– Pole		
	<ul> <li>Hose tower</li> </ul>		
	– Workshop		
	<ul> <li>Radio room</li> </ul>		
	<ul> <li>Work bench</li> </ul>		
	<ul> <li>Training mannequin</li> </ul>		
	<ul> <li>Turn-out gear room</li> </ul>		
•	Briefly describe what each area or piece of equipment is used for.		
Tru •	<ul> <li>Provide the group with a basic tour of the trucks. Open truck bins to display tools such as SCBA, air packs, axes, medical supplies, ladders and hoses. Use simple language to ensure understanding.</li> </ul>		
•	If operational guidelines allow, provide the class with an opportunity to sit in a truck. Situate adult supervisors around the truck to ensure safety.		
,	Topic Close Out Say these key messages:	30 sec	
	<ul> <li>Firefighters work in a building called a fire hall.</li> <li>Firefighter equipment is important and helps firefighters do their job safely.</li> </ul>		

### Conclusion

Time: 5 minutes

Select the conclusion for your lesson location –  ${\color{black} classroom}$  or fire hall

	Outline	Time	Resources
Classroom Conclusion Briefly review the topics co	vered. Thank the class for working so hard and	5 min	Certificates, stickers, ribbons
for inviting you to their scho			Take-home
• Use this time to ask the cla	ss if they have any questions.		handouts
	iving something special from the fire department. cates, stickers or ribbons at the end of your d work.		Our Home is Fire Safe package
Leave the appropriate take     Our Home is Fire Safe pa	home handouts with the teacher, including the ckage.		Evaluation Form
	mphasize the importance of the teacher's complete the <b>Evaluation Form</b> .		
Fire Hall Tour Conclusion		5 min	Certificates,
	pparatus bay door. Briefly review the topics or working so hard and for coming to the fire hall.		stickers, ribbons
• Use this time to ask the cla	ss if they have any questions.		Take-home handouts
	iving something special from the fire department. cates, stickers or ribbons at the end of your d work.		Our Home is Fire Safe package
• Count the number of stude accounted for.	nts at the end of the lesson to ensure everyone is		Evaluation Form
• Leave the appropriate take Our Home is Fire Safe pa	home handouts with the teacher, including the ckage.		Lights and sirens
-	mphasize the importance of the teacher's complete the <b>Evaluation Form</b> .		
Lights and Sirens			
lights and sirens. Give instr	cher and the class, conclude the lesson with the uction for lights and sirens (protect ears, stay derations upon exiting hall).		

### **Materials and Handouts**

#### **Instructor Materials**

To be used during the lesson in support of the topics listed below.

- HOT or NOT HOT pictures and questions (Topic 1)
- Cool a Burn picture and questions (Topic 1)
- Crawl Low Under Smoke picture and questions (Topic 3)

#### Take-home Handouts

To be provided to the classroom teacher after the lesson. Handouts can be assigned as homework or completed after the lesson.

- What is HOT, What is NOT? circle the pictures and answer key
- Tools for Firefighters circle the pictures and answer key
- Two Ways Out worksheet and answer key
- Our Home is Fire Safe package







## **HOT Picture - Birthday Cake**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### Q: Is this HOT or NOT HOT?

A: The candles on the cake are very hot!

#### Q: What could happen if you touch a candle?

A: You could get burned!

#### Q: What is your job when you get a cake with candles on it?

A: A child's job is to blow out the candles. It is important that they do not get too close! Ask the class to show you how they would blow out the candles. Children with long hair should tie it back when blowing out candles on their birthday cake.

#### Q: Whose job is it to light the candles?

A: A grown-up should always light the candles on the cake.







### **HOT Picture - Stove**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### Q: Is this HOT or NOT HOT?

A: A stove can get very hot!

#### Q: Where in your home would you see a stove?

A: In the kitchen.

#### Q: Should children ever touch the stove?

A: No. A stove is for grown-ups to use to cook food.

#### Q: How do you know if the stove is on or off?

A: There are different kinds of stoves. Some stoves have flames when they are on. Others look the same when they are on or off. So children must never touch the stove!

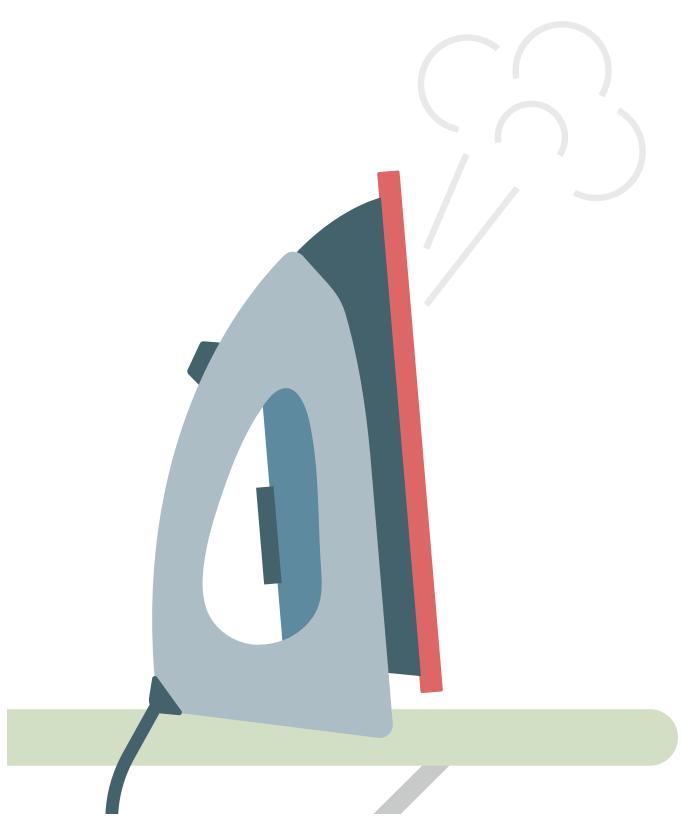
#### Q: What could happen if you touch a hot stove?

A: You could get burnt!

#### Q: If you want to know what is cooking or baking what should you do?

A: Ask a grown-up.







## **HOT Picture - Clothing Iron**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### **Q:** Is this HOT or NOT HOT?

A: An iron can get very hot!

#### Q: Where in your home you might see an iron?

A: In the laundry room, living room or a bedroom.

#### Q: What could happen if you touch a hot iron?

A: You could get burned!

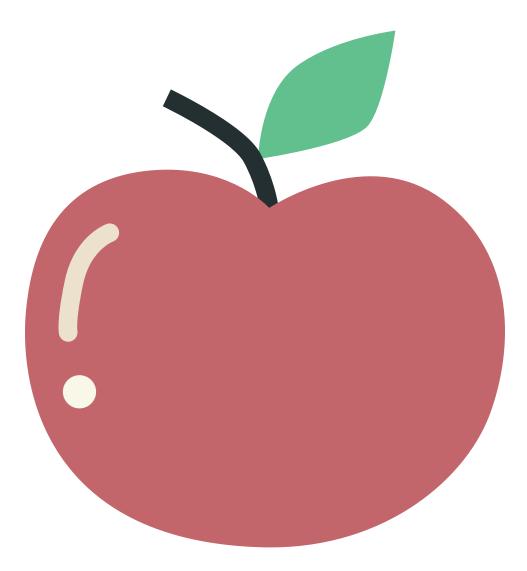
#### Q: If you see an iron and there is no grown-up taking care of it, what should you do?

A: Do not touch it, and tell a grown-up.

#### Q: Is it OK to remind adults to put away the iron?

A: Yes. Sometimes adults need to be reminded of safety rules, just like children do.







## **NOT HOT Picture - Apple**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### Q: Is this HOT or NOT HOT?

A: Not hot. An apple is a snack for children.

#### **Q:** Where would you see an apple?

A: On a tree or in the kitchen.







## **NOT HOT Picture - Crayons**

Here are some questions to ask the children. Encourage them to tell you the correct answers.

#### Q: Is this HOT or NOT HOT?

A: Not hot. Crayons are for children to play with.

#### **Q:** Where would you see crayons?

A: At school or where children play at home.







## **NOT HOT Picture - Bicycle**

Here are some questions to ask the children. Encourage them to tell you the correct answers.

#### **Q:** Is this HOT or NOT HOT?

A: Not hot. A bicycle is for children to play with.

#### Q: Where would you see a bike at your home?

A: In the garage, in a bike rack, in the yard.







## **NOT HOT Picture - Doll**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### Q: Is this HOT or NOT HOT?

A: Not hot. A doll is for children to play with.

#### Q: Where would you see a doll at your home?

A: In a bedroom or where children play at home.







## **HOT Picture - Candle**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### **Q:** Is this HOT or NOT HOT?

A: Candles are very hot!

#### Q: What could happen if you touch a candle?

A: You could get burned!

#### Q: What should you do if you see a lit candle?

A: Stay away from it and never touch it.





## HOT Picture - Frying Pan

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### **Q:** Is this HOT or NOT HOT?

A: Frying pans are very hot!

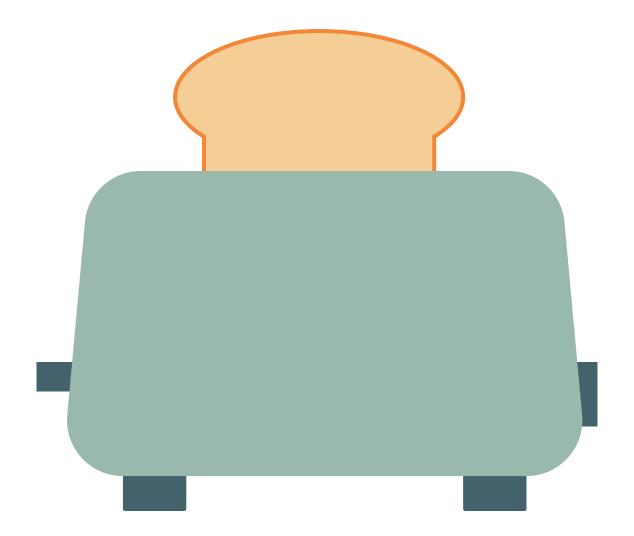
#### Q: What could happen if you touch a frying pan?

A: You could get burned!

#### Q: What should you do if you see a frying pan cooking food?

A: Stay away from it and never touch it.







## **HOT Picture - Toaster**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### **Q:** Is this HOT or NOT HOT?

A: A toaster can be hot!

#### Q: What could happen if you touch a toaster or the food inside the toaster?

A: You could get burned!

#### Q: What should you do if you see a toaster?

A: Stay away from it and never touch it.







# **HOT Picture - Electric Kettle**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### **Q:** Is this HOT or NOT HOT?

A: A kettle can be very hot!

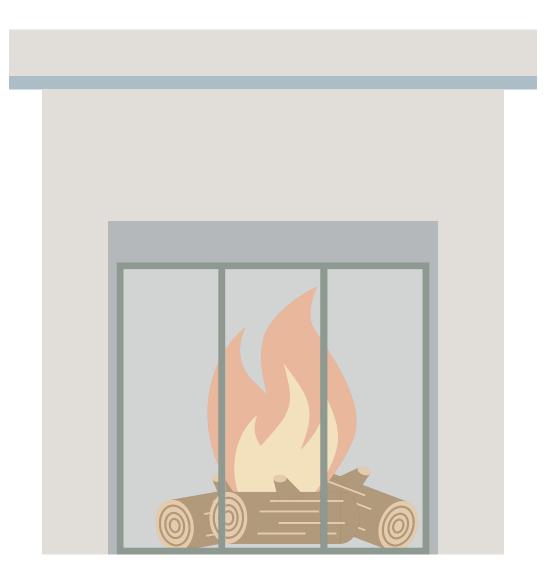
## Q: What could happen if you touch a kettle?

A: You could get burned!

### Q: What should you do if you see a kettle?

A: Stay away from it, never touch it and never put your hands in the water.







# **HOT Picture - Fireplace**

Here are some questions to ask the children. Encourage them to tell you the correct answers.

#### Q: Is this HOT or NOT HOT?

A: A fireplace can be very hot!

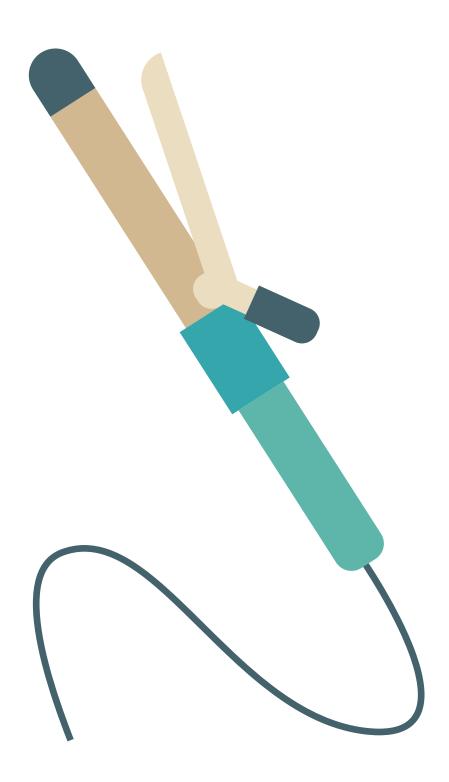
# Q: What could happen if you touch a fireplace?

A: You could get burned!

## Q: What should you do if you see a fireplace?

A: Stay away from it and never touch it.







# **HOT Picture - Curling Iron**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### Q: Is this HOT or NOT HOT?

A: A curling iron can be very hot!

# Q: What could happen if you touch a curling iron?

A: You could get burned!

## Q: What should you do if you see a curling iron?

A: Stay away from it and never touch it.







# **HOT Picture - Coffee and Tea**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

#### **Q:** Is this HOT or NOT HOT?

A: Coffee and tea can be very hot!

# Q: What could happen if you touch a cup of coffee or tea or put your hand in it?

A: You could get burned!

## Q: What should you do if you see a cup of coffee or tea?

A: Stay away from it and never touch it.







# Cool a Burn

Here are some questions to ask the children. Encourage them to tell you the correct answers.

#### Q: What can you do so you do not get burned?

A: Stay away from things that are hot or can get hot.

#### Q: Do burns hurt?

A: Yes, burns hurt!

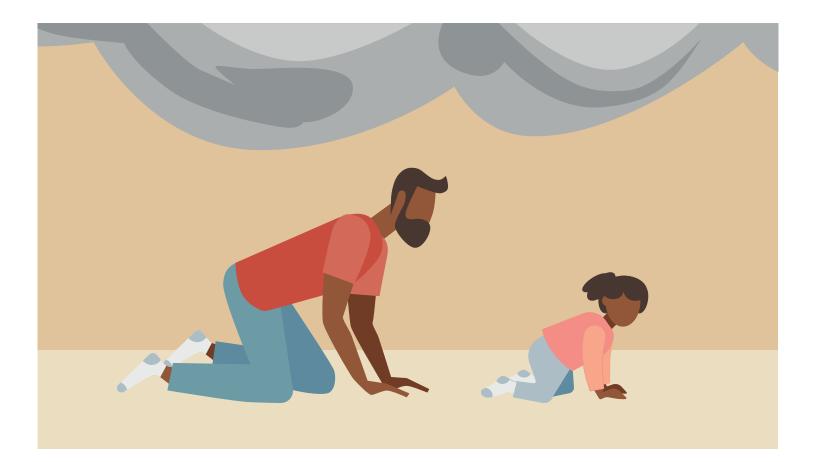
### Q: What should you do if you get burned?

- A: Cool the burned area by running cool water over it. Never use ice, butter or creams that can make the burn worse. The cool water can be from any source, including a sink, bathtub or even your dog's water bowl!
- A: Always tell a grown-up.

### **Q:** How long should you cool a burn?

A: At least 10-15 minutes.







# **Crawl Low Under Smoke**

*Here are some questions to ask the children. Encourage them to tell you the correct answers.* 

### Q: What should you do if there is smoke in the room?

A: Crawl low under the smoke.

## Q: Why should you crawl low under smoke?

A: The dangerous smoky air is up, and the safer, cleaner air is close to the ground.



# What is HOT, What is NOT?

*Circle the things that are* **HOT***. Put an X through the things that are* **NOT HOT***.* 









# **Tools for Firefighters**

*Circle the tools firefighters use.* 









# **Two Ways Out**

Help the child in the home find two ways out of every room that lead directly to the outside meeting place. Remember, in a fire emergency, once you are out of the home, stay out.



### **OUTSIDE MEETING PLACE**





# **OUTSIDE MEETING PLACE**