

# Lesson 3

## PRACTICE A FIRE DRILL WITH YOUR FAMILY

### Teacher Information

**SMOKE ALARMS SAVE LIVES.** Every home needs smoke alarms. Smoke alarms should be installed on every level of the home (including the basement), outside each sleeping area, and inside each bedroom. A smoke alarm makes a, “beep, beep, beep” sound. Between each set of three beeps is a slight pause — “beep, beep, beep, pause, beep, beep, beep, pause,” and so on. A smoke alarm senses smoke and will sound if there is smoke in the home — possibly from a fire. When the smoke alarm sounds, everyone should leave the home. Everyone should know the sound of the smoke alarm and how to respond quickly.

A home fire drill is a time for a family to practice their home fire escape plan. This is a plan to get out of the home quickly in case there is a fire. Every room in the home needs two ways out. One way out would be the door and the second way out may be another door or a window. Every home fire escape plan needs an outside meeting place. A meeting place is a permanent location in front of the home that is a safe distance from the home. A good meeting place might be a neighbor’s home, a street light, a mailbox, a neighborhood store, or a special tree. Everyone in the family should go to the meeting place so everyone will be together and adults will know that everyone is safe. Families should practice their home fire drill at least twice a year.

Some behaviors are unsafe when the smoke alarm sounds. Children may ask about these behaviors. Let them know they are unsafe and stress the importance of getting outside quickly:

- You cannot bring your toys with you during a fire drill.
- You cannot bring your pets with you during a fire drill. The firefighters will do their best to rescue your pets.
- Do not hide if the smoke alarm sounds. The smoke alarm is loud and can be scary but you must get outside.
- Take fire drills seriously. Do not dance or play when the smoke alarm sounds.

More information for parents and teachers can be found at [nfpa.org/safetytips](http://nfpa.org/safetytips).



## Teaching Points

Here are the four important things to do if the smoke alarm sounds:

1. Get up and walk. Don't run but walk briskly.
2. Remember to know two ways out of every room.
3. Get yourself outside quickly.
4. Go to your outside meeting place with your family.

## Objectives

Each child will be able to:

- describe how he or she will react when a smoke alarm sounds at home.
- identify a possible family meeting place outside the home.

## Materials

- Computer, projector, screen, speakers and Internet access
- Home Fire Drill Posters:
  - Hear the smoke alarm and stop what I am doing
  - Get up and walk
  - Know two ways out
  - Get outside
  - Wait at outside meeting place with family
  - Get favorite toy
  - Bring my favorite toys
  - Play with my cat
  - Hide under my blankets
  - Dance

## Procedure

### Hook (2-3 Minutes)

*Plan to have a fire drill at the childcare center before teaching this lesson.*

1. Review the information from the previous lesson on smoke alarms:
  - What sound does a smoke alarm make? (*beep, beep, beep*)
  - What should you do when you hear the smoke alarm? *Get outside and stay outside until an adult says it is safe to go back inside.*

### Body (15-18 Minutes)

2. Refresh the children's memories about the last fire drill at the preschool/childcare center. Ask volunteers to describe the steps they followed when the smoke alarm sounded.
3. Discuss home fire drills. Ask: *We have fire drills at school. Has anyone ever had a fire drill at home? Why would this be important to do at home with family? What would you tell your family to do if they hear the "beep beep beep" of the smoke alarm?*

**4.** Discuss the actions to take when practicing a home fire drill:

- **Get up and walk:** Stop whatever you are doing (playing, sleeping, or dancing) and walk towards the door. Do not run, but walk briskly.
- **Know two ways out:** Be aware of two ways out of every room. It may be two doors or a door and a window.
- **Get outside:** Go right outside. Do not stop to pick up toys or pets. Stay outside.
- **Wait at outside meeting place with family:** Stay at the meeting place until help arrives or an adult says it is safe to go inside.

**5.** Play the SteveSongs “Little Rosalie” video available for free on the NFPA website: [www.sparkyschoolhouse.org](http://www.sparkyschoolhouse.org) under the music tab. After the video, review the steps covered in the video to take when the smoke alarm sounds: Get up and walk, know two ways out, get outside quickly, wait at outside meeting place with family.

**6.** Group Activity: Have the children sit in a circle. Scatter the home fire drill posters face up in the middle of the circle. Ask children to work together to put the posters into two categories: safe and unsafe actions during a home fire drill.

**Beep, Beep, Beep!**

This is the sound of the smoke alarm.



Hear the smoke alarm and stop what I am doing.

**SAFE ACTIONS DURING A HOME FIRE DRILL**



Get up and walk



Know two ways out



Get outside



Wait at outside meeting place with family

**UNSAFE ACTIONS DURING A HOME FIRE DRILL**



Bring my favorite toys



Play with my cat



Hide under my blankets



Dance

7. Discuss the behaviors in each category and clarify any errors. Briefly discuss why the unsafe behaviors are unsafe. Stress the importance of getting outside quickly. After briefly discussing the unsafe behavior, focus on the correct actions to take when the smoke alarm sounds. Refer to the posters while discussing the following points:
- The smoke alarm makes a “beep, beep, beep” sound.
  - If you hear “beep, beep, beep”, walk quickly.
  - Look for doors and windows you could use to get outside in an emergency.
  - Get outside quickly.
  - Think about places near your home that could be your family meeting place: mailbox, neighbor’s porch, a big tree. Explain that having a family meeting place helps firefighters to do their jobs safely.

### **Wrap-Up** (2–3 Minutes)

8. Group Chant: Students respond in chorus after teacher gives an ordinal statement:
- Teacher says, “First”; Students respond with “Get up and walk.”
  - Teachers says, “Then”; Students respond with “Know two ways out.”
  - Teacher says, “Next”; Students respond with “Get outside quickly.”
  - Teacher says, “Last”; Students responds with “Wait at your outside meeting place with your family.”
  - End with “HIGH FIVE” and children share high fives with each other.

### **Optional Extension Activities**

- **Read the poem:** Sparky the Fire Dog Says “Stay Fire-Safe!” by Annie Elliot in the NFPA free e-book, *Rescue Dogs, Firefighting Heroes, and Science Facts* at [www.sparkyschoolhouse.org/ebook](http://www.sparkyschoolhouse.org/ebook).
- **Sort and Sequence Center Activity:** Print Home Fire Drill posters in smaller “card” sizes. Have the children sort the cards into ‘safe’ and ‘unsafe’ piles. Once sorted, children will put the SAFE cards into the appropriate sequence based on the “Little Rosalie” video.
- **Have children create an invitation to a family fire drill.** Ask them to give it to their parents and remind them to practice the home fire drill soon.
- **Use the SteveSongs Moves video on [www.sparkyschoolhouse.org/music](http://www.sparkyschoolhouse.org/music)** to teach students the movements from the “Little Rosalie” video. “Little Rosalie” moves can be found by clicking School Tube. Then have a dance off!
- **Show Sparky’s video, “Get out and Stay out.”** Sparky says, “When the smoke alarm sounds get outside and stay outside. Do not wait for anything! Even if it is pizza!” Go around the circle and ask children to say “When the smoke alarm sounds, get outside quickly. Do not wait for anything — even \_\_\_\_\_.” Each child should fill in the blank with a favorite activity or snack.

# Family Letter

## PRACTICE A FIRE DRILL WITH YOUR FAMILY

Dear Family,

Our class is learning about fire safety. Today we learned to practice a family fire drill. Your child learned four important things to do if the smoke alarm sounds:

1. Get up and walk. Don't run but you should walk briskly.
2. Know two ways out of every room.
3. Get yourself outside quickly.
4. Go to your outside meeting place with your family.

It is important that all family members are aware of the two possible ways out for each room in your home, as well as your outside meeting place. Once you have an escape plan, remember to practice. Have a family fire drill twice a year.

Together we can keep your family safe from fire.

Sincerely,

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## Family Fire Safety Activity

### Practice the Family Fire Drill

#### Before Fire Drill Day:

- Pick a day for a family fire drill. Make a poster announcing the date of the family fire drill. Let everyone in the family know it will happen.
- Spend a few minutes each day reviewing the important points of the home escape plan: the sound of the smoke alarm, different ways out of each room, and the outside family meeting place.

#### On Fire Drill Day:

- When at least one child is involved in a favorite activity, push the test button on the smoke alarm.
- Watch the children's responses to the alarm to make sure they are taking appropriate actions.
- Meet the children at the outside meeting place. Give the children feedback about the four important steps and praise them for doing a good job if they:
  - Walked briskly when they heard the smoke alarm
  - Knew two ways out of every room.
  - Got outside quickly and didn't stop to bring toys or other items.
  - Got to the outside meeting place and waited there.



***Fire safety fun for families at Sparky.org!***



















