



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

When it comes to fire safety, kids can never be too prepared. Prevention is key, but so is knowing what to do - and not to do - in an emergency. These activities will help your students learn how to protect themselves in case there's a fire.

Related KidsHealth Links

Articles for Kids:

What to Do in a Fire

KidsHealth.org/en/kids/fire-safety.html

When It's Just You in an Emergency

KidsHealth.org/en/kids/emergency.html

When It's Just You After School

KidsHealth.org/en/kids/homealone.html

How to Use 911

KidsHealth.org/en/kids/911.html

Being Safe in the Kitchen

KidsHealth.org/en/kids/safe-in-kitchen.html

Playing With Fire?

KidsHealth.org/en/kids/fires.html

Finding Out About Fireworks Safety

KidsHealth.org/en/kids/fireworks.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Name ways a fire can start in a home. How can each be prevented?
2. At school, we practice our fire safety plan every time we have a fire drill. Why is it just as important to have a fire safety plan at home?
3. More people die from breathing in smoke than from burns in a fire. Why is smoke so dangerous? Name some ways to avoid smoke.
4. In a fire emergency, every second counts. Describe how one quick decision - like going back into a burning house for your hamster or your favorite trophy - can mean the difference between life and death.



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Safer Story

Objectives:

Students will:

- Identify basic fire safety rules
- Rewrite a mock newspaper article using fire safety knowledge

Materials:

- “Safer Story” handout
- Pencil or pen

Class Time:

- 30 minutes

Activity:

Fires can be scary. In a matter of seconds, a room you’ve known your whole life can become dark, smoky, and unrecognizable. It can be hard to make good decisions in a confusing situation like this, when the right decisions can save your life.

First, we’re going to read KidsHealth.org articles about the do’s and don’ts of fire safety. Then we’re going to read a fictional newspaper article about two kids who accidentally started a fire in their home. Think about how the events unfolded in this story. What could the children and their babysitter have done differently that might have led to a better ending? Rewrite the article, changing as many details as you think necessary, to give this fictional group a safe escape.

Extensions:

1. Draw a picture of your family’s escape plan. Show two ways to escape from every room and include your designated meeting place outside. If your family doesn’t have an escape plan, now’s the time to create one together. Remember to schedule dates for family fire drills throughout the year.
2. Count the number of smoke detectors in your house and note where they are located. As a class, we’re going to create a bar graph comparing the numbers of smoke detectors by location (the kitchen, basement, bedroom, hallway, etc.). Where are the most popular spots for smoke detectors? Why?



Fire Science

Objectives:

Students will:

- Examine the basic chemistry principles behind common fire safety tips

Materials:

- “Fire Science” handout
- Pencil or pen

Class Time:

- 20 minutes

Activity:

A fire needs three things to burn:

- oxygen (air)
- heat (from a match or electrical spark, for example)
- fuel (anything that will burn, like wood, paper, leaves, gasoline, etc.)

If any of these things aren't present, a fire can't start.

If any of these things are taken away, a fire will go out.

For each fire safety tip on the “Fire Science” handout, briefly describe the chemistry principles that explain the safety tip. Afterward, we'll discuss our findings.

Extension:

Forensic fire investigators can often tell when, where, and how a fire started just by studying the fire scene and analyzing samples. If possible, invite a firefighter or fire investigator to talk to your students about what can be learned in the aftermath of a fire.



Think First!

Objectives:

Students will:

- Learn about fire safety
- Share their knowledge of fire safety with younger children

Materials:

- “Think First!” handout
- Poster board, art supplies
- Props (optional)

Class Time:

- 2½ hours (2 hours to write and rehearse; ½ hour to perform. May be done over several days.)

Activity:

[Note to instructor: You may choose to break up the class into small groups for this activity.]

What's a mentor? The dictionary says it's a trusted advisor. Today is your day to be a mentor to younger kids in our school. You're going to write, rehearse, and present a series of role-play situations that will help younger kids understand how to stay safe in a fire. Choose one of the situations in the "Think First!" handout. Then work with your partner or partners to write a short skit showing the best way to handle each fire situation. Each group will also be responsible for making a poster with a memorable picture and slogan that will help kids remember your message.

Reproducible Materials

Handout: Safer Story

KidsHealth.org/classroom/3to5/personal/safety/fire_safety_handout1.pdf

Handout: Fire Science

KidsHealth.org/classroom/3to5/personal/safety/fire_safety_handout2.pdf

Handout: Fire Science Answer Key

KidsHealth.org/classroom/3to5/personal/safety/fire_safety_handout3.pdf

Handout: Think First!

KidsHealth.org/classroom/3to5/personal/safety/fire_safety_handout4.pdf

Quiz: Fire Safety

KidsHealth.org/classroom/3to5/personal/safety/fire_safety_quiz.pdf

Answer Key: Fire Safety

KidsHealth.org/classroom/3to5/personal/safety/fire_safety_quiz_answers.pdf



Name: _____

Date: _____

Safer Story

Instructions: Rewrite the article (below and on the other side of this handout if necessary) and change as many details as needed, to give these brothers and their babysitter a safe escape.

Matches in an
stairs bedroom

WITH MATCHES

were to blame for
e in a house fire
that injured two
thers, ages 8 and
nt investigators
ame last night
the babysitter.
nknown at this

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into the

BREAKING STORY: HOUSE FIRE BREAKS

Children playing with matches were to blame for a house fire last night that injured two brothers, ages 8 and 11, and their 14-year-old babysitter, fire department investigators said.

The boys were playing with matches in an upstairs bedroom when they accidentally ignited the curtains. Fearing they would get in trouble, the children fled to another bedroom and hid in a closet.

According to officials, the brothers did try to escape when the room became filled with smoke, but then ran back for their pet goldfish.

The babysitter, who was in the basement, didn't realize the house was on fire until the second floor was already engulfed in flames. The house had smoke alarms, but the batteries were dead.

The sitter attempted to rescue the children herself, but was overcome by heat and smoke. A neighbor who saw the flames called 911.

Firefighters used ladders to reach the second floor and found the siblings in the closet. The sitter was found at the bottom of the stairs. All three remain hospitalized today in serious condition.

The babysitter, who was in the basement, didn't realize the house was on fire until the second floor was already engulfed in flames. The house had smoke alarms, but the batteries in the smoke detectors were dead. Cause of the fire is under investigation. Fire Department head said investigators were still working on the case.

BREAKING NEWS

Two last night
talk to th
house w

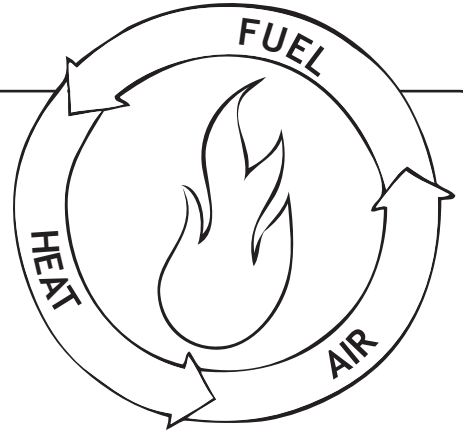


Name: _____

Date: _____

Fire Science

Instructions: A fire needs three things to ignite and burn: oxygen (air), heat (from a match or electrical spark, for example), and fuel (anything that will burn, like wood, paper, leaves, gasoline, etc.). Keeping these basics facts in mind, answer each question below.



1. Why is it important not to open a door if the doorknob is hot?

2. Why is crawling under smoke safer than walking through it?

3. Why is running a bad idea when your clothes are on fire?

4. Why is "Stop, drop, and roll" a good idea?

5. Why will a wooden house burn faster than a brick one?

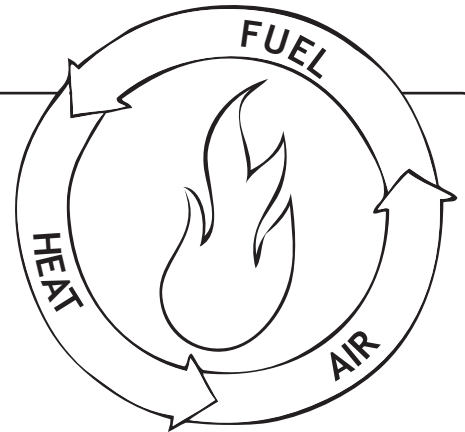
6. How does a fire extinguisher work?

7. How do fire doors work?

8. Why do firefighters carry compressed air and not oxygen in their tanks?



Fire Science Answer Key



1. Why is it important not to open a door if the doorknob is hot?
Fire might be on the other side and opening the door could give it the oxygen it needs to spread.

2. Why is crawling under smoke safer than walking through it?
Smoke rises, leaving more smoke-free air to breathe closer to the ground.

3. Why is running a bad idea when your clothes are on fire?
Running is like using air to fan the flames.

4. Why is “Stop, drop, and roll” a good idea?
Rolling deprives the fire of oxygen.

5. Why will a wooden house burn faster than a brick one?
Wood is a better fuel; it’s more flammable.

6. How does a fire extinguisher work?
The foam deprives the fire of oxygen.

7. How do fire doors work?
Fire doors are made of fire-resistant materials that help prevent or delay the spread of smoke, heat, and flames.

8. Why do firefighters carry compressed air and not oxygen in their tanks?
Oxygen tanks could explode in a fire.



Name: _____

Date: _____

Think First!

Instructions: Choose one of the situations and work with your partner or partners to write a short skit (below and on the other side of this handout if necessary) demonstrating the best way to handle it.

1. You find your little cousin playing with matches in the basement. What do you do?
2. You see flames in your house. Do you get out first or call 911?
3. Smoke is coming in around the door and the doorknob feels hot. Do you open the door?
4. Fire is blocking the doorway. What do you do?
5. You're escaping a building through thick smoke. Do you run or crawl?
6. Your clothes catch on fire. What do you do?
7. A firefighter wearing a scary gas mask is coming toward you. Do you hide or call to him?
8. You make it out to your meeting spot and realize your cat is still inside. Do you go back in?



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: If there's a fire, you should stop to call 911 before getting out.
2. Smoke alarm batteries should be changed at least:
 - a. once a year
 - b. twice a year
 - c. every day
 - d. every week
3. You should know _____ ways out of every room in your house.
4. When practicing your escape plan, see if everyone can get out to the meeting spot in less than:
 - a. 12 minutes
 - b. 10 minutes
 - c. 5 minutes
 - d. 3 minutes
5. Most home fires are caused by:
 - a. cooking accidents
 - b. birthday candles
 - c. hair dryers
 - d. dragons



Quiz Answer Key

1. True or false: If there's a fire, you should stop to call 911 before getting out.
2. Smoke alarm batteries should be changed at least:
 - a. once a year
 - b. twice a year
 - c. every day
 - d. every week
3. You should know 2 ways out of every room in your house.
4. When practicing your escape plan, see if everyone can get out to the meeting spot in less than:
 - a. 12 minutes
 - b. 10 minutes
 - c. 5 minutes
 - d. 3 minutes
5. Most home fires are caused by:
 - a. cooking accidents
 - b. birthday candles
 - c. hair dryers
 - d. dragons