

# Lesson 4

## STAY AWAY FROM HOT THINGS

### Teacher Information

Young children should be taught the difference between hot and cool, as well as the risks of touching hot items. There are many things inside and outside that are hot or could get hot. Things that get hot can cause serious burns. Burn injuries hurt and take a long time to heal. Preschoolers need to be able to identify items that are hot and sometimes hot. Children should learn to stay away from anything that can get hot.

Children younger than five are at the highest risk for burn injuries. Burn injuries in young children most frequently occur from contact burns that result from touching a hot object, such as a stovetop or an iron. Young children also experience a high number of burns from hot liquids (scalds), such as hot coffee, soup, or tap water. Chemical and electrical burns are also pose high risks of injuries among this age group.

Matches and lighters can get hot. Teach children safe actions if they find matches or a lighter: Tell an adult and never touch. Matches and lighters should be locked in a cabinet out of the reach of children. Bath water can be very hot. Teach children to never turn the water on without adult supervision. An adult should always supervise a child in the bathtub.

### Teaching Points

- There are things inside and outside the home that are hot or can get hot.
- Things that are hot can burn and hurt you.
- Stay away from hot things. Don't touch them.
- If an item might be hot, stay away and ask an adult for help.
- Things that are hot or can get hot include bath water, soup, a stove, a radiator, curling or flat irons, a fireplace, coffee, matches, lighters, and many other items.
- Do not touch matches or lighters. Tell an adult if you find matches or lighters.

### Objectives

Each child will be able to:

- distinguish between hot things, cool things, and things that can be hot or cool.
- recognize safe actions around hot and potentially hot items.



## Materials

- Computer with internet access, projector, and speakers
- Ice pack from the freezer (or another cold item)
- Microwavable hot pack (or another warm item)
- Two hula hoops
- Flashcards of Hot and Cool Items
- Real-life Cool and Sometimes Hot Items (*optional*)
- Basket for flashcards
- Lyrics to “What Do You See?” song
- Old magazines (*optional*)
- Glue (*optional*)
- Scissors (*optional*)
- MP3 file of the song, “Don’t Touch Hot Things” (*optional*)
- Laminated Hot Things posters (*optional*)
- “Circle the Hot Things” worksheet (*optional*)
- “Sort It Out” worksheet (*optional*)

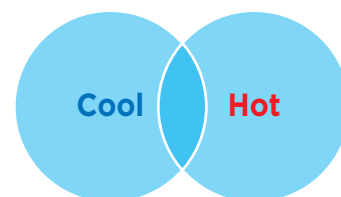
## Procedure

### Hook (4-5 Minutes)

1. Introduce the lesson by discussing the concepts of cold and hot. Demonstrate the concept with a cold pack from the freezer and a warm pack that has been heated in the microwave. Be sure to heat the pack only to warm, rather than hot. Have children touch the cold pack and the warm pack.

### Discussion Questions

- Can you think of any other items that are cold?
  - What is the difference between cool and cold?
  - Can you think of any other items that are warm?
  - What is the difference between warm and hot?
  - Why do we need to be very careful around hot items?
2. **Group Activity:** Make a Venn diagram with hula hoops on the floor. Using the flashcards of hot and cool items (or real items) work together to sort the items into cool and hot categories. Children also will be introduced to items that are in the “sometimes hot” category. These are things that can be either hot or cool such as an iron, a bowl of soup, or water in the bathtub.
  3. When finished, discuss why children should not touch hot and sometimes hot items. Separate the hoops so the cool items stay with the cool hoop, and the sometimes hot and hot items stay with the hot hoop.



### Discussion Questions

- What can happen if we get too close to hot things?
- Has anyone ever had a burn before? Did it hurt?
- Is it always easy to tell if something is hot?
- What rules help us to stay safe around hot things?

5. Stress safe behaviors around hot items:
  - Stay away from hot things. Don't touch them.
  - Don't touch things that are sometimes hot. Ask an adult for help.
  - Do not touch matches or lighters.
  - Tell an adult when you see matches or lighters.

### Wrap-Up (4-5 Minutes)

6. Have a basket containing the picture flashcards. One by one, pull a picture out of the basket. Sing the "What Do You See?" song to the tune of "Twinkle, Twinkle, Little Star." Depending on the picture, children will have to decide which line should end the song:

"That is hot! Walk away." or

"That's nice and cool, I can stay."

7. **Review main points:**

*Stay away from hot things. Don't touch them.*

*Don't touch things that are sometimes hot. Ask an adult for help.*

*Do not touch matches or lighters.*

*Tell an adult when you see matches or lighters.*



### Optional Extension Activities

- **Have the class make a collage** of hot and cool items from magazine pictures. Items that can be hot sometimes should be included on the hot side. Ask the children to use the collage to teach their favorite stuffed animal about staying safe around hot things.
- **Place laminated Hot Things posters** on the floor around the room and get ready to play the MP3 file of the song, "Don't Touch Hot Things." Tell students to move about the room with a specific action when the music starts. (Examples: stomp, hop, walk like a monkey, crawl like a turtle, and so on.) Stop the music after a short period of time. When the music stops, the children must stand near the closest cool item. More than one child can be near any item. Discuss why it is important to stay away from hot things
- **Students can complete** the "Circle the Hot Thing" worksheet or the "Sort it Out" worksheet. Discuss actions the children can take to be safe around the hot and the sometimes hot items.



**What Do You See? Song Lyrics:**

**To the tune of *Twinkle, Twinkle, Little Star***

Insert child's name, insert child's name, (*Whole Class*)

What do you see? (*Whole Class*)

I see \_\_\_\_\_ looking at me. (*Student who was picked*)

Insert child's name, insert child's name, (*Whole Class*)

What do you say? (*Whole Class*)

That is hot! Walk Away! OR That's nice and cool so I can play/stay! (*Student who picked*)

**Example:**

Pedro, Pedro,

What do you see?

I see matches looking at me.

Pedro, Pedro,

What do you say?

That is hot! Walk Away!

(Alternative Response: Don't touch! Tell a grown-up right away!)

OR

Tara, Tara,

What do you see?

I see a toy car looking at me.

Tara, Tara,

What do you say?

That's nice and cool, I can stay/ play!

Or if doing as a whole group:

Preschool, Preschool,

What do you see?

# Family Letter

## STAY AWAY FROM HOT THINGS

Dear Family,

Our class is learning about fire safety through the *Learn Not to Burn®-Preschool* Program. Today the children learned to stay away from hot things because hot things can cause a burn. We talked about things around the home that are hot, cool, and sometimes hot. The children learned sometimes it is hard to tell if an object is hot or cool. If unsure, children should stay away and ask a grown-up for help. For example, bath water, an iron, and a pan on the stove could be hot or cool so children should not touch and get an adult to help. The children also learned there are some things they should never touch, such as matches and lighters. It is important to keep matches and lighters in a locked cabinet out of the reach of children.

Please talk to your child about the importance of staying away from things that can get hot. Burns are very dangerous and they hurt.

**SAFETY TIP!** If someone is burned, the best action to take is to cool the burn right away with cool water. Place the burn under cool running water for 3 to 5 minutes. Get medical help if needed.

Together we can keep your family safe from fire.

Sincerely,

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## Family Fire Safety Activity

### Cool, Hot, and Sometimes Hot Home Scavenger Hunt

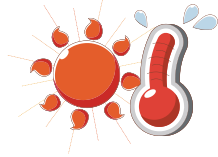
Talk with your child about the difference between cool and hot objects. Let your child share what he or she has learned. Review the important points: stay away from hot things; if you can't tell if an object is hot, ask a grown-up for help; never touch matches or lighters.

Tell your child you are going to go on a hot and cool scavenger hunt together. You will need tape and some cutouts of the hot and cool symbols on the next page. Go together but let your child lead on the hunt. When your child finds a cool item, allow him or her to tape the "cool" symbol to the item. When your child finds a hot or sometimes hot item, he or she should tell you and ask you to tape the "hot" symbol near the item. When all of the cutouts are gone, review the hot, sometimes hot, and cool items found in the home.



**Fire safety fun for families at [Sparky.org](http://Sparky.org)!**

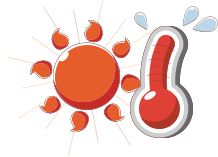
HOT



COOL



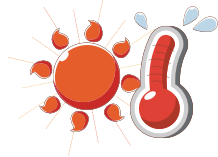
HOT



COOL



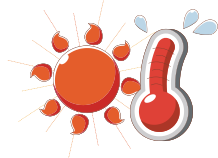
HOT



COOL



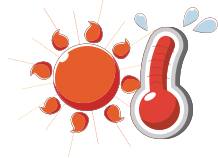
HOT



COOL



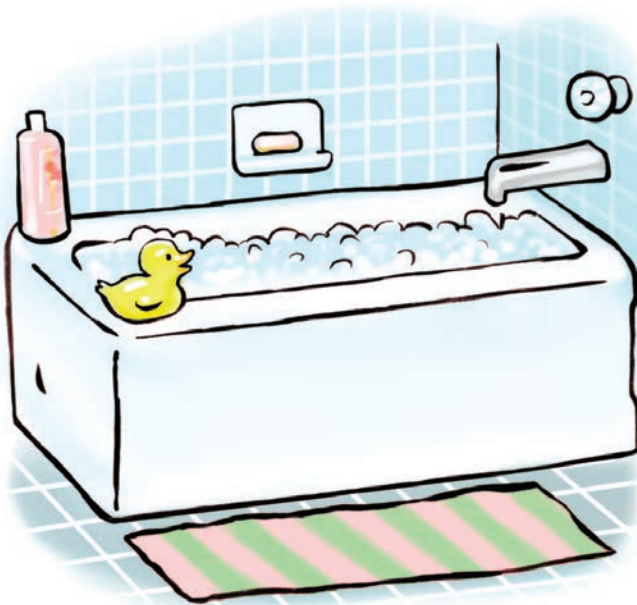
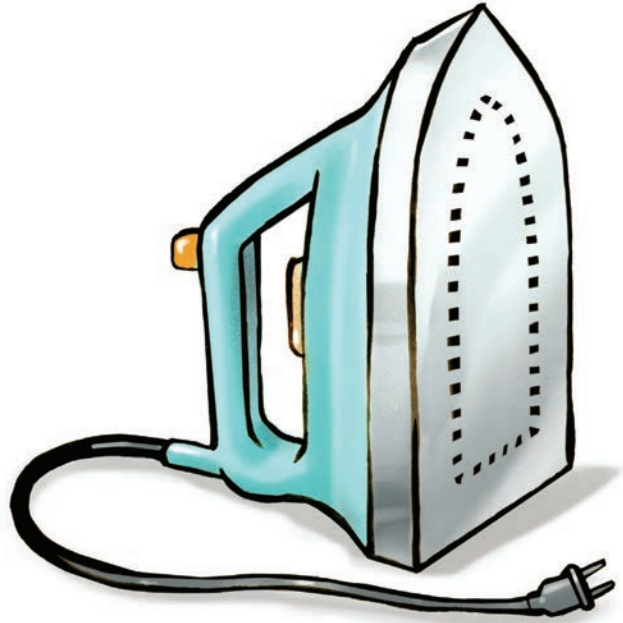
HOT



COOL

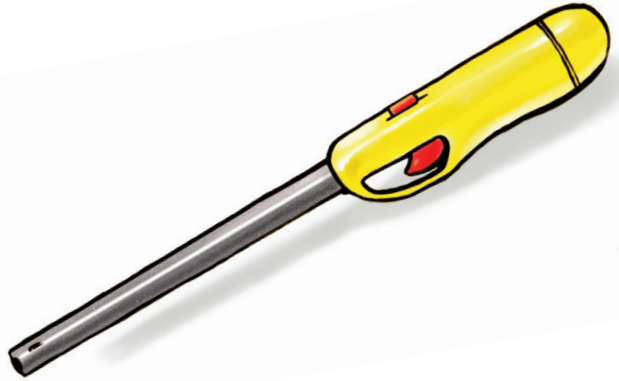


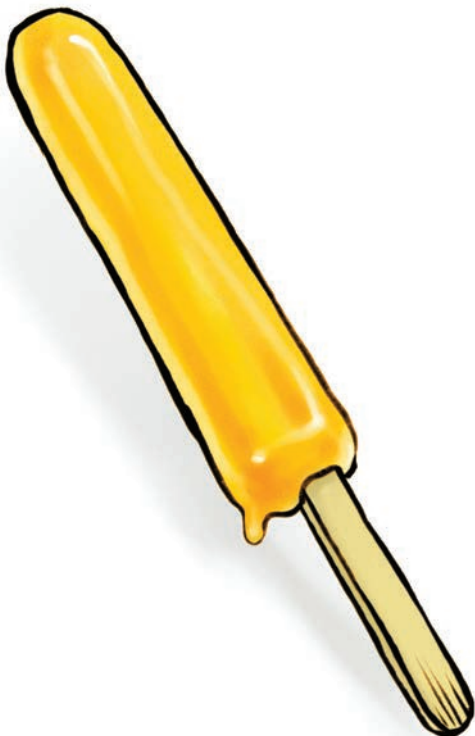








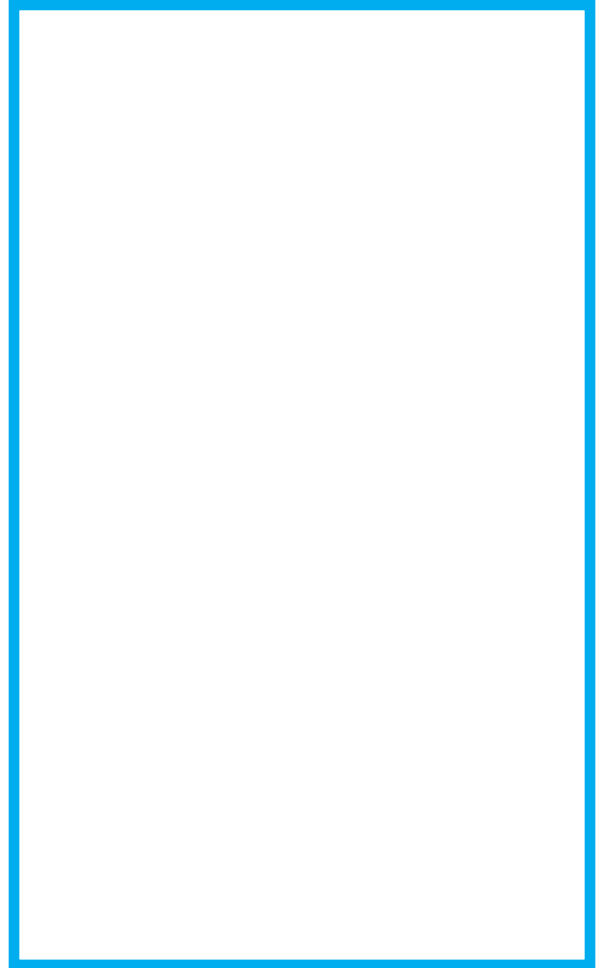
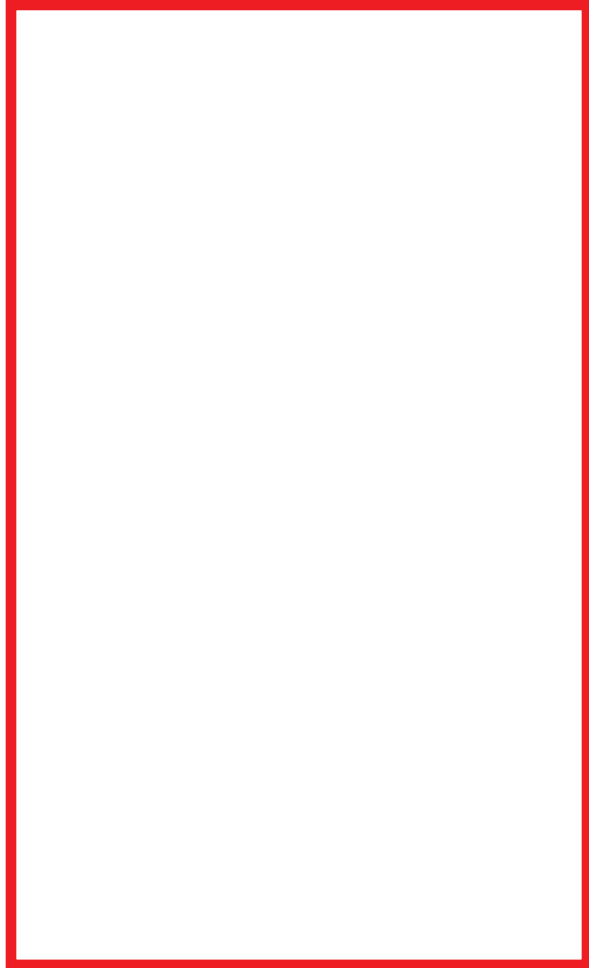




# SORTING

## HOT

## NOT HOT



# Circle the Hot Things!

Parents, teach your children to stay away from hot things that can hurt them!

