



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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Once kids are old enough to staying home alone or babysit younger kids, it's important they know basic fire safety rules. The following activities will help your students stay safe in the event of a fire.

Related KidsHealth Links

Articles for Kids:

What to Do in a Fire

KidsHealth.org/kid/watch/er/fire_safety.html

When It's Just You in an Emergency

KidsHealth.org/kid/watch/house/emergency.html

Being Safe in the Kitchen

KidsHealth.org/kid/watch/house/safe_in_kitchen.html

Articles for Teens:

911 Emergencies

KidsHealth.org/teen/safety/safebasics/911.html

Babysitting: Emergencies

KidsHealth.org/teen/safety/safebasics/babysit_emergencies.html

Dealing With Burns

KidsHealth.org/teen/safety/first_aid/burns_sheet.html

Discussion Questions

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

1. The U.S. Fire Administration says surviving a fire is not a matter of luck, but a matter of planning. What does that mean? Name some ways to plan ahead for a fire emergency.
2. Name some fire hazards that can be found in almost every home. What kinds of precautions can families take to address these hazards?
3. Name some seasonal fire hazards (for example, firework-related fires on the Fourth of July).
4. Why is smoke even more dangerous than flames in a fire? What can you do to avoid inhaling dangerous smoke?



Activities for Students

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

Fire Science

Objectives:

Students will:

- Examine the basic chemistry principles that are foundational to common fire safety tips

Materials:

- “Fire Science” handout
- Pencil or pen

Class Time:

- 20 minutes

Activity:

In simplest terms, a fire needs three things to burn: oxygen (air), heat (from a match or electrical spark, for example), and fuel (anything that will burn, such as wood, paper, leaves, gasoline, etc.). If any of these things are not 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.



Acting Against Fire Hazards

Objectives:

Students will:

- Work as part of a group to create a one-act play about fire safety

Materials:

- Computer with Internet access
- Paper, pens or pencils
- Props
- Videocamera (optional)

Class Time:

- 90 minutes

Activity:

Brief plays performed by older kids and teens might be a great way to teach fire safety tips to younger kids in our community. First, we'll break into small groups to research fire safety with the KidsHealth articles, then choose one important fact or tip to turn into a dramatic scene. Then each group will establish characters, write dialogue, and suggest stage settings, props, and directions. Each group will act out the scene for the rest of the class, and audience members will offer constructive criticism about how to make the messages most effective and memorable to kids. Then we'll perform our skits at a local elementary school or provide the elementary school with videos of our skits.

Extensions:

Create a series of fire safety videos to be shown at school assemblies or uploaded to appropriate online video sharing sites.

Reproducible Materials

Handout: Fire Science

KidsHealth.org/classroom/6to8/personal/safety/fire_safety_handout1.pdf

Answer Key: Fire Science

KidsHealth.org/classroom/6to8/personal/safety/fire_safety_handout2.pdf

Quiz: Fire Safety

KidsHealth.org/classroom/6to8/personal/safety/fire_safety_quiz.pdf

Answer Key: Fire Safety

KidsHealth.org/classroom/6to8/personal/safety/fire_safety_quiz_answers.pdf

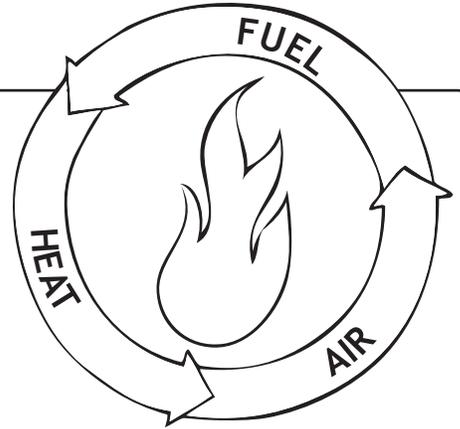


Name: _____

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, such as 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 through 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?

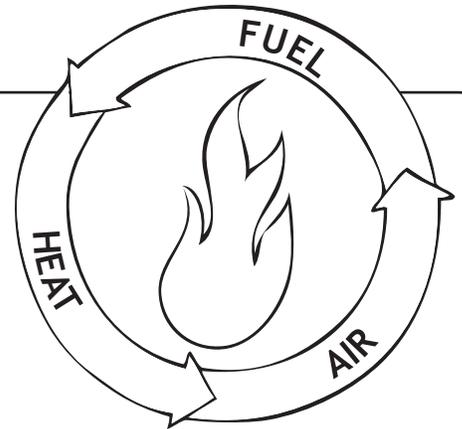
6. How does a fire extinguisher work?

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 through 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: _____

Quiz

Instructions: Answer each question.

1. If you're in a house alone and you see flames, you should:
 - a. call your mom and ask her what to do
 - b. gather up all your personal belongings and then get out
 - c. look for your pets and then get out
 - d. get out immediately and call 911 once you're safe
2. Your home fire escape plan should include at least _____ ways out of every room.
3. When practicing your home fire 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
4. If you're babysitting at a new house, it's important to know:
 - a. the parents' phone number
 - b. if the child has any food allergies
 - c. where the fire extinguisher is
 - d. all of the above
5. Smoke alarm batteries should be changed at least:
 - a. once a year
 - b. twice a year
 - c. every day
 - d. every week



Quiz Answer Key

1. If you're in a house alone and you see flames, you should:
 - a. call your mom and ask her what to do
 - b. gather up all your personal belongings and then get out
 - c. look for your pets and then get out
 - d. get out immediately and call 911 once you're safe
2. Your home fire escape plan should include at least 2 ways out of every room.
3. When practicing your home fire 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
4. If you're babysitting at a new house, it's important to know:
 - a. the parents' phone number
 - b. if the child has any food allergies
 - c. where the fire extinguisher is
 - d. all of the above
5. Smoke alarm batteries should be changed at least:
 - a. once a year
 - b. twice a year
 - c. every day
 - d. every week