SESAME STREET FIRE SAFETY PROGRAM

Educator Guide



U.S. Fire Administration | FEMA

Fire is Everyone's Fight™

This document was prepared for the Federal Emergency Management Agency's U.S. Fire Administration under contract number HSFE20-13-P-0275.

For more information about the SESAME STREET Fire Safety Program and other fire safety information, visit **www.usfa.fema.gov/prevention/outreach**

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Duplication of the accompanying CD is prohibited. Audio stories and songs are available by streaming at **SesameStreet.org** or
for download at **www.usfa.fema.gov/prevention/outreach**.

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Welcome to the Sesame Street Fire Safety Guide for Educators!

Thank you for being one of the many people in your neighborhood who helps keep children safe! Whether children are playing inside, exploring outdoors, or crossing the street, reminding them to be safe is something you do each day.

As an educator, you can empower preschoolers with essential fire safety information and skills that can make a big difference in case of an emergency. You can show children what to do if there's a fire and ways to prevent fires from starting. By sharing this information while children are young, you instill lifelong fire safety habits!

What You'll Find Inside

This guide and the accompanying Sesame Street Fire Safety Songs & Stories CD provide unique tools to make it easy for you to teach fire safety to preschoolers ages 3–5. And children's lovable, furry Sesame Street friends will help you engage children each step of the way!

Each section includes:

- key fire safety messages for children to learn and remember;
- easy-to-use lessons, games, and activities;
- supporting songs and stories to reinforce the fire safety messages;
- family newsletters to help parents and caregivers continue practicing fire prevention and safety with children at home.

How to Use the Fire Safety Guide and CD

These materials can be used on their own, or to support your existing fire safety class activities and routines. Each section covers a set of key fire safety messages, along with 3–4 different activities, songs, or stories to support each message.

Also, look out for **"Try This"** tips throughout the guide. These are specific tips and ideas on how to help you extend the messages and incorporate fire safety concepts into some of your regular classroom activities or transition times.

The CD may be used together with the activities in the fire safety guide. It can also be used separately, according to your needs.



As you play the CD, you might try to:

- act out three stories [tracks 6, 7, & 8];
- use the puppet patterns on pages 41–42 to play different characters;
- hold up visual props, such as a picture of a smoke alarm;
- pause the CD to discuss and to reinforce important points;
- play familiar songs on repeat to help children remember concepts.

You are the educator and you know best! We encourage you to use the Sesame Street fire safety materials in the way that works best for your setting.

Background Information and Fire Safety Messages

Below are some facts about fires. With education and planning, children and families can learn to increase their chances of safely surviving a fire and preventing burn injuries. Empower children by encouraging them to repeat and practice the safety messages listed below.

KEY FACTS FOR EDUCATORS	THE GOOD NEWS	MESSAGES FOR CHILDREN
Young children often run and hide from firefighters since their suits and masks can look strange and scary.	Children can learn that firefighters are the same friendly, special helpers before and after they put on their gear. Firefighters are special helpers!	» **Firefighters are special helpers!** » **Firefighters wear special gear to stay super safe!**
Every year in America, almost 2,500 people lose their lives in home fires. In most cases, the homes did not have working smoke alarms. Smoke is poisonous and can be life-threatening.	Smoke alarms can detect poisonous smoke. Installing them throughout a home or school can save lives.	» **Smoke alarms go BEEP, BEEP, BEEP!**
Many children are not familiar with the sound a smoke alarm makes, and therefore don't know how to react when they hear one, especially when they are sleeping.	Children can learn the sound a smoke alarm makes, as well as the difference between its "chirping" sound (which means "put in a new battery") and its "beeping" sound (which means "get outside and stay outside").	» **Smoke alarms go BEEP, BEEP, BEEP!**
Children under age 5 can be naturally curious about fire or household items that may get hot.	Young children can learn what things are hot—or get hot—and to stay away from these items. They can also learn what to do to prevent burns, and how to help themselves if they get a burn.	» **Hot, hot, stay away. Hot, hot, not for play!** » **Touching something hot can hurt a lot.** » **Take three big steps away.** » **Cool a burn with water.**
Children playing with matches and lighters start many fires.	Children can learn that matches and lighters are not toys, but tools for grown-ups only.	» **Don't touch, tell a grown-up.** » **Matches and lighters are grown-up tools, not toys.**
Young children get scared in a fire and often hide from a fire in a closet, under a bed, or behind furniture.	Grown-ups can teach children to practice getting low and going to a safe meeting place outside. Children should also learn to stay outside until a firefighter says it's okay to go back in.	» **Get low and go, go, go to your exit!** » **A meeting place is a safe place away from the fire and smoke.** » **Get outside and stay outside!**
Fire and smoke spread quickly, so there is often very little time for families to get out to safety.	Children can learn the nearest safe exits from each room of the home. Creating a home fire escape map and practicing a home fire escape plan can also help families feel more prepared in a fire.	» **Exit is the way out.**

By spreading the word about fire safety, we can help children and families create safer homes and neighborhoods!

Welcome to Our Fire Safety Program

Hello, Parents and Caregivers!

Each day you do things to keep your children safe, like buckling their seatbelts or holding their hands when you cross a busy street. The preschool years are also an important time to teach children about fire safety.

This is why your child will be learning about fire safety with help from the Sesame Street Fire Safety program! This is an exciting program brought to you by Sesame Workshop and the U.S. Fire Administration.

Through the activities, your children will be learning simple fire safety information along with some of their favorite Sesame Street friends like Elmo, Big Bird, and Cookie Monster! At home, you can show your child what to do if there's a fire, and ways to prevent fires from starting. By getting the whole family involved and making your child a part of this process, you teach lifelong fire safety habits!

Here are some ways you can support your children at home:

- Ask questions to encourage children to talk about the fire safety messages they are learning.
- Take the time to look over any papers that are sent home, such as letters, schoolwork, or suggested activities.
- Get the rest of your family involved in thinking about fire safety.

These simple steps will make a big difference in keeping your family safe if you ever have a fire in your home.

Thank you for your help and participation!

Sincerely,

_____

(Educator's Name)
…and your friends from Sesame Street and the U.S. Fire Administration

Looking for more information and activities?
Please visit **www.usfa.fema.gov/prevention/outreach** to download the Sesame Street Fire Safety Family Guide!



SECTION 1

Firefighters Are Special Helpers!

As children explore their neighborhoods, they become familiar with the people who help them feel safe. These include doctors, police officers, crossing guards, educators like you, and of course, firefighters!

Children are often fascinated by firefighters, especially when they zoom by in their shiny red fire trucks! However, seeing a firefighter in person in all of their special gear may be strange or even scary to young children.

This section can help ease children's fears about firefighters by teaching them about what firefighters do and wear.

FIRE SAFETY MESSAGES

- **Firefighters are special helpers!**
- **Firefighters wear special gear to stay super safe!**

Section Objectives

- Help children learn that firefighters are special helpers! They put out fires and help keep us safe.
- Familiarize children with the special gear that firefighters wear to keep themselves safe:
  - a heavy, hard helmet
  - a flame-resistant coat and pants with reflective stripes
  - boots and flame-resistant gloves
  - an air tank with a face mask

Section Activities

- Read Aloud: **Letter From Special Helper Grover**
- Play & Practice: **Our Own Special Helper Firefighter**
- Special Class Trip: **Visit to the Fire Station!**



Read Aloud

Letter From Special Helper Grover

(Activity Length: 10–15 minutes) Special Helper Grover helps children recognize that firefighters are still the same friendly, special helpers before and after they put on their gear! This can help ease any fears children may have in case a firefighter approaches them in a real fire or in another emergency.

FIRE SAFETY MESSAGES

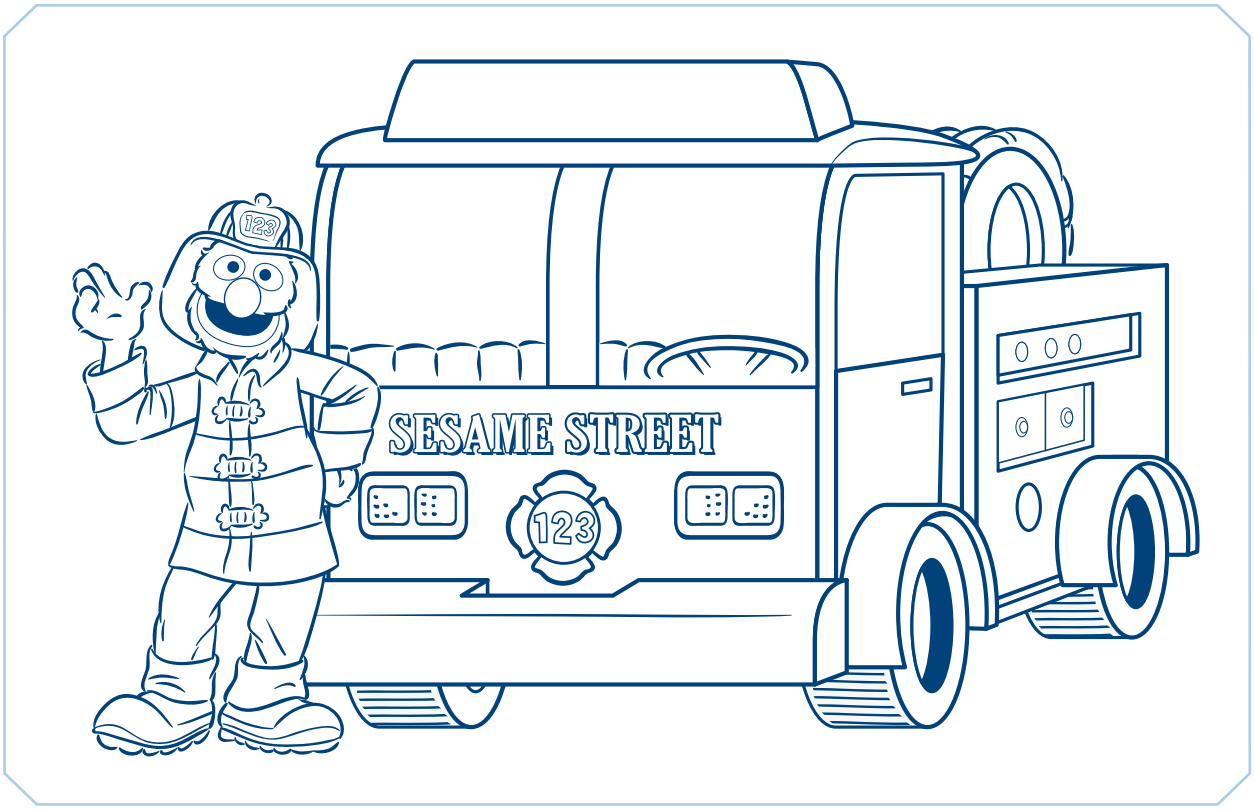
- **Firefighters are special helpers!**
- **Firefighters wear special gear to stay super safe!**

Materials

- Letter from Grover (following page)
- Grover and Special Helper Grover puppet pattern (page 34)
- Real firefighter illustration (page 35)

What to Do

- Get children excited by letting them know a special letter has arrived from…Grover!
- As you read the letter out loud, hold up the Grover and Special Helper Grover puppet pattern, flipping it back and forth according to the instructions.



Read Aloud

Letter From Special Helper Grover

(Continued from page 8)

(Show children the side of the puppet that has just Grover without any gear from page 34.)

Dear Friends,

Hello! It is I, your furry, blue pal Grover! I am writing to tell you about a very friendly person in your neighborhood…a firefighter! Firefighters are very SPECIAL HELPERS because they help all of us stay super safe!

Now, when firefighters are out doing their special helper jobs, they can look and sound very different and a bit strange. That's because they have to wear some special clothing to keep themselves safe when they are putting out fires! That's right! I will now show you what a firefighter looks like wearing all of the very special firefighter gear! Get ready for Special Helper Groooooover!

(Now, flip the puppet to show Special Helper Grover.)

Ta dahhh! Hello, again! It is I, Special Helper Grover to the rescue! Do not worry, my friends! It is still me, Grover, but I am now wearing special firefighter gear! Here is my big helmet (point to helmet) to make sure I won't get hurt if something falls on my head! Since fires make lots of smoke, sometimes I wear a special air mask so I can breathe clean air! I also have this super sturdy coat to protect my body, and even some nifty boots to protect my feet!

Now, just so you know what a real special helper firefighter looks like, here is a picture!

(Hold up picture of real firefighter in full gear from page 35.)

Take a look! Does the firefighter not look so super in the special helper firefighter gear? So, if you ever see a firefighter at home or at school, remember…firefighters are just nice and special helpers wearing special gear to help you get to a safe place! Now, you're all super prepared to meet a firefighter…just like Special Helper Grover!

Love, your furry friend,
Special Helper Grover

TRY THIS!

Read Grover's letter to children as a way to prepare them for a visit to the fire station, or a visit from a real firefighter (as described on page 11).

Our Own Special Helper Firefighter

(Activity Length: 15–20 minutes) In order to help children become more familiar and comfortable with firefighters, this activity will teach them what each piece of gear is called and how it protects firefighters when they fight fires. It will also explain why firefighters are special helpers. Review this activity before your trip to the fire station and before a firefighter's visit to the classroom!

Materials

- construction paper for drawing a helmet, boots, coat, and mask
- scissors (adults only)
- large sheet of paper
- masking tape

Before You Begin

- Draw and cut a firefighter's helmet, boots, coat, and mask on sheets of construction paper.

What to Do



- Have a child lie down on the large sheet of paper and trace the child's outline. This will be the outline for your "class firefighter."
- Quickly draw a friendly face, T-shirt, and pants on the outline. Then post the firefighter in your classroom. You can name the firefighter and write it above the picture.
- Take out the cut-out helmet, boots, coat, and mask.
- Talk together about each piece of a firefighter's special gear, and the body part each piece of gear protects.
  - The **air mask** helps the firefighters breathe clean air through their mouths and noses when there is smoke. The air masks may make them sound very different and strange when they talk through the masks.
  - The **helmet** helps make sure the firefighters don't get hurt if something falls on their heads.
  - The **coat and boots** protect the firefighter's body, legs, and feet from heat.
- Let children take turns dressing the class firefighter.

TRY THIS!

Listen to the **Firefighter Ruthie** story together (track 8). Write down words to label each part of the firefighter's gear. Pick students to point to and identify each part of the firefighter's gear. Sing "Mask, Helmet, Coat, and Boots" to the tune of "Head, Shoulders, Knees, and Toes" during movement time.

Visit to the Fire Station! (Activity Length: 1–2 hours, including travel time)

A fire station is a fascinating place for children! Visiting one can help them get to know their friendly firefighters, explore firefighters' gear and equipment, and check out a real fire truck! Joining efforts with your local fire station is also a wonderful way to help children learn about fire safety. This can be a fun trip your class can take when you are teaching children about people's jobs or community helpers.

FIRE SAFETY MESSAGES

- **Firefighters are special helpers!**
- **Firefighters wear special gear to stay super safe!**

Before the Visit

- Contact your local fire station and ask if you can schedule a visit for your class.
- Prepare children by talking to them about the many people in their neighborhoods who help to keep them safe, like police officers and crossing guards. Ask, *What do firefighters do? What do firefighters wear? What do you think is inside a fire station? Why are firefighters and fire stations important?*
- If you haven't already, you might read children the **Letter From Special Helper Grover** (page 9) to introduce the concept of firefighters, and to get them excited for the trip!

After the Visit

- Talk to children about their visit to the fire station. Ask, *What was your favorite part about the fire station? How do fire stations and firefighters keep us safe? What do you think is hard about a firefighter's job? What do you think is fun about a firefighter's job?*

SHOWING THANKS!

Make a class **thank-you banner** for the firefighters you visited. On a large sheet of paper, write "Thank you for being our special helpers!" Decorate the banner with the children's handprints, or pictures of the children and firefighters taken together during the trip.

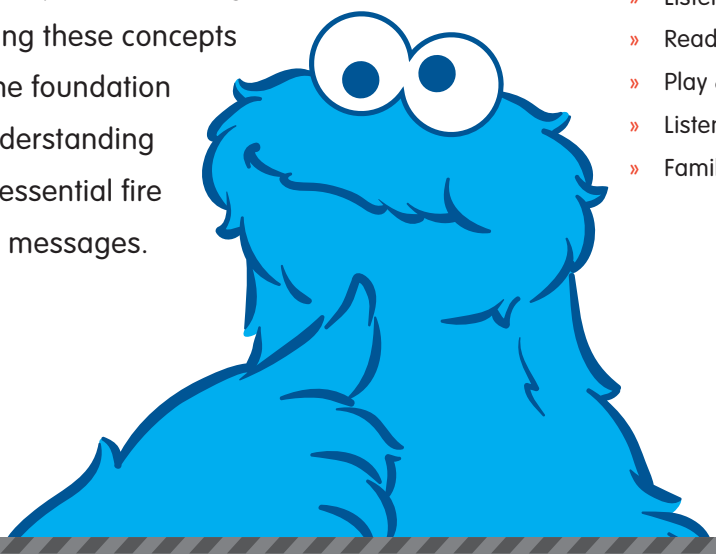
Things to Keep in Mind

- When scheduling your visit, let the fire department personnel know that you are bringing very young children so that they can plan their discussions and activities appropriately. For example, testing sirens or talking in too much detail about fires may be scary or overwhelming for preschoolers.
- Ask if the firefighters can introduce themselves in normal clothing first, and put full gear on next—so children are able to see and hear what the firefighters look and sound like before and after. You might even ask if the firefighter can demonstrate gear and equipment by putting it on the teacher!
- Discuss how to remove children quickly and safely should a real fire alarm sound during your visit. Let children know that this may happen in advance. If you are not able to visit the fire station, invite fire-department personnel to visit your childcare center, school, or library.

SECTION 2

What's Hot? What's Not?

Children often experience the concept of what is hot or what is not in their daily lives. During mealtime, they might take a sip of soup that is a little too hot. While washing hands, they might see you adjust the temperature so the water isn't too cold or too hot. You can build on children's everyday experiences to help them learn these basic lessons: Hot things can hurt you, and it's important to stay away from hot things. Learning these concepts lays the foundation for understanding other essential fire safety messages.



FIRE SAFETY MESSAGES

- **Hot, hot, stay away. Hot, hot, not for play!**
- **Touching something hot can hurt a lot.**
- **Take three big steps away.**
- **Don't touch, tell a grown-up.**
- **Matches and lighters are grown-up tools, not toys.**
- **Cool a burn with water.**

Section Objectives

- Help children learn to stay away from anything that is hot, or can get hot. If children don't know if something is hot, they shouldn't touch it.
- Remind children to stay at least **three big steps away** from stoves, microwaves with hot contents, hot burners, toaster ovens, portable heaters, and anything that is hot or can get hot.
- Emphasize that lighters and matches are not toys, but tools for grown-ups to use.
- Teach children and grown-ups to place a burn in cool water as soon as possible to help it feel better and heal faster.

Section Activities

- Read Aloud: **Cookie Monster's Hot Cookie**
- Play & Practice: **What's Hot? What's Not?**
- Listen Along: **Hot Things Burn**
- Read Aloud: **Cookie Monster's Match Rap**
- Play & Practice: **Cool a Burn**
- Listen Along: **Cool Water Song**
- Family Newsletter: **What's Hot? What's Not?**

Read Aloud

Cookie Monster's Hot Cookie (Activity Length: 10–15 minutes)

At circle or story time, read **Cookie Monster's Hot Cookie** to introduce some everyday objects that can get hot, and how it's important to stay away from them. Encourage children to participate by "reading" the pictures throughout the story. Send a copy of the story home so families can enjoy reading it together!

FIRE SAFETY MESSAGES

- **Hot, hot, stay away. Hot, hot, not for play!**
- **Touching something hot can hurt a lot.**
- **Take three big steps away.**

Cookie Monster and his grandma were in the kitchen baking their favorite thing in the world: COOKIES ! While waiting for the cookies to bake, they played a game: What's Hot , What's Not? Right away, Cookie Monster said, "Me know! That stove get very, very hot !" Grandma said, "You're right! That's why you always have to stay **3 big steps away** from things that are hot or can get hot!" Cookie listened and took 1…2…3 big steps away. Grandma asked, "How about the refrigerator ?" "That not hot !" Cookie said. Grandma then pointed to the lamp . "Hot or not?" "HOT !" Cookie replied. "Great job, Cookie ! Always remember, when you see something that's hot or can get hot: **Hot , hot , stay away. Hot, hot, not for play!**" Just then, Grandma said, "Looks like our cookies are ready!" As she took them out of the oven, Cookie took **3 big steps away**. He was so excited! He said, "Grandma! Me see one more thing that very yummy but very hot . Coooookie !" "You're right! Cookies are very hot when they come out of the oven! We have to wait until they cool down because **touching something hot can hurt a lot**!" When the cookies were cool and ready to eat, they enjoyed munching on them together down to the very last crumb. Yum! Yum! Yum!

TRY THIS!

Read this story as a way to introduce the What's Hot? What's Not? game on the following page.

What's Hot? What's Not? (Activity Length: 10–15 minutes)

As children explore the world around them, it is important for them to know some basic safety skills that can protect them from getting hurt. This activity is designed to encourage children to distinguish between items that are hot or can get hot, and items that are not hot.

FIRE SAFETY MESSAGES

- **Hot, hot, stay away. Hot, hot, not for play!**
- **Touching something hot can hurt a lot.**
- **Take three big steps away.**

Materials

- red and blue construction paper, cut into squares or strips, OR red and blue sticky notes
- pictures of objects and appliances that can get hot and things that stay cool (from the Internet, magazines, or newspapers)
- tape
- large board or chart paper

Before You Begin

- Talk with children about what it means when something is hot. Ask, *What are some things that can get hot? How does it feel when you touch something hot?*
- Say, *Now, we're going to play a game to help us find out what gets hot and what does not.* Hold up a red square with one hand, and a blue square with the other. Say, *In this game, we are going to put a red square on the things that can get hot, and a blue square on the things that do not get hot.*

What to Do

- Hold up pictures of the items that can get hot and the items that stay cool, one at a time. Ask, *Does this get hot or not?* Allow children to take turns picking either a red or blue square to tape onto the picture.
- Tape each picture onto a board or chart paper (putting hot items in one column, and cool items in another).
- When you hold up a picture of an object that can get hot, emphasize that it's important to stay away from these objects because, **If you touch something hot, it can hurt a lot.**
- Together, count how many things in your chart can get hot, and how many things stay cool.
- Remind children that if they do not know whether something is hot or not, stay away and don't touch.

TRY THIS!

Listen to the **Telly Learns What's Hot** story together (track 6).

Hot Things Burn Song Track 1 (Activity Length: 5 minutes)

The Hot Things Burn song is a great way for children to learn that hot things can burn them, and that staying away from these hot things keeps them safe.

FIRE SAFETY MESSAGES

- **Hot, hot, stay away. Hot, hot, not for play!**
- **Touching something hot can hurt a lot.**
- **Take three big steps away.**

(Chorus)
Hot things burn, yeah, hot things burn.
So what's hot and what's not is good to learn.
If you touch something hot it could hurt you a lot,
'Cause hot, hot, hot, hot, hot, hot things burn.

Now fire and smoke—they're hot!
The pots on the stove—they're hot!
The water in the tub where you scrub-a-dub,
That can be hot, too.
So always have a grown-up
Check that water out for you.

Hot things burn, so stay away.
Hot things burn, they're not for play.

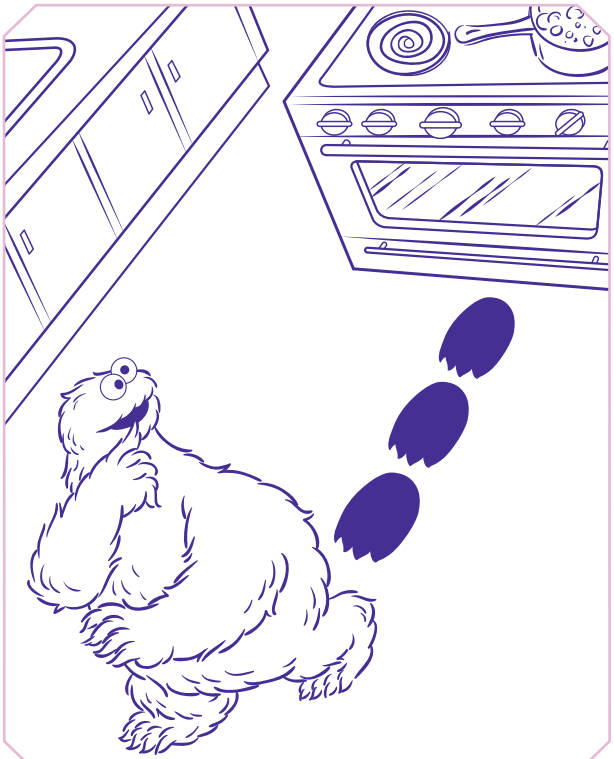
(Chorus)

Irons and toasters—they're hot!
Cups of cocoa or tea—they're hot!
The oven where they bake pies and birthday cake!
That can be hot, too.
So always have a grown-up
Get those pies and cakes for you.

Hot things burn, so stay away.
Hot things burn, they're not for play.

(Chorus)

If you see fire or smoke
You know it's no joke…
'Cause hot, hot, hot, hot, hot, hot things burn!
It's hot!



Let's Listen, Let's Practice!

Have children put their hands behind their backs every time they hear the word **hot**, to remind them that their hands shouldn't be near something hot.

After you listen to the song together, ask, **"What kinds of things get hot? What do we need to do if we see something hot? That's right, take three big steps away!"**

Read Aloud

Cookie Monster's Match Rap (Activity Length: 5 minutes)

Grown-ups should always keep matches and lighters locked away in a safe place out of children's reach. Once children have seen grown-ups light these items a few times, they may be able to figure out how to light a match or lighter themselves. That's why it's important to teach children that matches and lighters are not toys: They are dangerous things that are only for grown-ups. Here's a special rap by Cookie Monster to help them remember! Introduce the rap by showing children what a real box of matches and a lighter look like.

FIRE SAFETY MESSAGES

- **Don't touch, tell a grown-up.**
- **Matches and lighters are grown-up tools, not toys.**

Cookie is smart, Cookie is quick,
Because me know about that stick.

Me know not to play with that match.
It's not a toy like a ball to catch.

Me tell grown-ups about matches and lighters.
They take them away, so they won't cause fires.

Cookie plays safe, me won't get burned.
Me go get a grown-up—see what I've learned?

When you see a lighter
Or match in your way,

Tell a grown-up.
They'll put it away!

If you find a match
Or a lighter today,
Remember what Cookie Monster say:

Me won't play with that match!
Me love cookies!
Want to eat the whole batch!



TRY THIS!

After saying the rap out loud together, ask, **What should you do if you see a match or a lighter? That's right! Don't touch, tell a grown-up!** You might follow up by asking children to act out what to do if they see a match or lighter.

Cool a Burn (Activity Length: 5–10 minutes)

In case a child gets burned, it's helpful for both children and grown-ups to know what to do: Put the burn in cool water immediately. The sooner a burn is cooled, the sooner it begins to heal. Use the **Cool a Burn** activity as a way to help children learn this important safety lesson.

FIRE SAFETY MESSAGES

» **Cool a burn with water.**

Materials

- smocks or large T-shirts for protecting clothes
- orange stickers
- large bowls
- towels
- newspapers on the floor (optional)

Before You Begin

- Have children put on their smocks.
- Ask, *Have you ever touched something that was very hot? What did it feel like? What did you do? What is the best thing to do when we get a burn? Put it in cool water right away!*

What to Do

- Ask, *Do you know where to find cool water? We get it from the cold faucet at the sink.* Walk the children to the sink, fill large bowls with cool (not ice cold) water. Place the bowls on the table.
- Put an orange sticker on each child's finger, elbow, hand, or forearm. Say, *We're going to pretend this orange sticker on our skin is a burn. A burn is a boo-boo you get after touching something hot. Burns hurt a lot. What can we do to make it feel better? Yes, put it in cool water right away!*
- Allow children to put their "burns" in the cool water. Ask, How does the cool water feel on your skin?

After the Activity

- Follow up by asking, *Why did you put your burn in cool water?* Then reinforce the burn-cooling message by saying, *Always remember, cool water will make a burn feel better and help it heal faster.*
- Explain to children that they must always tell a grown-up about a burn, and that the grown-up may need to take them to a doctor who can help take care of the burn.

TRY THIS!

To reinforce the message, play the **Cool Water** song (track 2). Once children know the lyrics to the song, encourage role play: children can play doctor-and-patient and help one another cool and heal burns.

Listen Along

Cool Water Song Track 2 (Activity Length: 5 minutes)

Children should always go to an adult when they get a burn; it is important, however, that children know how cool water can feel good and help a burn heal. This song sends the message that if children get a burn, they should put it in cool water right away.

FIRE SAFETY MESSAGES

» **Cool a burn with water.**

If you burn your skin,
There's no use worrying.
Just put it into water,
Cool water.

Now you better learn,
That if you get a burn,
To put it into water,
Cool water.

Doctors do it, too.
So should I, and so should you.
It's an easy thing to do.
And it feels better when you use water.
Cool water…water.

Now you better learn,
If you get a burn,
To put it into water.
Cool water...cool water.

Remember if you get a burn, just put it into water.
Doctors do it, too.
So should I, and so should you.
It's an easy thing to do.
And it feels better when you use water.
Cool water...cool water.

Now you better learn,
If you get a burn,
To put it into water.
Cool water...cool water.
I said cool water...cool water.



Let's Listen, Let's Practice!

Help children remember where they can find cool water. Ask, **"Where can we get cool water?"**

Reinforce this message by asking, **"What should you do if you get a burn? That's right! You have to put it in cool water right away!"**

SAFETY TIPS

» **Cool a burn with water.** If a child gets a burn, keep the burn in cool water for 3–5 minutes. Cover burned area with a clean, dry cloth. If the burn is bigger than the child's palm, take the child to get medical help quickly or call 9-1-1.

» **Protect children from scalds.** Scalds are burns caused by hot liquids or steam. Check with your school to make sure water heater thermostats are set no higher than 120°F. Always supervise young children around hot water.

What's Hot? What's Not?

Hello, Parents and Caregivers!

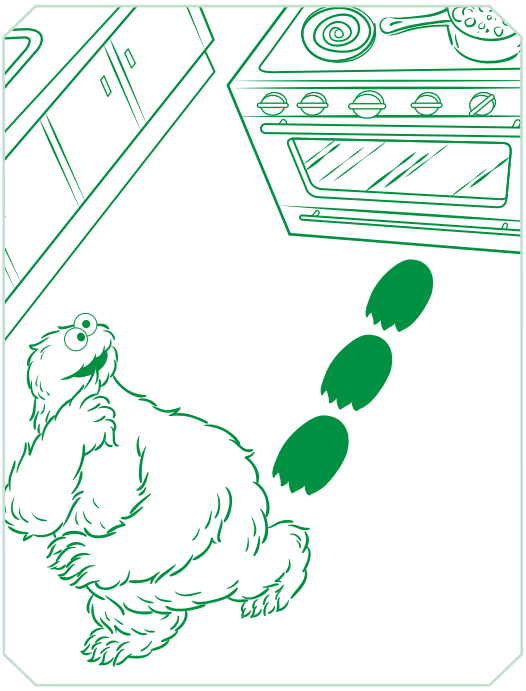
Your children have been learning about what's hot and what's not. This is a very important message! Once they discover what is hot (or can get hot), children can learn that hot things can cause burns—so it's important to stay three steps back from hot things.

Keep talking about the messages below and practice them from time to time.

- **Hot, hot, stay away. Hot, hot, not for play!** Say this out loud when you see something that's hot or can get hot.
- **Take three big steps away!** Help your child remember to stay three big steps away from hot items, like stoves, microwaved dishes, hot plates, hot drinks, irons, candles, fireplaces, and space heaters.
- **Don't touch, tell a grown-up!** Always lock matches and lighters away. Remind your child that matches and lighters are grown-up tools (not toys) that cannot be touched, and to tell a grown-up if your child sees them.
- **Cool a burn with water.** If your child gets a burn, put it in cool water right away for 3–5 minutes. If the burn is larger than the child's palm, call your doctor or 9-1-1 right away.

Practice together at home!

- **What's Hot, What's Not?** Point out different hot and cool objects at home and ask your child to tell you if it's hot (or can get hot) or not.
- **Take three big steps away!** If you're cooking in the kitchen and your child wants to be near you, encourage your child to practice taking three big steps away from hot objects like the stove or oven.



Thank you for staying safe!

_____

(Educator's Name)
…and your friends from Sesame Street and the U.S. Fire Administration

Looking for more information and activities? Please visit **www.usfa.fema.gov/prevention/outreach** to download the Sesame Street Fire Safety Guide for Families!

SECTION 3

Smoke Alarm Safety

Smoke alarms are very important. We may not always see them since they're high up on the wall or ceiling, but the simple step of installing smoke alarms can really save your life and the lives of your preschoolers or loved ones.

Smoke alarms warn you of smoke and fire before you see, hear, or smell them, with a very loud **BEEP, BEEP, BEEP**. Smoke is poisonous and breathing it in can be very dangerous to your body. Smoke will rise to the ceiling, leaving better air closer to the floor. This is why we teach children to crawl to safety by telling them to **get low and go, go, go to your exit**. It's also important for children to remember to quickly **get outside and stay outside** if there is a fire.

These are messages you can repeat to children as you walk by a smoke alarm, or exit a room to get to a different area at school.

FIRE SAFETY MESSAGES

- **Smoke alarms go BEEP, BEEP, BEEP!**
- **Get low and go, go, go to your exit!**
- **Get outside and stay outside.**

Section Objectives

- Help children learn to recognize the sound a smoke alarm makes.
- Help children know that when a smoke alarm makes a loud noise, they should:
  - get down low and go to the closest exit;
  - go outside to your safe meeting place;
  - get outside and stay outside until a firefighter tells you that it is safe to go back inside.

Section Activities

- Play & Practice: **Be a Smoke Detective**
- Read Aloud: **Elmo Listens to His Smoke Alarm**
- Listen Along: **Elmo's Smoke Alarm**
- Listen Along: **Get Out! Stay Out!**
- Family Newsletter: **Smoke Alarm Safety**
- Family Checklist: **Smoke Alarms**



Be a Smoke Detective (Activity Length: 10–15 minutes)

It's important that children learn that if there's smoke, there may be a fire somewhere near. This game will help children learn what a smoke alarm sounds like, and to **get low and go, go, go** to their nearest exit when they hear the smoke alarm beeping. The more children practice this important skill, the more likely they will remember what to do in case of a real fire.

FIRE SAFETY MESSAGES

- **Smoke alarms go BEEP, BEEP, BEEP!**
- **Get low and go, go, go to your exit!**
- **Exit is the way out.**



Materials

- piece of paper with the word "EXIT" written on it
- small shaker instrument such as a bell or maraca
- working smoke alarm

Before You Begin

- Place the EXIT sign on the nearest way out of the room.
- Hold up a real smoke alarm. Say, *Here is a real smoke alarm. What does it look like? What color is it? What shape is it? What kind of things do you see on the smoke alarm?*
- Say, *A smoke alarm is something that can tell if there is smoke nearby. For people, breathing in this smoke is very dangerous and can hurt our bodies. If there is smoke, the smoke alarm will make a very loud BEEP, BEEP, BEEP sound. This sound means to get low and go, go, go to your exit.*
- Model getting low and going to the exit by crawling on your hands and knees all the way to the closest exit.
- Afterwards, say, *We have to get low and go, go, go to our exit because when there's smoke in a building, there is 'bad' air high up in the room and 'better, cleaner air' down low near the floor.*
- Tell children, *An exit is the way out of a room or building.* Remind them that they will always find an exit anywhere they go—whether at home, school, grandma's house, a restaurant, a movie theater, on a bus.

What to Do

- Line up the children on the opposite side of the room from the exit.
- Get children excited by letting them know they are going to be "smoke detectives." Explain that to be smoke detectives, they need to keep their ears open to hear the sound of a smoke alarm.
- Shake the instrument for several seconds and then activate the actual smoke alarm. Alternate between the sound of the instrument and the beeping sound of a smoke alarm. When children catch the smoke alarm beeping, they should one at a time get low and go, go, go to your exit.

TRY THIS!

Play "I Spy a Smoke Alarm!" as children walk through a room or building. Encourage them to look for the smoke alarms. Use this activity as a way to introduce the **Elmo's Smoke Alarm** song (page 23).

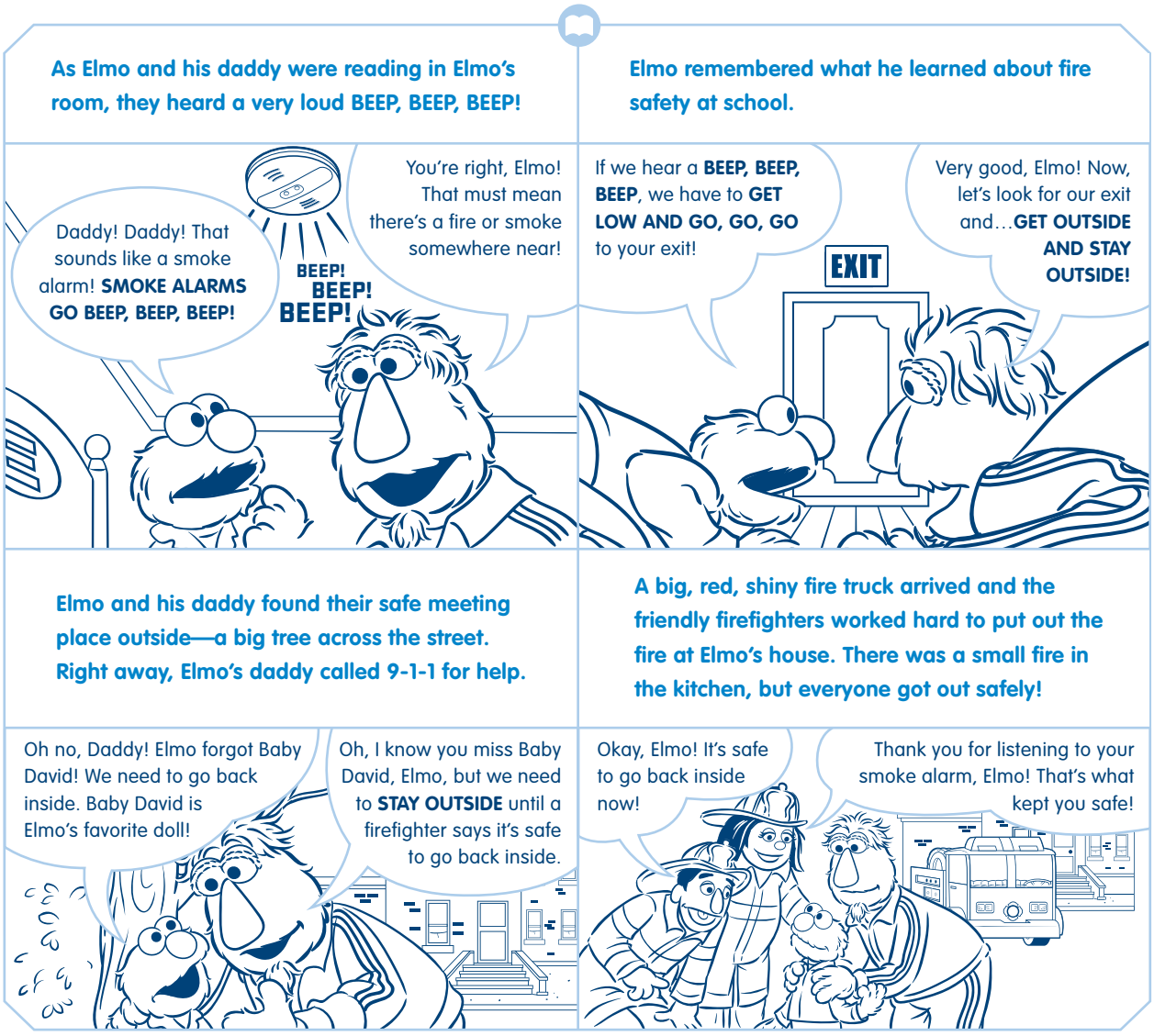
Read Aloud

Elmo Listens to His Smoke Alarm

(Activity Length: 5–10 minutes) It's important to help children learn what a smoke alarm sounds like, along with the simple steps they should follow in case it sounds (or starts beeping). Here is a story strip showing what Elmo and his daddy do when their smoke alarm starts beeping at home!

FIRE SAFETY MESSAGES

- **Smoke alarms go BEEP, BEEP, BEEP!**
- **Get low and go, go, go to your exit!**
- **Get outside and stay outside!**



TRY THIS!

After you read the story out loud, act it out! Pair children up—one can be Elmo and the other can be Elmo's daddy. They can practice getting low and going to the exit!

Listen Along

Elmo's Smoke Alarm Song Track 3 (Activity Length: 5 minutes)

This song can help children learn the sound a smoke alarm makes. Begin by telling the children, *A smoke alarm is a tool that makes a very loud noise to tell if there is smoke or a fire. Elmo wants to share a special song to show you what a smoke alarm sounds like and to remind you to always have them in your home!*

FIRE SAFETY MESSAGES

» **Smoke alarms go BEEP, BEEP, BEEP!**

Smoke alarms sound this way
BEEP, BEEP, BEEP!
That is how the smoke alarms say
There could be a fire somewhere around.
That's what they mean when
they make this sound:
BEEP, BEEP, BEEP!
Hear that? That's a smoke alarm!

Remember when you hear this sound,
BEEP, BEEP, BEEP!
There could be smoke or a fire around!
Ask a grown-up, they'll tell you
what you're supposed to do.
BEEP, BEEP, BEEP!
Here it comes again!

Smoke alarms on your ceiling or wall
they don't make any noises at all
unless smoke or fire gets them to shout
that's what they do so you'll find out.

Elmo hopes you have a smoke alarm
in your home!



Listen Along

Get Out! Stay Out! Song Track 4 (Activity Length: 5 minutes)

When a smoke alarm sounds, it's important to get out of the building right away—and stay out! This song is to introduce and help prepare children for a fire drill.

FIRE SAFETY MESSAGES

» **Get outside and stay outside!**

If there's a fire in your house,
or any place you've just been—
Get out! Stay out! Don't go back in.

If there's a fire anywhere,
there's danger there—
Get out! Stay out! Don't go back in.

And, once you get outside,
that's where you should stay,
'Til a grown-up says that it's okay.

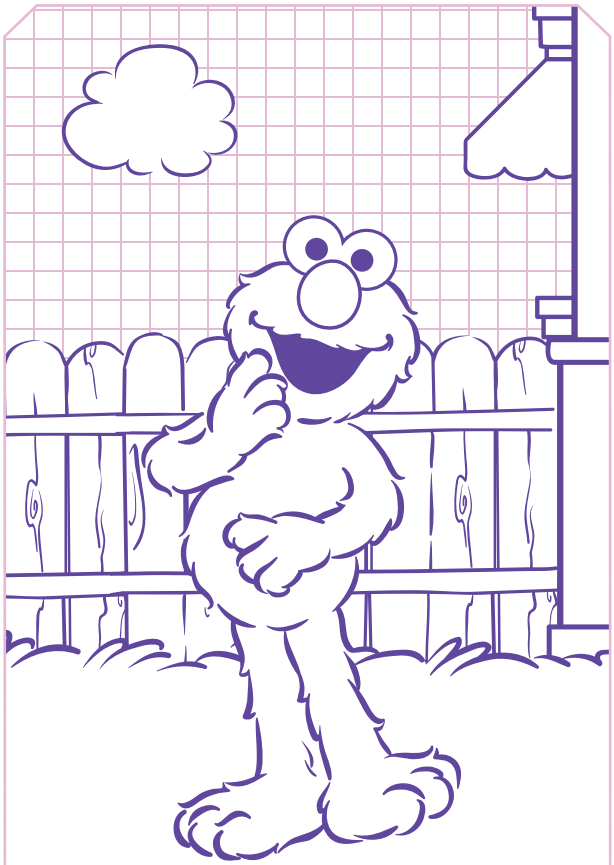
There's no two ways about it,
so let me hear you shout it—
Get out! Stay out! Don't go back in.
Get out! Stay out! Don't go back in.

If you left your teddy bear on your favorite chair—
Get out! Stay out! Don't go back in.

And if you lost one shoe, or your toy kangaroo—
Get out! Stay out! Don't go back in.

And if you left your truck or your favorite doll,
Or your rubber duck or your basketball,
There's no two ways about it,
so let me hear you shout it—
Get out! Stay out! Don't go back in.
(repeat 6 times)

(Emphatically)
Get out! Stay out! Don't go back in.



Let's Listen, Let's Practice!

Have children point to a safe exit (way out of the room) every time they hear the phrase, **"Get out! Stay out!"**

Ask, **"What do you do if there is a fire?"**

Smoke Alarm Safety

Hello, Parents and Caregivers!

Smoke alarms are so important to your family's safety. We may not always see them since they're high up on the wall or ceiling, but installing smoke alarms can save your life and the lives of your loved ones. Smoke alarms warn you of smoke and fire before you see, hear, or smell them with a very loud **BEEP, BEEP, BEEP**.

Smoke is poisonous, and breathing it in can be very dangerous to our bodies. Smoke tends to rise to the ceiling, leaving better air closer to the floor. This is why it's important to teach your child to **get low and go, go, go to your exit**. It's also important for children to learn to **get outside and stay outside** once they reach the meeting place outside their home or school.

Here is how you can help your child learn and remember important fire safety skills:

- **A smoke alarm goes BEEP, BEEP, BEEP!** It's important for your child to learn the sound a smoke alarm makes.
- **Get low and go, go, go to your exit!** If you hear the alarm beeping, get low and go, go, go to the nearest exit. Practice finding two safe ways out of each room, if possible. This can be a door or a window (that leads to the ground or a safe fire escape).
- **Get outside and stay outside!** Once you're outside, call 9-1-1 immediately. If you leave your cell phone behind, try going to the neighbor's house, using a pay phone, or going to a local store to call. It's important to stay outside and not go back in until a firefighter says it's safe—even if you or your child has special things inside.

Practice together at home!

- **Be a Smoke Detective!** A smoke detective knows what a smoke alarm sounds like and what to do if it beeps. You can pretend to be a smoke alarm, and every time you say **BEEP, BEEP, BEEP,** your child has to **get low and go, go, go** to the nearest exit. Take turns being the smoke alarm. You can also play this game with a real smoke alarm when you test your alarm each month. Press the button to hear the beeping sound.
- **Where's our meeting place?** To help your child remember your safe meeting place, say *I spot our meeting place!* Pick a meeting place outside of your home where everyone will meet in the event of an emergency.

FOR MORE INFORMATION

For more information on smoke alarms, visit www.usfa.fema.gov. Some fire departments offer reduced-price or free smoke alarms. Contact your local fire department's non-emergency phone number for more information.



Thank you for staying safe!

_____

(Educator's Name)
…and your friends from Sesame Street and the U.S. Fire Administration

Looking for more information and activities? Please visit **www.usfa.fema.gov/prevention/outreach** to download the Sesame Street Fire Safety Guide for Families!

Hey, Families! Are Your Smoke Alarms Working?

Every family should install smoke alarms and keep them working. Here are some helpful and potentially lifesaving reminders.

Put smoke alarms in your home to keep your family safe:

- ☐ Smoke alarms make a loud noise when there is smoke in your home.
- ☐ If possible, put a smoke alarm on every level of your home, inside each bedroom, and outside each sleeping area.
- ☐ Smoke rises, so put smoke alarms on the ceiling or high up on the wall.



Make sure your smoke alarms work:

- ☐ Most smoke alarms will have a test button. Test your smoke alarms once a month. When you push the test button you will hear a loud noise. If you don't hear the noise, it means that you need a new battery or a new alarm. Fix this immediately.
- ☐ When the battery in your smoke alarm needs replacing, it will make a chirping sound even though there is no smoke or fire. This is a signal to put in a new battery.
- ☐ Make sure the smoke alarm always has a good battery. Most alarms will need a new battery **once every year**. Mark in your calendar when to change the battery.
- ☐ Get new smoke alarms **every ten years**.
- ☐ Smoke alarms with long-life batteries will work for up to 10 years.

SECTION 4

Let's Make a Map!

As children spend time at a particular place, they quickly become familiar with where things are and how to get out of each room. Build on this knowledge to create a home fire escape map that can be used during a fire drill.

Children and grown-ups who practice their fire escape plans regularly are more likely to remember what to do in a fire. It's very important for everyone to map out and practice fire drills to learn how to get out of a building during a fire. It's also essential to keep maps that show how to get out from different areas of the school or building in places where all children can see them. For example, create a map for the classroom, the library, or the indoor playground. In this section, you'll find songs, activities, and games that can help prepare them for a fire drill at your school or facility.

FIRE SAFETY MESSAGES

» **Exit is the way out.**

Section Objectives

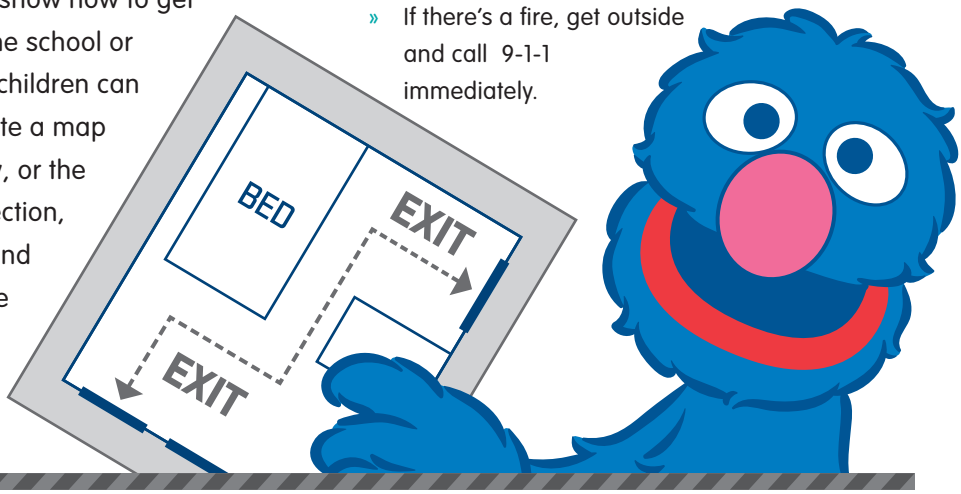
» Involve children in creating an escape map and practice a fire drill together.
» Help children learn the safe meeting place where they need to gather after getting out of the building.
» Remind children that once they are outside, they should stay outside until a firefighter tells them it's safe to go back inside.

Section Activities

» Play & Practice: **Exit Is the Way Out**
» Play & Practice: **Exit Action Chant**
» Play & Practice: **Take Me Out to Our Meeting Place!**
» Listen Along: **Elmo's Fire Drill**
» Family Newsletter: **Let's Make a Home Fire Escape Map**
» Family Checklist: **Home Fire Escape Map & Fire Drill**

Safety Tips

» Make sure children's families are better prepared in a fire by copying and sending home "Let's Make a Home Fire Escape Map" and "Family Checklist" (pages 32 and 33).
» If there's a fire, get outside and call 9-1-1 immediately.



NOTE: Every school is required to have an escape plan. The activities in this section can complement what you are already doing with children. Pick and choose the ones that work best for you and your children.

Exit Is the Way Out (Activity Length: 15–20 minutes)

In this activity, children learn to recognize, create, and post EXIT signs at the doors in their classrooms and schools. When children know all about EXIT signs, they are better able to find the EXIT signs in a building and know the ways out in case there's a fire or other emergency.

FIRE SAFETY MESSAGES

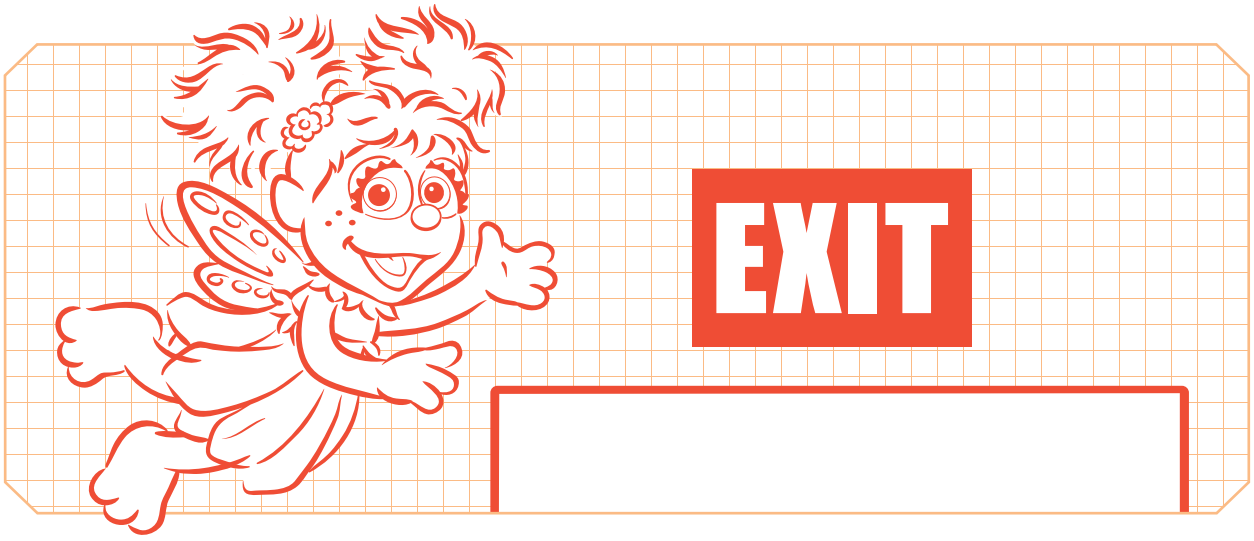
» **Exit is the way out.**

Materials

- white construction paper
- red crayons or markers
- tape

What to Do

- Make a model EXIT sign using big red block letters on white paper, and help children make similar signs. Talk about the letters that make up **exit**. Ask them to say each letter aloud as they draw it, and then ask, *Have you seen this sign? Why do you think every room has this sign?* You may create the signs for children who are still learning to write.
- Tape a sign to the doors that will be used to leave the school or childcare center. Then discuss with the children where to hang the EXIT signs in their homes (above the front door, above the back door, and so on).
- Have children take home their EXIT signs along with a copy of the **Family Checklist**. (page 33)



TRY THIS!

Find two ways out! Encourage children to identify two safe ways (if possible) to exit each room. A safe way out could be a door or a window that leads to the ground outside (or has a safe fire escape).

Use the word **exit** in your daily conversations as you transition from one room or building to another.

Exit Action Chant (Activity Length: 5 minutes)

Here is a simple chant to help children remember what an exit is, and how to use an exit in case of an emergency. By practicing this chant often, children will be able to repeat the lines from memory and, more important, remember their exits!

FIRE SAFETY MESSAGES

- **Exit is the way out.**
- **Smoke alarms go BEEP, BEEP, BEEP!**
- **Get low and go, go, go to your exit!**

Practice saying the chant aloud together. Ask children to repeat each line after you. Model the suggested body movements and encourage children to move along, too!

Exit, exit WHAT are you?
Exit is the wa-ay OUT!
(point to an exit)

Exit, exit WHERE are you?
(make binoculars with your hands and look around)
Stairs and doors and windows, too!
(point to exits with both hands)

When a smoke alarm sounds,
We will hear a BEEP, BEEP, BEEP!
(cup ears with hands)

When we hear a BEEP, BEEP, BEEP,
Get down on our hands and knees!
(crouch down on the floor)

Exit, exit we SEE you!
(point to the nearest safe exit)
Sta-ay low and GO, GO, GO!
(crawl towards the exit)

Note: If you have a large group of children, you might choose five children to crawl to the nearest exit, and then switch each time you repeat the chant.



TRY THIS!

Practice this chant together in different rooms or areas where children spend time, such as the playground or the library. This will help children learn exits in other parts of the school.

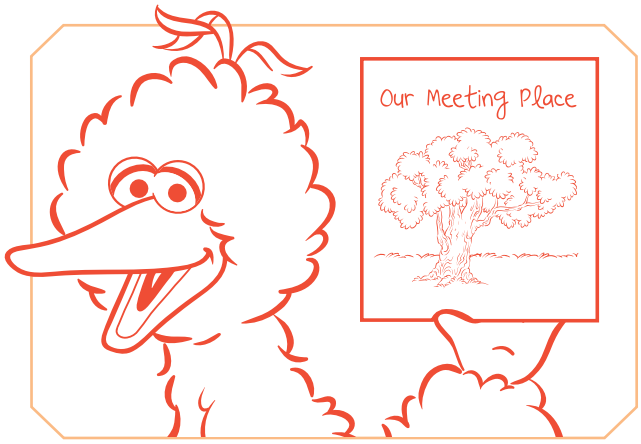
Go on a walking tour of the school looking for EXIT signs.

Take Me Out to Our Meeting Place!

(Activity Length: 10–15 minutes) Choosing a meeting place is a part of a school's safety plan. It is important to introduce the idea of a **meeting place** to children and to show them where it is. In this activity, children will practice getting from the classroom to their safe meeting place outside. Repeating this activity several times with the class will help prepare children for a school fire drill.

FIRE SAFETY MESSAGES

» **A meeting place is a safe place away from the fire and smoke.**



Materials

» blank paper

» crayons or markers

Before You Begin

» Gather children and let them know that today they will be taking a mini-field trip to the class meeting place outside! Say, *There's something important for all of us to know. In case there is a fire or emergency, we should always have a 'meeting place'—somewhere outside where everyone will meet and stay safe. Whether you are in the library, at the playground, or at lunch, your class's meeting place will always be the same! Now, let's go visit our meeting place!*

What to Do

» Encourage children to line up at the exit to get ready for the walk to their meeting place outside.

» As you walk together, ask children what they see along the way. Stop at three or four memorable points such as a big poster, the stairs, or a tree outside. Say, *Let's remember this spot because it will help us remember the way to our meeting place!*

» As the meeting place becomes more visible, shout, *I spot our meeting place!*

» Once the class has arrived at the meeting place, encourage children to look around and share what they notice in order to help them remember the location. Ask, *What does our meeting place look like? What things can we see from our meeting place?*

» Help children remember the route they took to get to their meeting place. Say, *Let's try to think and remember. What are some things we passed by to get to our meeting place? First, we passed the big poster. Then, we walked down the stairs. Finally, we saw the park!*

» Line up children to return to the classroom. As you walk back, stop briefly to point out these places again.

» Once you return to the classroom, ask, *Where was our meeting place? What do you remember about the place?* Then, provide blank sheets of paper, and ask children to draw a picture of their meeting place!

TRY THIS!

After this activity, help children remember the way to their meeting place by creating a class fire escape map together.

Listen Along

Elmo's Fire Drill Song Track 5 (Activity Length: 5 minutes)

This song can be an engaging way to prepare children for a real fire drill. Remind children that a fire drill lets us practice getting out of the building in case there is a real fire.

FIRE SAFETY MESSAGES

» **Exit is the way out.**

A fire drill, a fire drill
Is what this song's about.
A fire drill will show you
The way to get out.

A fire drill, a fire drill,
We need to have a plan.
So everyone can get out
As fast as they can.

If there's a fire, you need to know,
To move real fast, get low and go.

A fire drill, a fire drill
Let's practice once and then,
We'll check our plan and practice
Getting out again.

If there's a fire, you need to know
To move real fast, get low and go.

A fire drill, a fire drill,
Is what this song's about.
A fire drill will show you
The way to get out.

A fire drill (yeah!), a fire drill.
Let's practice once and then,
We'll check our plan and practice
Getting out again.
Getting out again.



Let's Listen, Let's Practice!

When you hear **get low and go** in the song, drop down to your hands and knees. When you hear **get out**, point to the way out!

Listen to the "A Fire Drill, A Fire Drill" story together (track 7).

Let's Make a Home Fire Escape Map!

Hello Parents and Caregivers!

Planning and preparing for emergencies can help keep your family safe. You can prepare by creating a home fire escape map and practicing fire drills as a family. Your child has been learning about this and practicing drills at school. Remember to keep talking about these messages and practicing together at home.

Here are some ways to help your child learn and remember important fire safety information:

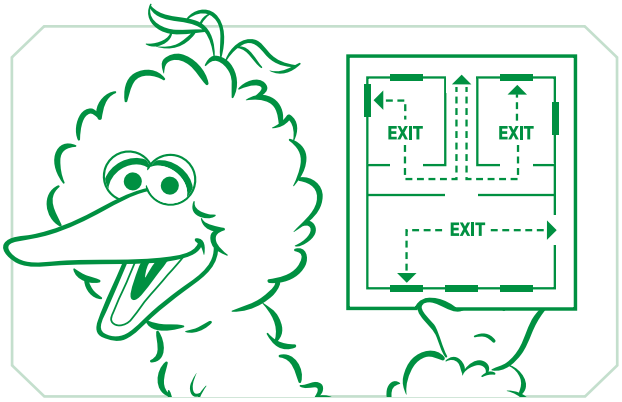
- **Exit is the way out.** Help your child learn the safe exits for each room in your home. This will help your child find a way out quickly, in case there's a fire.
- **Let's make a map.** Create a home fire escape map and practice getting out of every room in your home. Practice your home fire escape map with everyone in your family at least twice a year.
- **I spot our meeting place!** Pick a meeting place outside of your home where everyone will meet in the event of an emergency.
- **Get outside and stay outside!** Remind children that once they get outside they need to stay outside until a firefighter says it's safe to go back inside.

It's family practice time!

- **Play "Exit Finders"!** Together, make exit signs with crayons and paper. Then, search for the safe exits in each room in the house. How many exits can you count all together?
- **Remember your route.** Help children remember your fire escape route by picking three or four things you pass on the way to your meeting place. When you arrive at your meeting place, review these spots together by saying, *First we passed a _____. Then, we walked next to a _____. Right before we got to our meeting place, we saw a _____!*

Note to grown-ups: Share your emergency plan with everyone who cares for your child. This includes your child's caregivers, your family emergency contacts, relatives, and trusted neighbors.

Thank you for staying safe!



_____

(Educator's Name)
…and your friends from Sesame Street
and the U.S. Fire Administration

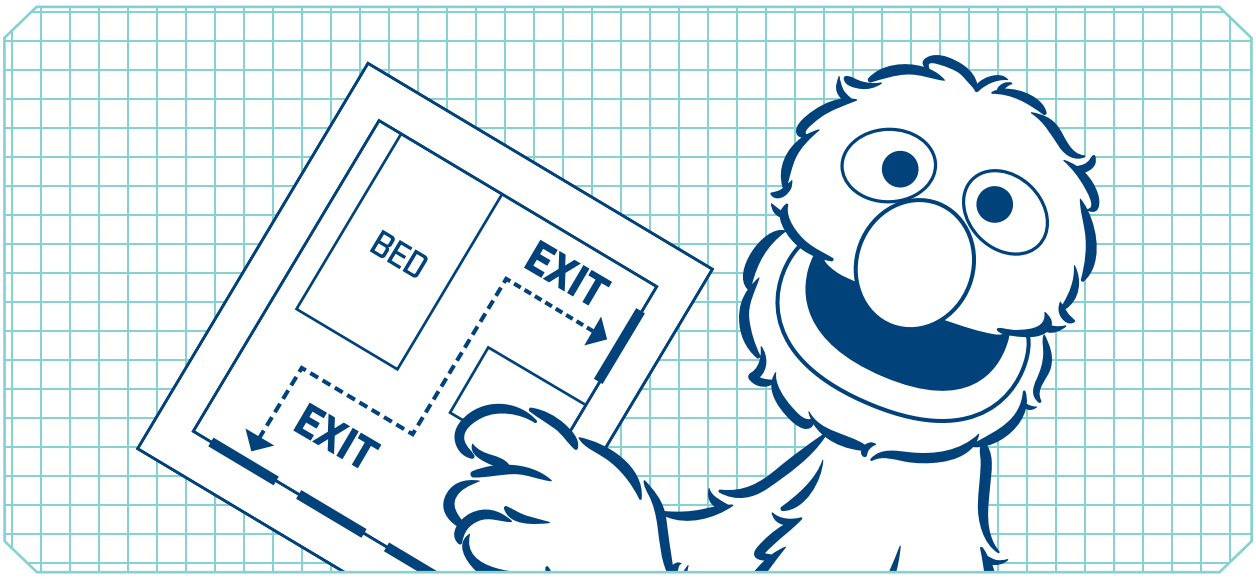
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Home Fire Escape Map & Fire Drill

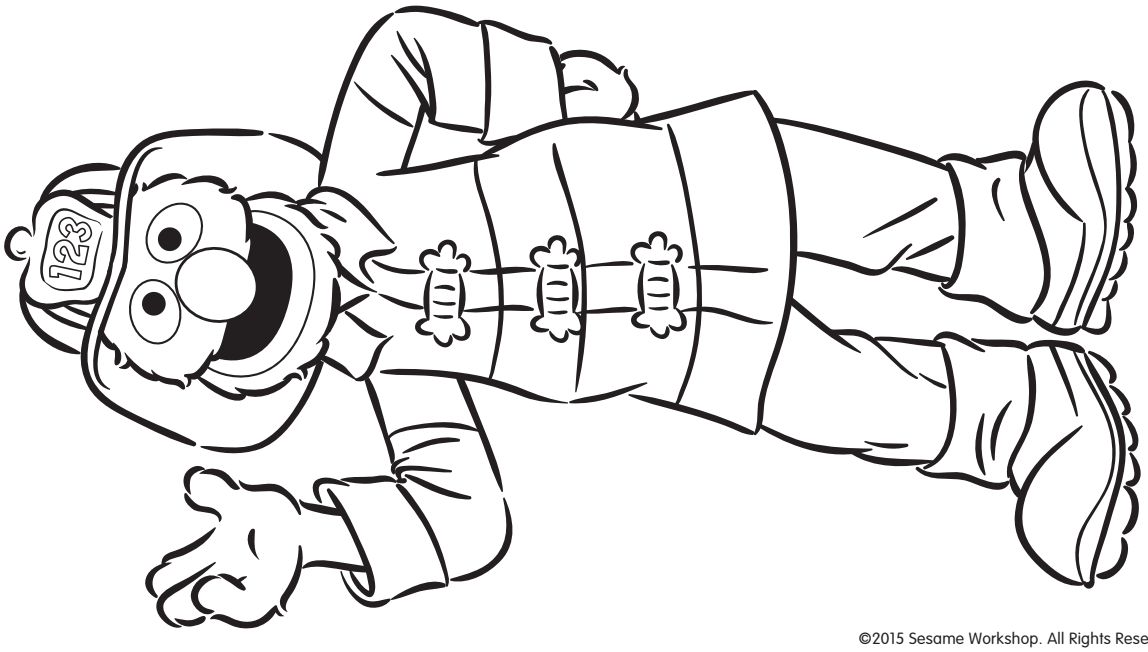
Everyone at Sesame Street and the U.S. Fire Administration wants you to find the best ways to get out of your home safely in case there's a fire. Here's what you can do to get ready!

- ☐ Draw a home fire escape map.
- ☐ Start by drawing a simple map of your home. Don't forget to include all doors and windows.
- ☐ Find and talk about two safe ways out of every room (if possible), and draw these on your map.
- ☐ Practice opening windows; if there are screens in the window, practice removing them. Make sure that any window you may exit leads to the ground, a roof, a porch, a fire escape, or another safe space.
- ☐ Post EXIT signs over all safe exits in your home.
- ☐ If you live in an apartment, practice using the stairs. Never use the elevator during a fire.
- ☐ If your exits are blocked, put blankets or clothes in the cracks around the doors. Call 9-1-1 and let them know you cannot get out of your apartment or home. Open the window and signal where you are by hanging blankets out the window or calling to firefighters or neighbors outside.
- ☐ Choose a meeting place outside your home where everyone can meet. Pick a place close to your home, but out of danger, like a lamppost or a neighbor's yard.
- ☐ Add the meeting place to your home fire escape map.
- ☐ Use your home fire escape map to practice a fire drill. Make sure everyone knows how to get out of your home and where to meet. Practice your drill at least twice a year.
- ☐ Post your map where everyone can see it.

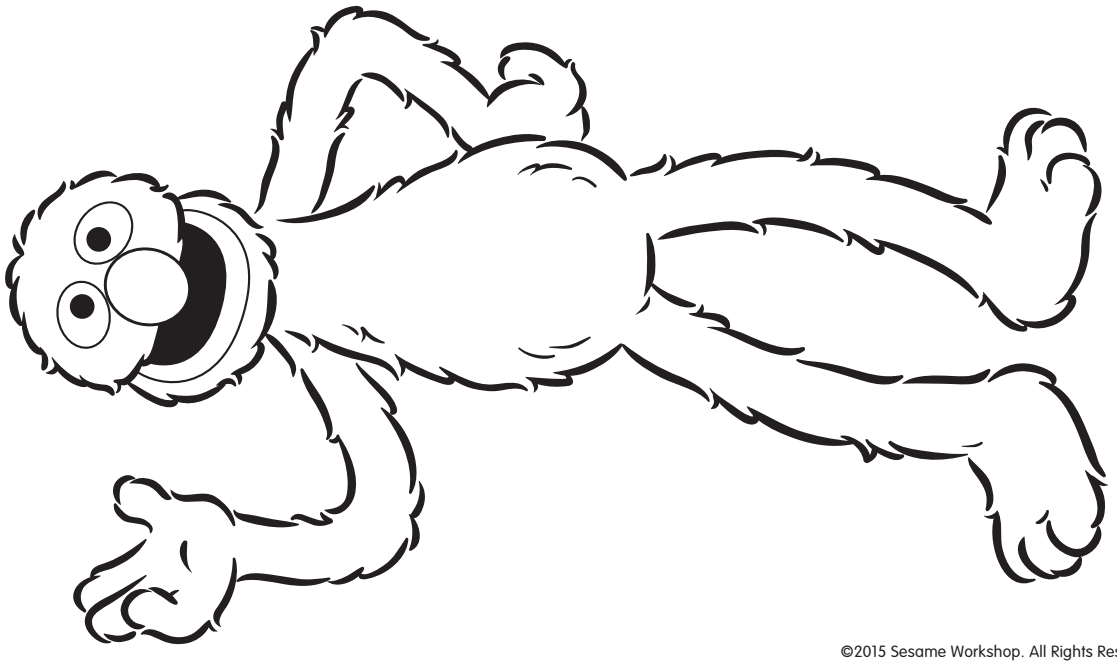
Good luck creating your home fire escape map!



Puppet Patterns: Grover & Special Helper Grover



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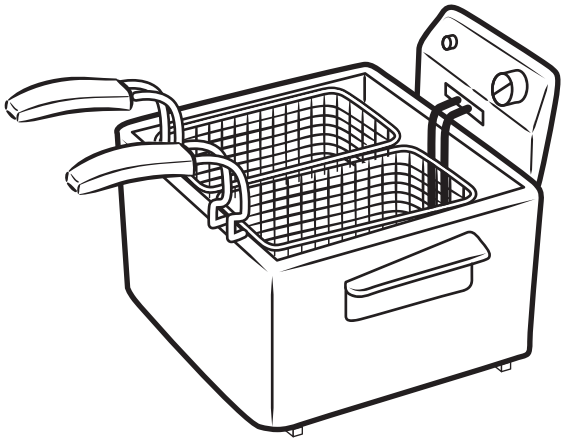
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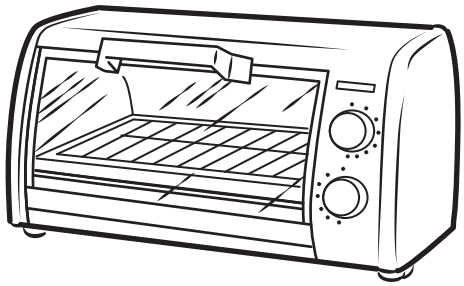
Firefighter

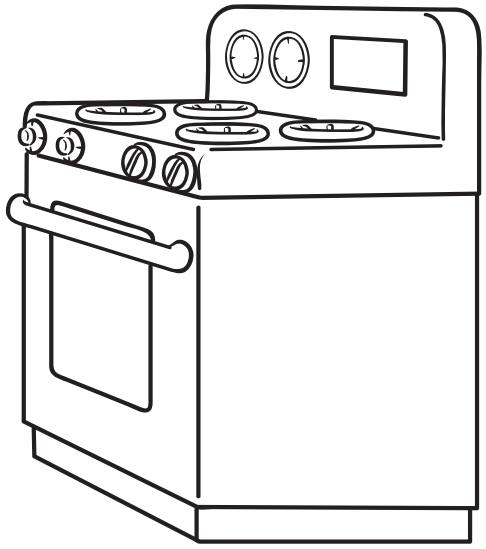


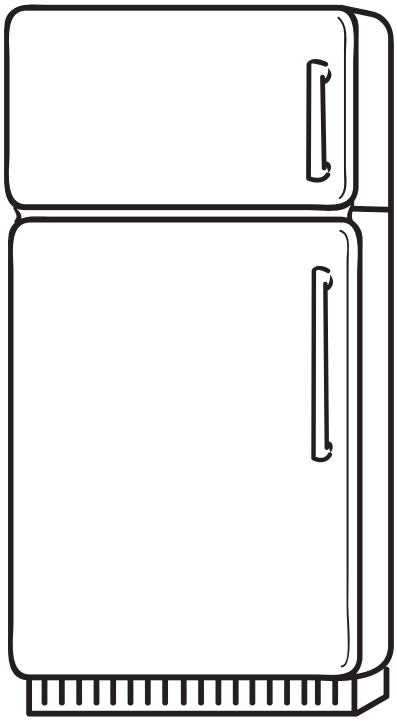
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Hot, hot, stay away. Hot, hot, not for play!









Color the hot things red and the cold things blue. Help your child find other hot and cold things in your home.

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Smoke Alarms Go "BEEP, BEEP, BEEP!"

Remember: When you hear this sound, it could be there's smoke or a fire around.

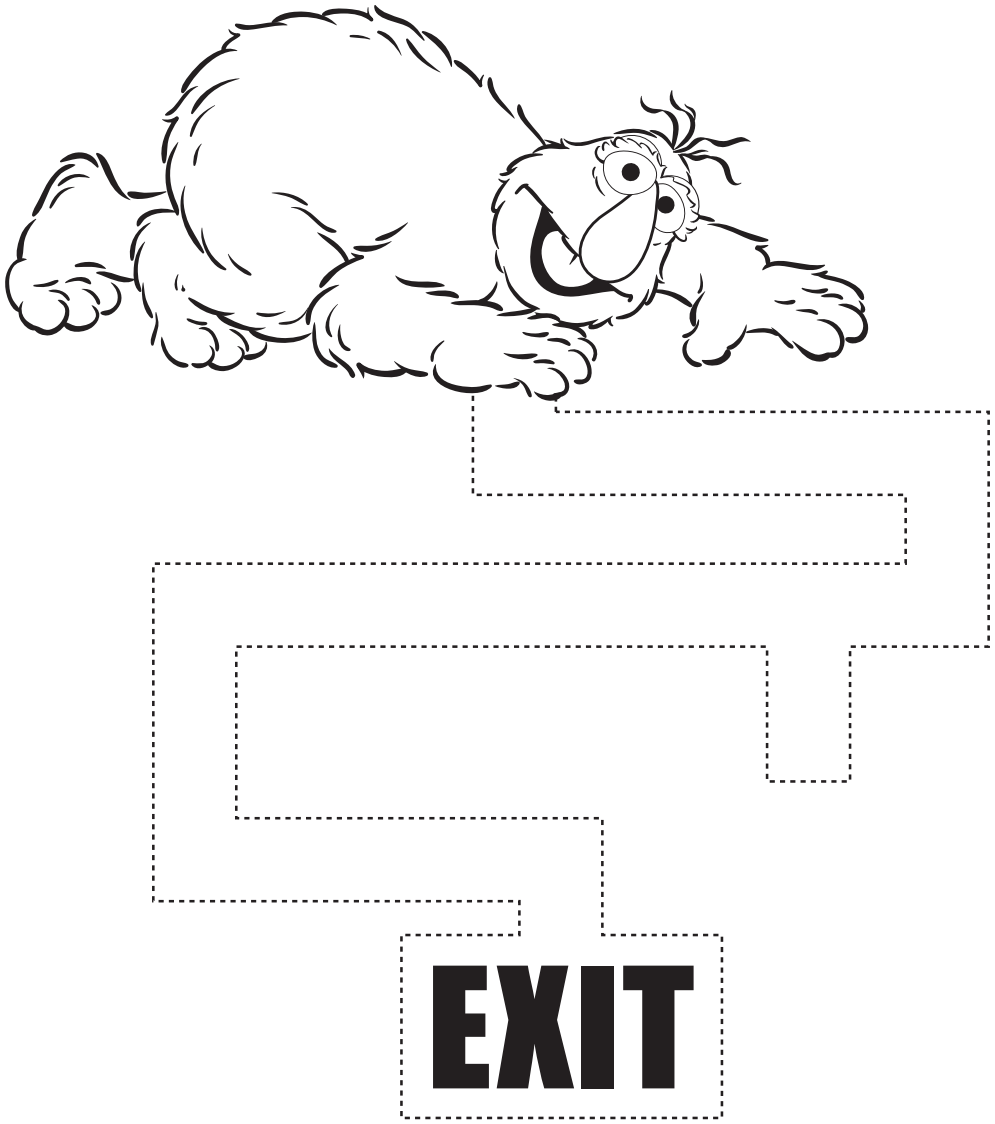


Elmo hears a smoke alarm beeping. Can you make this sound? What should Elmo do? He should get low and go, go, go to the exit!

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Get low and go, go, go to your exit!

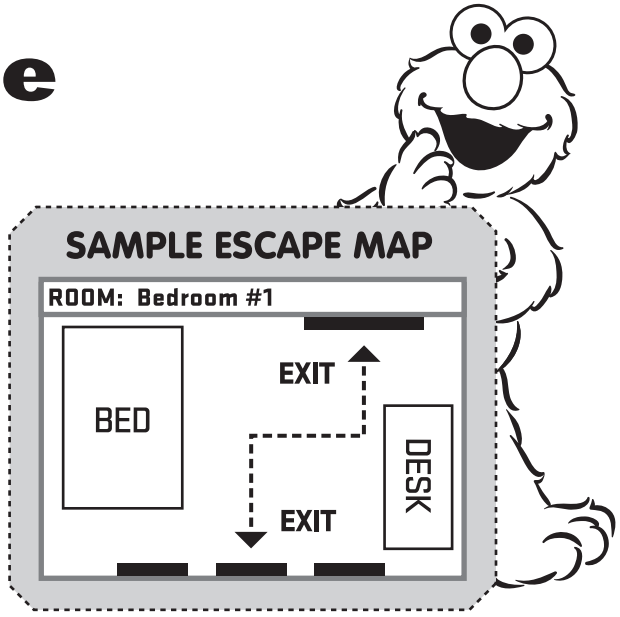
If there's a fire in your house, get down low and go, go, go to your EXIT! Once you get outside, stay outside. Don't go back in until a firefighter says it's okay.



Show Telly the way to the exit. What should you do if you leave your favorite toy inside the house? Never go back inside - Get outside and stay outside!

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Our Home Fire Escape Map



Together with your child, create a home fire escape map! Start by writing down the names of every room in your home in each box below (the living room, kitchen, bedrooms, etc.) Then, draw a simple layout of each room. Circle each exit with a brightly colored crayon or marker. Walk with your child through every room and point out the exits and how to get to your safe outside meeting place from there. Make photocopies if you have additional rooms.

ROOM:	ROOM:
ROOM:	**ROOM:**

Practice, practice! To help your child remember, practice this map together as a family twice a year.

PRACTICE #1 DATE: _____ **PRACTICE #2 DATE:** _____

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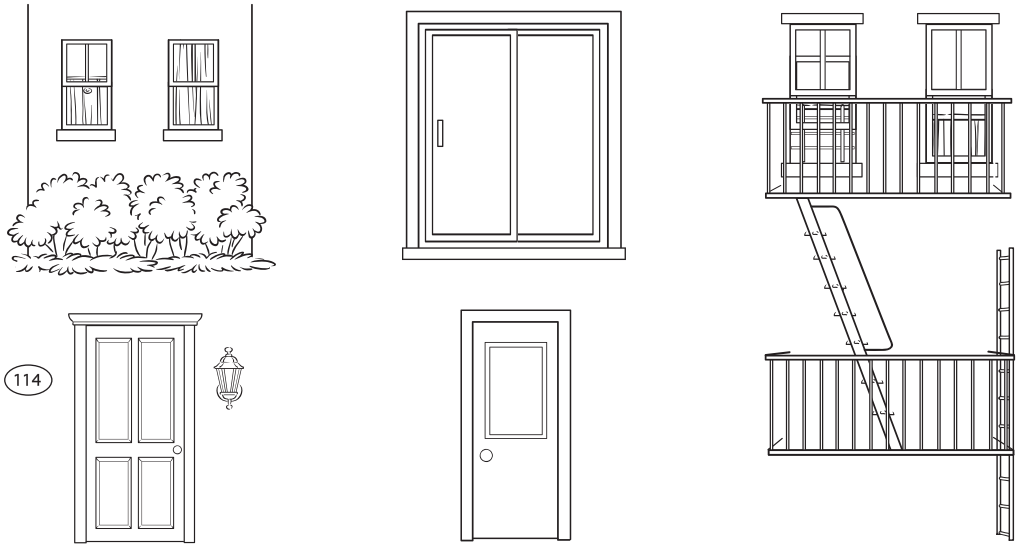
Exit Is the Way Out!

Directions: Color the exit sign below in red. With your child, search for two safe ways to exit every room in your home, if possible. When you're out and about, look for exit signs all around you.



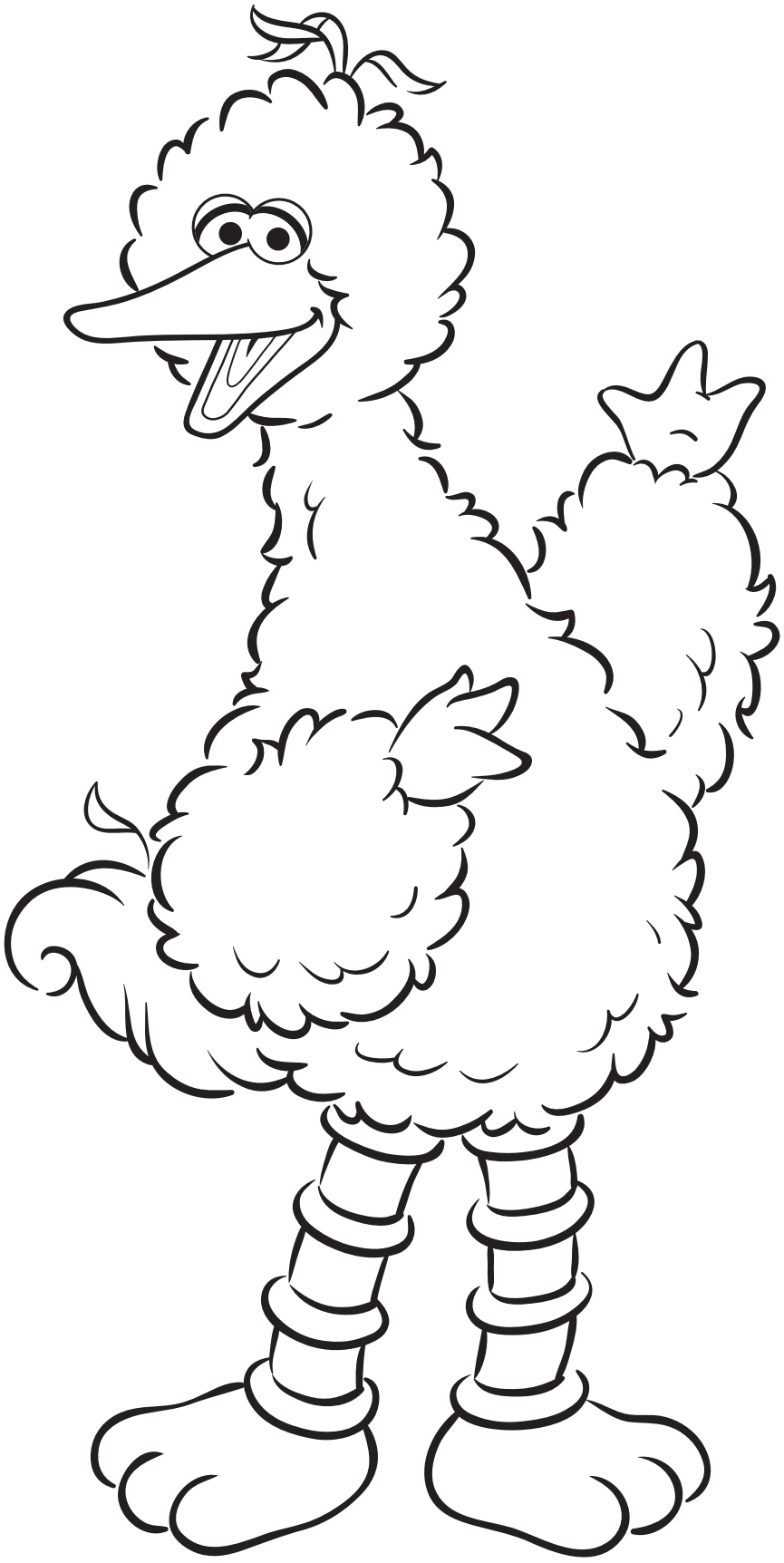
Exit Finders!

Look around to see how many types of exits you can find with your child. Discuss different safe exits. Here are some examples:



NOTE: Your safe exit can include a door or a window that leads directly to the ground or has a safe fire escape. If you live in a high-floor apartment, you may only have one way out. Learn your building evacuation plan to help you be prepared!

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Sesame Street Fire Safety Program

Certificate of Participation

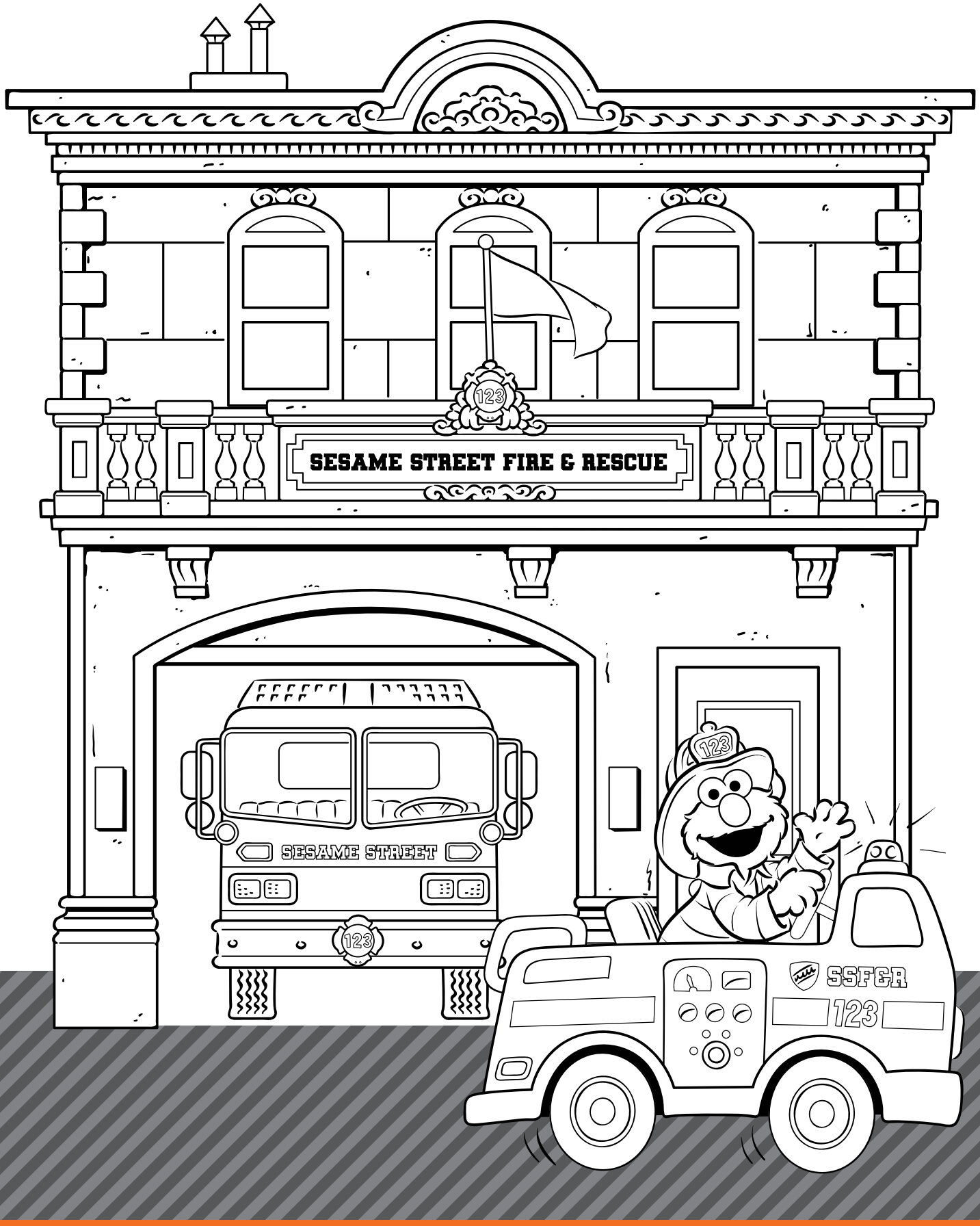
Thank you for learning all about fire safety,

_____ !

We hope you keep practicing!



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For more information please visit: **www.usfa.fema.gov/prevention/outreach**

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