



[KidsHealth.org/classroom](http://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.
- 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 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>

Nobody likes to think about what might happen if a fire starts at home or at school. But talking about it and knowing what to do makes dealing with a fire a lot less frightening. These activities will help your students learn all about fire safety.

## Related KidsHealth Links

### Articles for Kids:

#### What to Do in a Fire

[KidsHealth.org/en/kids/fire-safety.html](http://KidsHealth.org/en/kids/fire-safety.html)

#### How to Use 911

[KidsHealth.org/en/kids/911.html](http://KidsHealth.org/en/kids/911.html)

#### Playing With Fire?

[KidsHealth.org/en/kids/fires.html](http://KidsHealth.org/en/kids/fires.html)

#### When It's Just You in an Emergency

[KidsHealth.org/en/kids/emergency.html](http://KidsHealth.org/en/kids/emergency.html)

#### When It's Just You After School

[KidsHealth.org/en/kids/homealone.html](http://KidsHealth.org/en/kids/homealone.html)

#### Being Safe in the Kitchen

[KidsHealth.org/en/kids/safe-in-kitchen.html](http://KidsHealth.org/en/kids/safe-in-kitchen.html)

#### Finding Out About Fireworks Safety

[KidsHealth.org/en/kids/fireworks.html](http://KidsHealth.org/en/kids/fireworks.html)

## Discussion Questions

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

1. Do you know what to do if there's a fire in your house? Does your family have a fire escape plan?
2. What does a smoke detector do? How does it help to keep you safe? What other things help keep you safe in a fire?
3. What are some important rules kids should always remember about fire prevention?



## Activities for Students

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

### Stop, Drop, and Roll!

#### Objectives:

Students will:

- Explain and demonstrate what to do if their clothing catches on fire

#### Materials:

- Red, orange, and yellow felt
- Scissors, tape
- "Stop, Drop, and Roll!" handout

#### Class Time:

40 minutes

#### Activity:

[Note to teachers: Before the activity, cut 10 to 15 pretend flames out of the felt.]

The thought of being near a fire is pretty scary, right? Does anyone know of any rules that can help keep you safe in case there's ever a fire in your house? What if your clothes catch on fire? Well, if that ever happens, you might have the urge to run as fast as you can. But running would actually make the fire get worse because the air would cause the fire to get bigger and spread. Instead, if you find that your clothes or hair have caught fire, you should immediately **stop** what you're doing, **drop** to the ground, and **roll** around on the ground until the fire goes out. Rolling around on the ground smothers the fire and doesn't allow it to get any air. This makes the fire go out. Today, we're going to practice stopping, dropping, and rolling. I have some pretend flames here. I'll tape these pretend flames on your clothes. Then you'll have to stop, drop, and roll on the ground until all the flames fall off of your clothes. Two people can go at a time. Everyone will get a chance to practice. While each child is stopping, dropping, and rolling, the rest of us will sing the **stop, drop, and roll** song on your handout.

#### Extensions:

1. Kids can make big posters illustrating the three **stop, drop, and roll** steps. Hang these posters around the school or at home.
2. Invite a firefighter into your classroom to talk with the kids about fire safety.



## Crawl Low Under Smoke!

### Objectives:

Students will:

- Explain and demonstrate how to get out of a smoky room safely
- Identify how smoke can hurt the body

### Materials:

- Large bedsheet
- "Crawl Low Under Smoke!" handout
- Crayons, markers, and pencils

### Class Time:

40 minutes

### Activity:

Did you know that the smoke from a fire can be as dangerous as the flames? That's because our lungs need clean air to breathe. But when a room gets smoky from a fire, the air isn't clean anymore.

Today, we're going to learn how to get out of a smoky room safely. When a room fills with smoke, the smoke rises. This leaves a small space of cleaner air near the floor. So, to breathe in that cleaner air, you have to get down on your hands and knees and crawl low under the smoke to get out of the room. But when you get to the door, don't reach right up and open it. First, use the back of your hand to touch the door to see if it's warm. If it is, then you need to find another way out of that room. If the door is cool to the touch, then you can open the door and crawl the rest of the way out of the room. We'll pretend that a bedsheet is smoke. I'll hold one side of the sheet and a helper can hold the other. You will take turns practicing crawling low under smoke. Then, you'll draw a picture of yourself crawling low under the smoke on this handout.

### Extension:

Students can write a song about how to get out of a smoky room safely, then sing it together.

## Reproducible Materials

### Handout: Stop, Drop, and Roll!

[KidsHealth.org/classroom/prekto2/personal/safety/fire\\_safety\\_handout1.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/safety/fire_safety_handout1.pdf)

### Handout: Crawl Low Under Smoke!

[KidsHealth.org/classroom/prekto2/personal/safety/fire\\_safety\\_handout2.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/safety/fire_safety_handout2.pdf)

### Handout for Teachers: Crawl Low Under Smoke! Answer Key

[KidsHealth.org/classroom/prekto2/personal/safety/fire\\_safety\\_handout3.pdf](https://www.KidsHealth.org/classroom/prekto2/personal/safety/fire_safety_handout3.pdf)

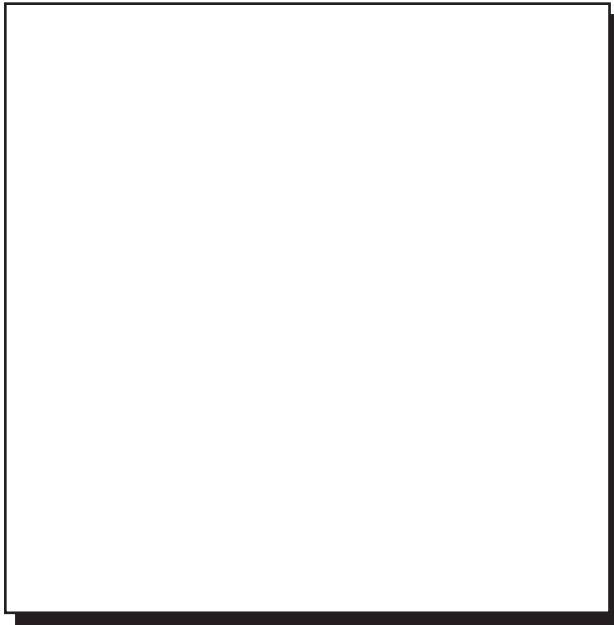


Name:

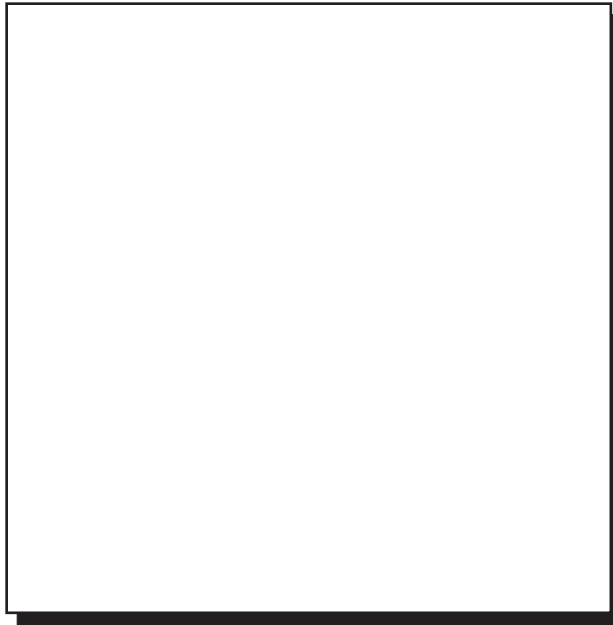
Date:

## Stop, Drop, and Roll!

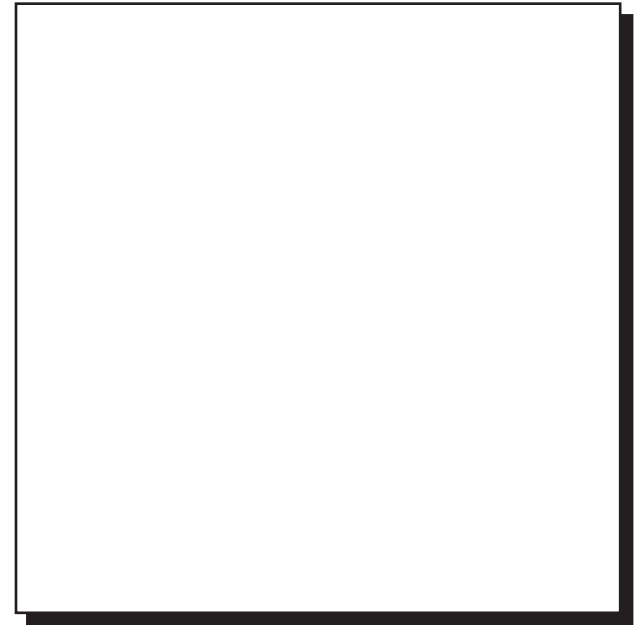
Instructions: You should do three things if your clothes or hair catch on fire. In each box below, draw a picture of yourself doing each of these three things. Then trace over the words, STOP, DROP, and ROLL under each box.







STOP



DROP



ROLL

**Stop, Drop, and Roll!**   
(to the tune of The Farmer in the Dell)  
 **Stop, drop, and roll,**  
**Stop, drop, and roll,**   
**If your clothes catch on fire,**  
**Stop, drop, and roll.** 



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Crawl Low Under Smoke!

Instructions: Draw a picture of yourself crawling on the floor under the smoke to get out of the room safely. Then answer the questions at the bottom of the page.



1. What makes a loud beeping noise when a room fills with smoke?
  - a. Smart phone
  - b. Smoke detector
  - c. R2D2
2. What can help every member of a family get out of a burning house quickly and safely?
  - a. Roller skates
  - b. An escape plan
  - c. Jet packs
3. If your clothes or hair catch fire, you should:
  - a. Hop, skip, and jump
  - b. Stop, drop, and roll
  - c. Sneeze, wheeze, and cough



## Crawl Low Under Smoke!



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