



SAMPLE LESSON PLANS

Grade 1 – Safety and Injury Prevention

Unit 3

SOLs:

- 1.3.A Identify home safety rules and guidelines for emergencies
- 1.3.B Practice fire safety procedures.

Title: Preparing for Fires and Emergencies at Home

Objectives/ Goals:

1. To understand to exit house and go to safe place if fire alarm goes off
2. To understand to stop , drop and roll if clothes cattch fire
3. To develop home safety rules.

Materials:

- Flip charts or poster paper
- Markers
- Smoke detector
- Mats
- 911 Fire Safety RAP video https://www.youtube.com/watch?v=s_5FqaWTj9c
- Virginia Fire 911 Kids Activity Book

Procedure:

1. Remind students of class safety rules and then tell them that you will now be discussing home safety rules and strategies that keep them safe during emergencies at home.
2. Have flip charts with images of the kitchen, bedroom, garage, bathroom, and other rooms of the house (include a telephone in the image for dialing 911). “Visit” each room of the house and ask students to share safety rules that they have at home. Write them down with the markers. Reinforce any ideas that are missing.
3. Engage students in a school fire drill, play the *911- Fire Safety RAP video*, and assign the *Virginia Fire 911 Kids Activity Book* to students to complete at home with families. This

activity enables families to develop a home fire escape plan and identify a strategy for calling 911.

4. Practice “Stop, Drop, and Roll” as a fire safety method in the event that the students clothes catch on fire, as follows (adapted from Alison Daus):
 - a. Show the students a smoke detector, and ask the students if they know what it is.
 - b. Then ask the students if they know what the purpose of the smoke detector is.
 - c. After the students have been given time to answer, explain that the smoke detector is an extremely important part of fire prevention.
 - d. Describe how the smoke detector works, allowing the students to get a close look at the appliance.
 - e. Also explain that the smoke detector should only be set off purposely if an adult is checking the battery, because others may hear the alarm and think there is a fire.
 - f. At this point, ask the students if anyone knows what to do if their clothes catch on fire. Explain that it is important to remember to stop, drop, and roll, and demonstrates on one of the mats in the front of the room.
 - g. After demonstrating, discuss the key points such as covering your eyes and pulling your arms in.
 - h. The students will be invited, two or three at a time, to stop, drop, and roll on the mats in the room. They will be instructed to say the words “Stop,” “Drop,” and “Roll” as they perform the action.
 - i. The remainder of the students should also say the words with those physically involved.

Assessment Ideas:

- Did students model stop, drop, and roll adequately?
- Did students complete a home fire escape plan?
- Did students share home safety rules?

References:

- Alison Daus_Stop, Drop and Roll <http://lessonplanspage.com/ossfiresafetystopdroprollk-htm/>
- Virginia Fire 911 Kids Activity Book http://www.vafire.com/fire_safety_education/coloring%20pages/Kids_Activity_Book.pdf
- Fire Safety RAP 9-1-1 https://www.youtube.com/watch?v=s_5FqaWTj9c