



Grade K - Safety//Injury Prevention Sample Lesson Plan 3 What is an Emergency?

Objectives/Goals

- Sesame Get Ready Video and Tool Kit
- Telephones

Materials

- Students will understand what is an emergency, who to turn to for help in an emergency and how to call 9-1-1.

Steps

Step 1

- Play the Sesame Street Lets Get Ready Planning Together Video available at <http://www.sesamestreet.org/toolkits/ready> . The video educates students about being prepared to prevent injury and introduces the concept of getting ready for an emergency. Talk about neighborhood helpers that can help in an emergency. Talk about what is (e.g. fire, heart attack, choking) and what is not an emergency (e.g., skinned knee)

Step 2

- Teach the *Scholastic Early Childhood Today – Its an Emergency Lesson Plan* included below.
- Have students take turns dialing 911 from a land line phone and a mobile phone:

When the dispatcher answers the phone, a child must be able to provide his or her name, address, phone number, and must be able to describe a little bit of the

emergency. If the child doesn't know the location of the emergency, educate him/her child to notice what's around him/her such as street signs, buildings, stores, highways,, parks, etc. A child should tell the dispatcher what kind of help is needed (fire, doctor, police, etc.). Most importantly, if the emergency such as a fire or robbery is in the home, your child should know to leave and should know where to go in case of an emergency. Call it a safe place. Children should tell the dispatcher where the emergency is located and should stay on the phone until the dispatcher tells you to hang up or until emergency help arrives where the child is. (KidsHealth.org)

Step 3

- Arrange a visit to a firehouse or a visit to the classroom from firefighters, police and other emergency responders to reinforce key concepts such as home fire escape plans, stop drop and roll

Assessment Idea

- Student completion of activities from the *Virginia Fire 911 Kids Activity Book*
- Student completion of worksheets in *Sesame Street Get Ready Educator's Guide*.

References

- Sesame Street Get Ready Tool Kit <http://www.sesamestreet.org/toolkits/ready>
- Summer Safety Activity: "Its an Emergency"
<http://www.scholastic.com/teachers/lesson-plan/summer-safety-activity-its-emergency>
- Teaching Your Child About 9-1-1 <http://kidshealth.org/en/parents/911.html>
- Virginia Fire 911 Kids Activity Book www.vafire.com/fire_safety_education/coloring_pages/Kids_Activity_Book.pdf

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.



Summer Safety Activity: "It's an Emergency"

Help children understand emergency procedures

By [Ellen Booth Church](#)

SKILLS: Children use social and language skills in dramatic play to understand emergencies.

MATERIALS:

- dramatic-play props, including a toy phone

IN ADVANCE: Before beginning a discussion of emergencies with children, send a note home informing parents how important it is that they follow up this activity with talks about emergency situations and practice how to get help at home. Also explain that often emergencies are scary for young children. As adults, it is our responsibility to help them feel prepared. It is also extremely important that we do so in a calm, reassuring, and gently serious manner.

ACTIVITY

1 Gather children to talk about emergencies. Ask, "What is an emergency?" Together, list emergencies that children have experienced or heard about: a fire, someone choking, someone who is lost. Write their responses on an experience chart and read them back. Summarize their thoughts into a few basic "emergency statements," such as "It's an emergency when someone is hurt or won't wake up or when someone can't get help themselves." Talk about actions children can take in an emergency, including telling an adult.

2 Explain to children, "We're going to take turns pretending there is an emergency. When you think you see an emergency, come sit near me." Go over your emergency plans once more.

3 With a volunteer, act out one of the examples you listed together. Perhaps the child could pretend to fall, her eyes would close, and she wouldn't wake up to your calls. You could say, "Dietra, Dietra, are you OK?" When Dietra does not answer, pretend to call 911 or the emergency phone number in your area. Later, act out various other emergencies listed on your chart, allowing children to dramatize the situations.

You can sing this song to help children remember 9-1-1.

(Sing to the tune of "Bingo!")

There is a number you can call when you need someone's help

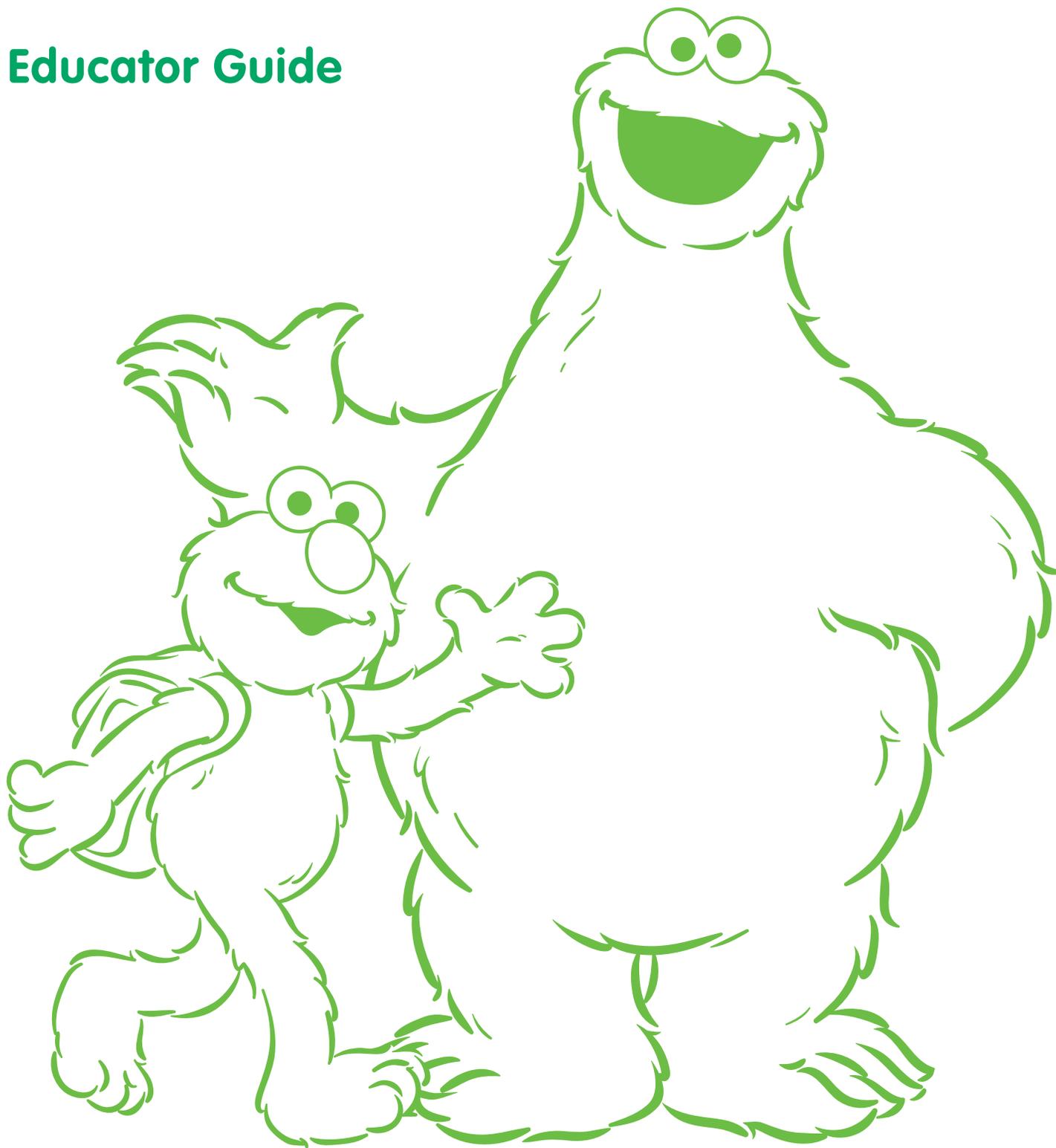
Let's Get Ready

PLANNING TOGETHER FOR EMERGENCIES

Here for Families and Communities



Educator Guide



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[sesamestreet.org/ready](https://www.sesamestreet.org/ready)

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Hello, Educator!

Welcome to the Let's Get Ready Educator Guide.

Away from home, you are one of the special grown-ups with whom children feel most comfortable. This gives you a unique opportunity to help them learn about emergencies in a calm and reassuring environment.

This guide, with activities that can complement emergency plans and school safety drills, will help you prepare your children for emergencies. It also gives you tools to connect with parents and caregivers. The Sesame Street friends are here to help children remember important information through songs, drawings, and play!

For More Information

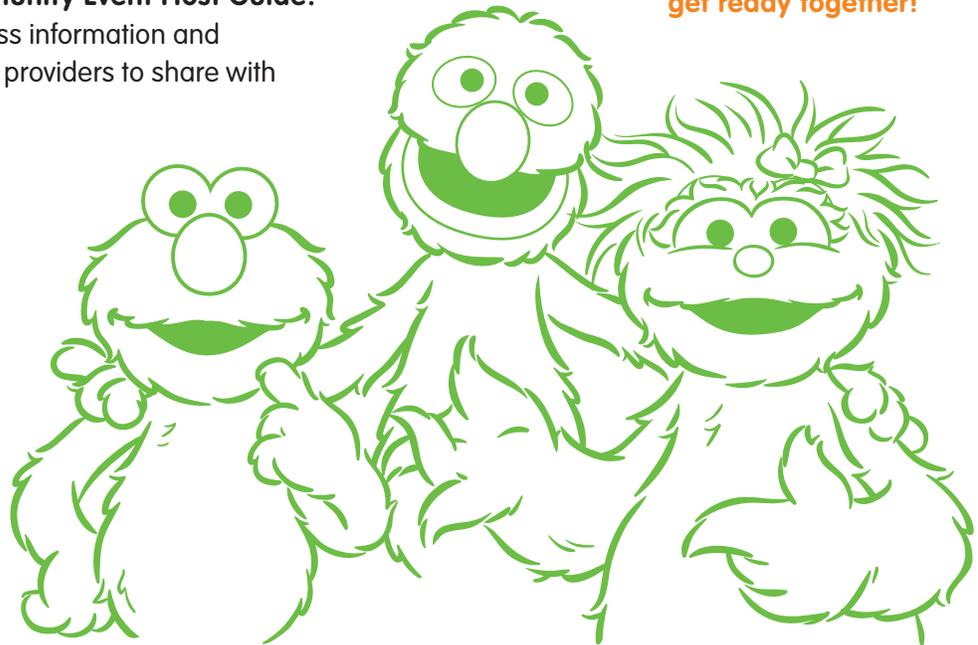
In addition to this Educator Guide, we are pleased to provide other resources to help families and communities prepare for emergencies. Please visit sesamestreet.com/ready or pseg.com/sesamestreet.

- » **Let's Get Ready Family Guide:** A resource filled with simple tips, ideas, and activities to help families prepare for emergencies.
- » **Let's Get Ready Community Event Host Guide:** Emergency preparedness information and activities for community providers to share with children and families.

WHAT'S INSIDE: In this guide, you'll find simple ways to help children learn these important messages:

- » We Can Get Ready!
- » I Know Our First and Last Names
- » I Know Our Phone Number and Address
- » Helpers Keep Me Safe and Sound
- » Let's Make and Share Our Plan
- » Let's Pack an Emergency Kit

Come along, and let's get ready together!





We Can Get Ready!

You can introduce emergencies using familiar examples from children's everyday lives. For instance, there are signs and sounds all around us to keep them safe or to tell them that there is an emergency. Here is a simple activity to start the conversation.

What to do:

- » Gather children and ask, "What do you do to stay safe when you're in the car? How about when you are walking across the street? Riding your scooter?" They may talk about seat belts, helmets, or holding hands with a grown-up when they cross the street.
- » Explain that there are signs and sounds all around us to keep us safe, too. Hold up the pictures below, and ask them if they can identify what they are. **Follow up with a discussion about why we have some of these signs and sounds:**



EXIT SIGN: This sign tells us the way to get out. Just in case we have to get out fast, we can look for this sign. **Where do you see an EXIT sign?**



SMOKE ALARM: This is a smoke alarm. If there's a fire, it will make a loud **BEEP, BEEP, BEEP!** That means we have to get outside fast and stay outside. **Where do you see a smoke alarm?**



FIRE TRUCK WITH FLASHING LIGHTS: A fire truck has a loud siren and bright flashing lights. This tells us that help is on the way! **What are some other cars with sirens and bright lights?**



AMBULANCE: The helpers in an ambulance take care of people if they get hurt. **What are some other cars and trucks that tell us help is on the way?**

KEEP PRACTICING!

Play "Emergency Detectives": As children walk from one place to another, ask them to be on the lookout for smoke alarms and EXIT signs.



I Know Our First and Last Names

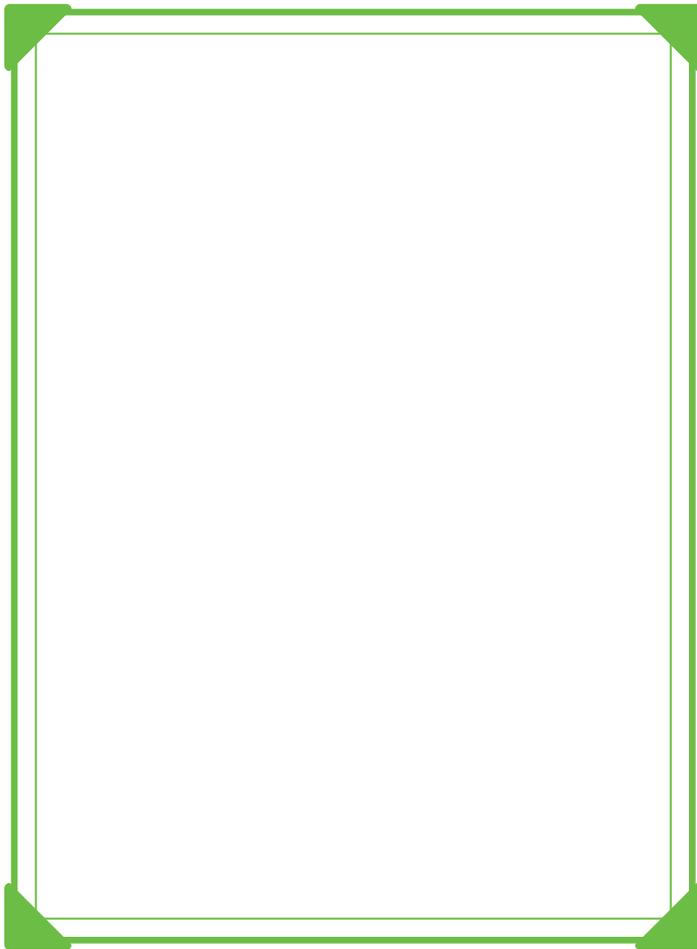
Children feel proud when they learn about themselves! Knowing their own and their caregivers' whole names is also a very important way to prepare for emergencies.

Directions: Use this sheet to help children learn and repeat important information. They may need your help writing in the blanks.



My Family Picture

Draw a picture of your family in the box below.



What Are the Whole Names of Everyone in Your Family?

WHOLE NAME



I Know Our Phone Number and Address

Children feel proud when they learn about themselves! Knowing basic information like their caregivers' phone numbers and addresses can also help children if they ever get separated from their caregivers.

Directions: Use this sheet to help children learn and repeat important information. They may need your help writing in the blanks.

My Important Phone Numbers

Write your family's important phone numbers on the lines below.

MY MOMMY/DADDY'S PHONE NUMBER

MY MOMMY/DADDY'S PHONE NUMBER

OTHER IMPORTANT ADULT'S PHONE NUMBER

OTHER IMPORTANT ADULT'S PHONE NUMBER

My Home Address

MY ADDRESS

Now Practice Dialing

Use your finger to practice pressing the numbers.



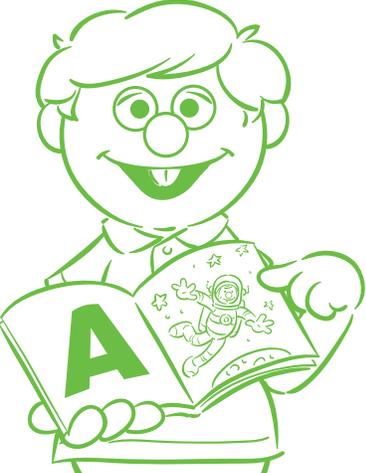
EVERYDAY TIP: Explain that 9-1-1 is a special number to call when help is needed during an emergency and there is no other person to help. Pretend by asking questions such as "9-1-1, what's your emergency?" and "What's your address?"



Helpers Keep Me Safe and Sound

Our neighborhoods are filled with special helpers who keep us safe: crossing guards, police officers, doctors, and teachers like you. The more familiar they are with these helpers now, the more comfortable they'll feel with them in case of an emergency.

Directions: Here's a simple book children can make to get to know their neighborhood helpers. They can color in the pictures while you help cut and staple the pages together.

<p>My Book About Neighborhood Helpers</p> <p>There are helpers all around to keep me safe and sound!</p> 	<p>I'm a firefighter. I help put out fires.</p> 
<p>I'm a teacher. I help children stay safe as they learn and play at school.</p> 	<p>Draw a picture of another helpful person in your neighborhood.</p> <p>I'm a _____.</p> <p>I help _____.</p>

Let's Make and Share Our Plan

HELLO, FAMILIES!

Our class is participating in an exciting **Sesame Street** program to prepare for emergencies. Join us to get ready together!

Here are some of the things your child has been learning at school:

- » I know our first and last names (whole names of both child and parents).
- » I know our phone number and address.
- » Helpers all around keep me safe and sound.

Please continue the learning at home by creating a Family Emergency Plan! Use these pages to talk with your family about what you will do and whom to contact if an emergency ever happens. To help children remember the plan, practice this information together at home.

FAMILY PHOTOS:

Adding photos for every family member and your pet can be helpful if you get separated during the emergency.



The _____ Family's Emergency Plan

You can copy this page more than once to include all household members.



1. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

2. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

3. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

4. _____
FAMILY MEMBER'S WHOLE NAME

MY ROLE IN THE FAMILY

ADDRESS

ADDRESS

DAYTIME PHONE

CELL PHONE

E-MAIL

PET'S NAME

PET'S NAME



Let's Make and Share Our Plan (continued)

Please make copies of your plan and share it with your child's teacher, along with the other important grown-ups who help care for your child.

Emergency Contacts

Help your children learn who these contacts are, and remind them that these are people who may be there to help and care for them just in case.

1. Out-of-Town Emergency Contact who may not be affected by the emergency and can help make sure you're all okay. It is often easier to call long distance than to make local calls after an emergency. You can also text.

WHOLE NAME

ADDRESS

ADDRESS

E-MAIL

HOME/CELL PHONE

WORK PHONE

2. Local Emergency Contact who can help you with tasks such as picking up your child from child care.

WHOLE NAME

ADDRESS

ADDRESS

E-MAIL

HOME/CELL PHONE

WORK PHONE

Emergency Meeting Place

This is the safe, child-friendly place where your family will meet if you can't get home during an emergency.

NAME OF LOCATION

TYPE OF ESTABLISHMENT

ADDRESS

PHONE NUMBER

Neighborhood Helpers

Include phone numbers for the people in your neighborhood who can help you during an emergency.

POLICE STATION

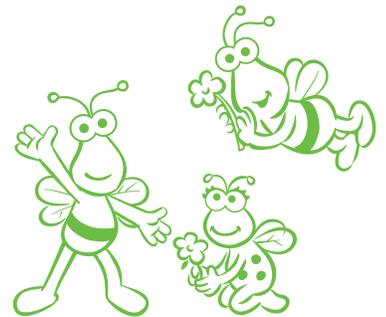
FIRE STATION

FAMILY DOCTOR/S

OTHER IMPORTANT ADULT

LOCAL EMERGENCIES:

Learn about specific risks and potential emergencies in your area by signing up for local weather emergency alerts on your smartphone.





Let's Make and Share Our Plan (continued)

Schools and Workplaces

1. _____
CHILD'S WHOLE NAME

CHILD-CARE PROGRAM OR SCHOOL

ADDRESS

ADDRESS

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION

2. _____
CHILD'S WHOLE NAME

CHILD-CARE PROGRAM OR SCHOOL

ADDRESS

ADDRESS

TEACHER OR CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION

3. _____
PARENT OR GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

ADDRESS

PHONE

EVACUATION LOCATION

4. _____
PARENT OR GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

ADDRESS

PHONE

EVACUATION LOCATION

A SAFE HOME:

Make sure your surroundings are ready for an emergency, too! Call your utility provider if you notice wiring problems in your area.





Let's Pack an Emergency Kit

Create a family emergency kit. Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. **Remember to review your kit's contents regularly** (for instance, when you check your smoke alarms) to make sure items are up to date.

Recommended Items:

-  2 COPIES OF YOUR FAMILY EMERGENCY PLAN
-  \$20 MINIMUM CASH AND COINS
-  EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
-  FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
-  3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
-  3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
-  BATTERY-POWERED OR HAND-CRANKED RADIO
-  MOBILE PHONE AND CHARGERS FOR CAR AND HOME
-  FLASHLIGHT AND EXTRA BATTERIES
-  TOOLS (WRENCH OR PLIERS) TO TURN OFF UTILITIES
-  ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
-  PET SUPPLIES
-  SPARE SET OF CAR AND HOUSE KEYS
-  BLANKETS OR SLEEPING BAGS
-  PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

-  PLASTIC TRASH BAGS
-  MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
-  CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
-  SUNSCREEN AND INSECT REPELLENT

Important Items for Children:

-  1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY)
Ask what your child would like to include, such as a doll that's not often used.
-  ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
-  SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

AND REMEMBER...

- » Keep your kit handy.
- » Keep items in airtight plastic bags.
- » Refill your kit with fresh water, batteries, and right-size clothes every 6 months.
- » Don't forget to keep emergency supplies in your car and at work!





Let's Get Ready Certificate

Congratulations!

CHILD'S NAME

has prepared for emergencies!

My mommy's
phone number is...
(212) 555-1234

Let's pack an
emergency kit!

My whole
name is...
Rosita
de las Cuevas!

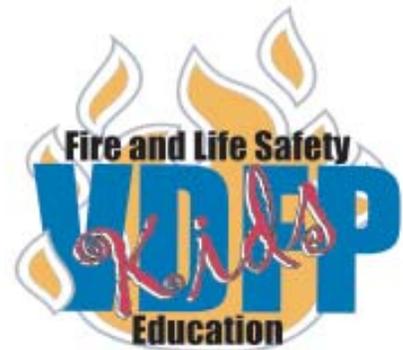
My address is...
1, 2, 3
Sesame Street.



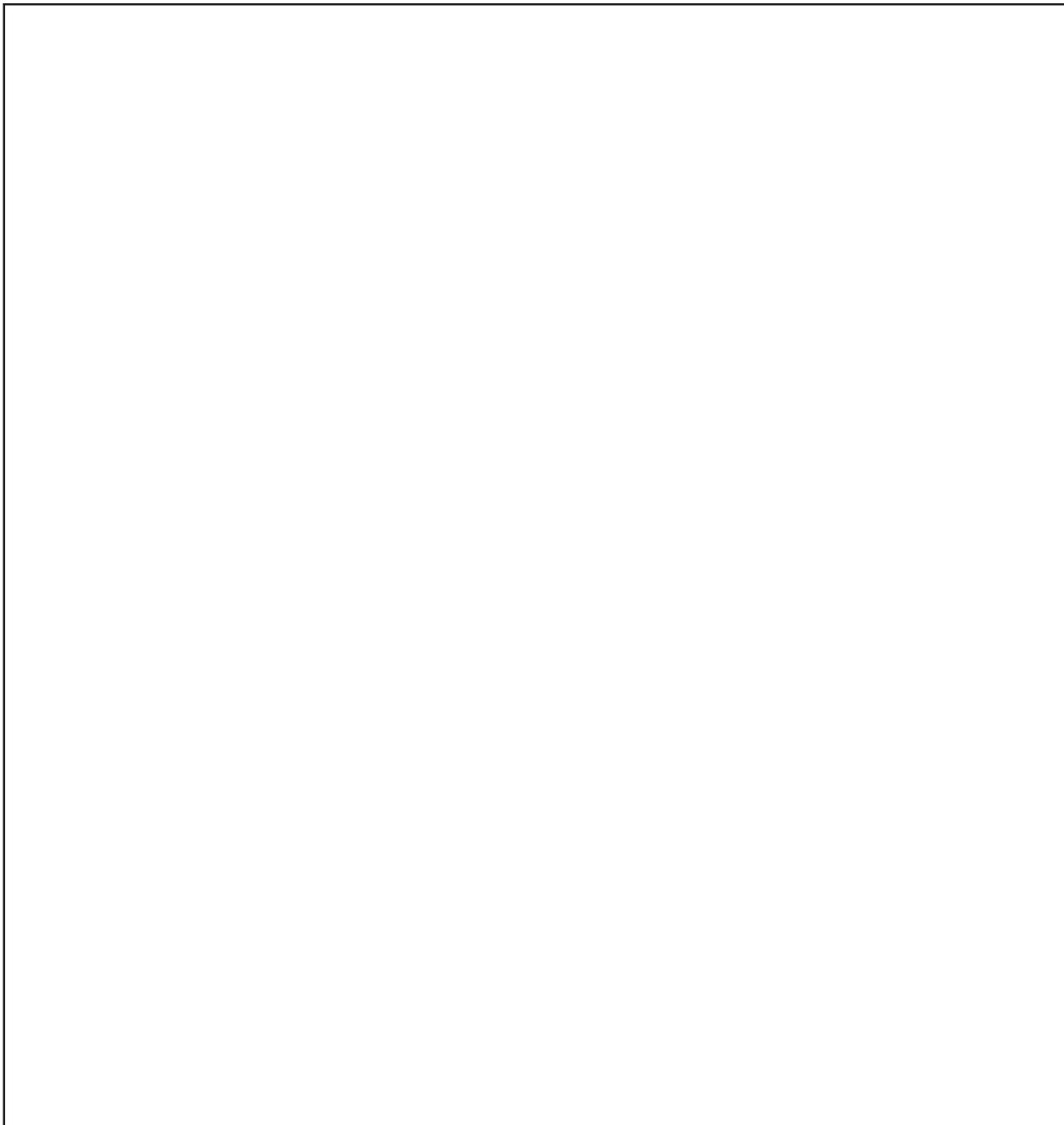
Fire & Life Safety Activity Book



Join Dottie the dalmatian and her friends as they learn about fire safety!



Visit www.vafire.com for more safety tips and activities



**Draw a picture for Dottie the
dalmatian of you practicing
fire safety!**

Learn about escape plans!

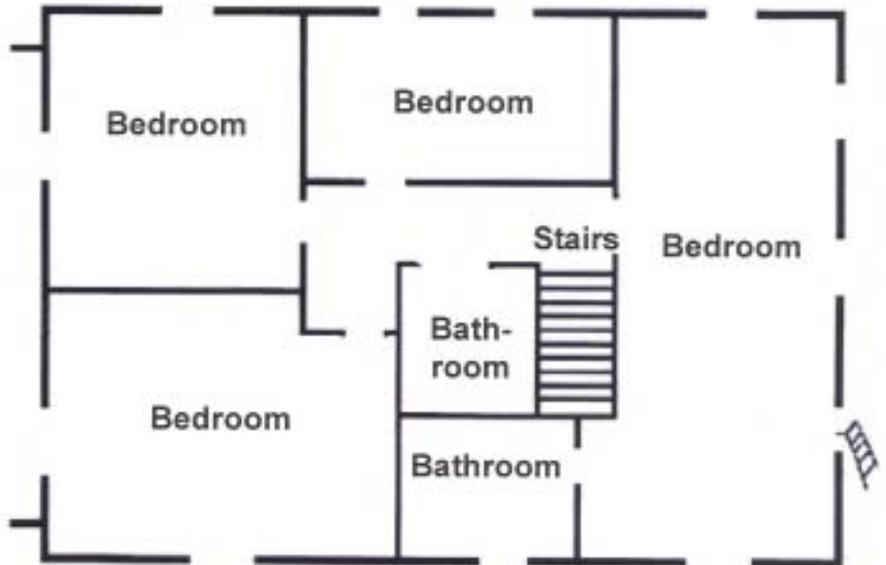


Help Polly the puppy plan an escape route!

Remind her:
**Don't Hide...
Get Outside!**



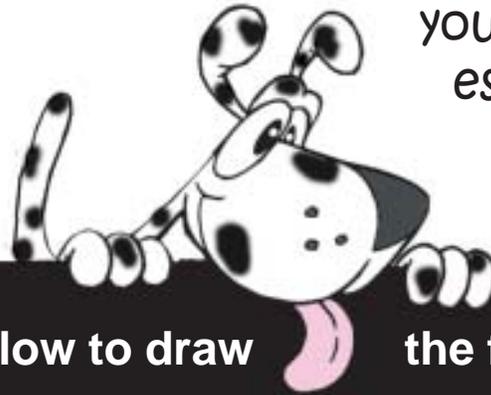
- Draw smoke alarms where they should be.
- Use dark arrows to show primary exits (doors).
- Use dotted arrows to show secondary exits.
- Use the symbols on the Fire Escape Plan Key



**Practice your home fire drills regularly
and know at least TWO ways out!**

Make your own home escape plan!

Following Dottie the
dalmatian's rules create
your home fire
escape plan!

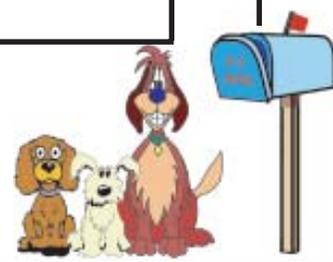
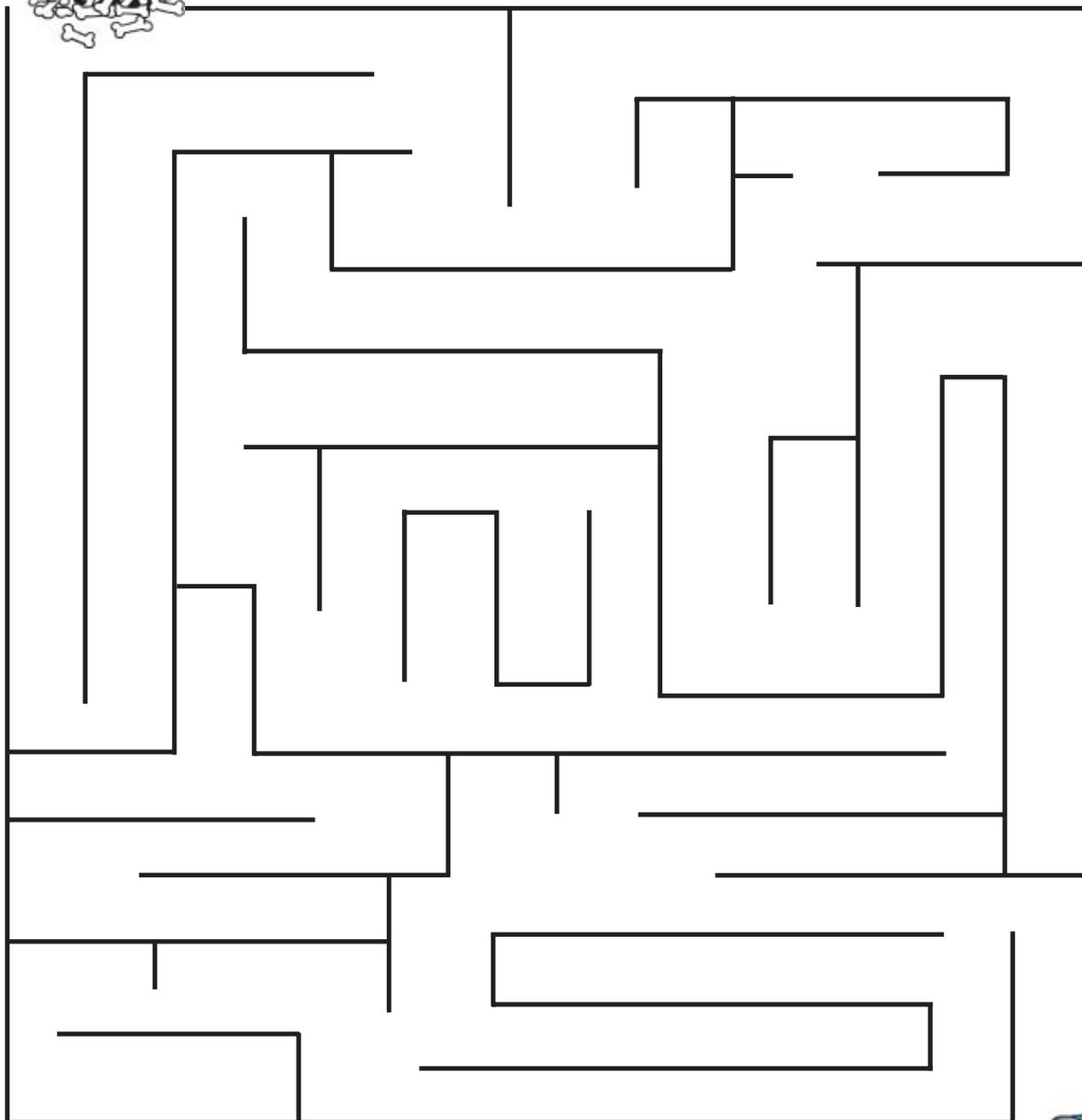


1. Use the space below to draw the floor plan of your home.
2. Label each room and show all exits.
3. Make sure you show at least 2 ways out of each room.
4. Decide on a meeting place with your family and draw it on your plan.
5. Practice fire drills regularly with your family.

Buster the beagle smells smoke!

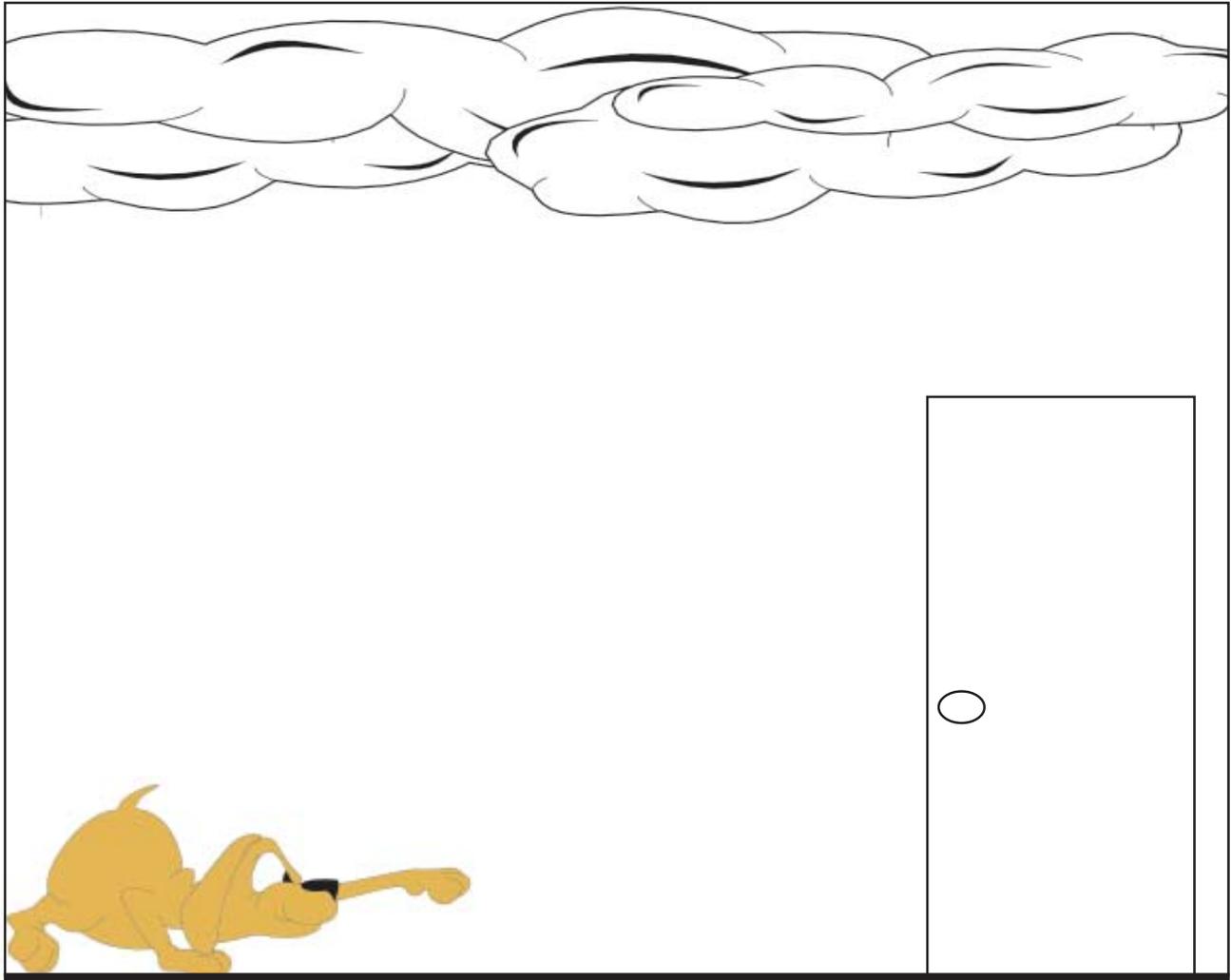


Help him use his escape plan to meet
his friends at their meeting place,
the mailbox.



Crawl low under smoke!

Draw a picture of yourself crawling low under the smoke, just like Max the mutt!



**Remember to stay low and go when there is smoke!
The air near the floor is better!**

Reporting an emergency!

Show Tommy the terrier what to do in an emergency by pretending to report an emergency at your home!



Reporting an Emergency

Call: ____ ____ ____

Speak slowly and clearly

Say: "My name is _____."

"I want to report an emergency at _____."

"The phone number I'm calling from is _____."

"The emergency is _____."

When making a home escape plan put a family member in charge of calling 911!

Smoke alarm safety!



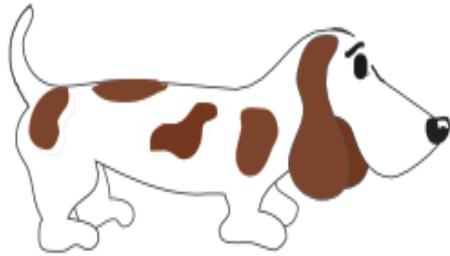
Chip the chow chow hears a smoke alarm beeping!
Can you make this sound?
What should Chip do?

Stop, Drop & Roll!

Help Stacey the springer spaniel learn about stop, drop & roll! Use the words below to fill in the blanks showing Stacey the proper way to stop fire from spreading on your clothes.

If your clothes are on fire you should:

Roll
Stop
Drop







Word game!

Use the pictures to fill in the blanks.
Then use the circled letters to fill in
the rest of Randy the retriever's
sentence below!



○ _____



_____ ○



○ _____



_____ ○



_____ ○



○ _____



_____ ○

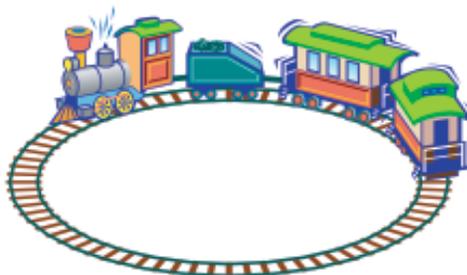
Randy says:

“Firefighters are our _____”

What is a toy?



Show Sam the sheepdog what toys he can play with and what are not toys that he should leave alone. Circle the items that are toys and cross out things that are not toys.



Word Search!

Help Henry the hound dog search
for the words listed below!



Find and circle the following words:

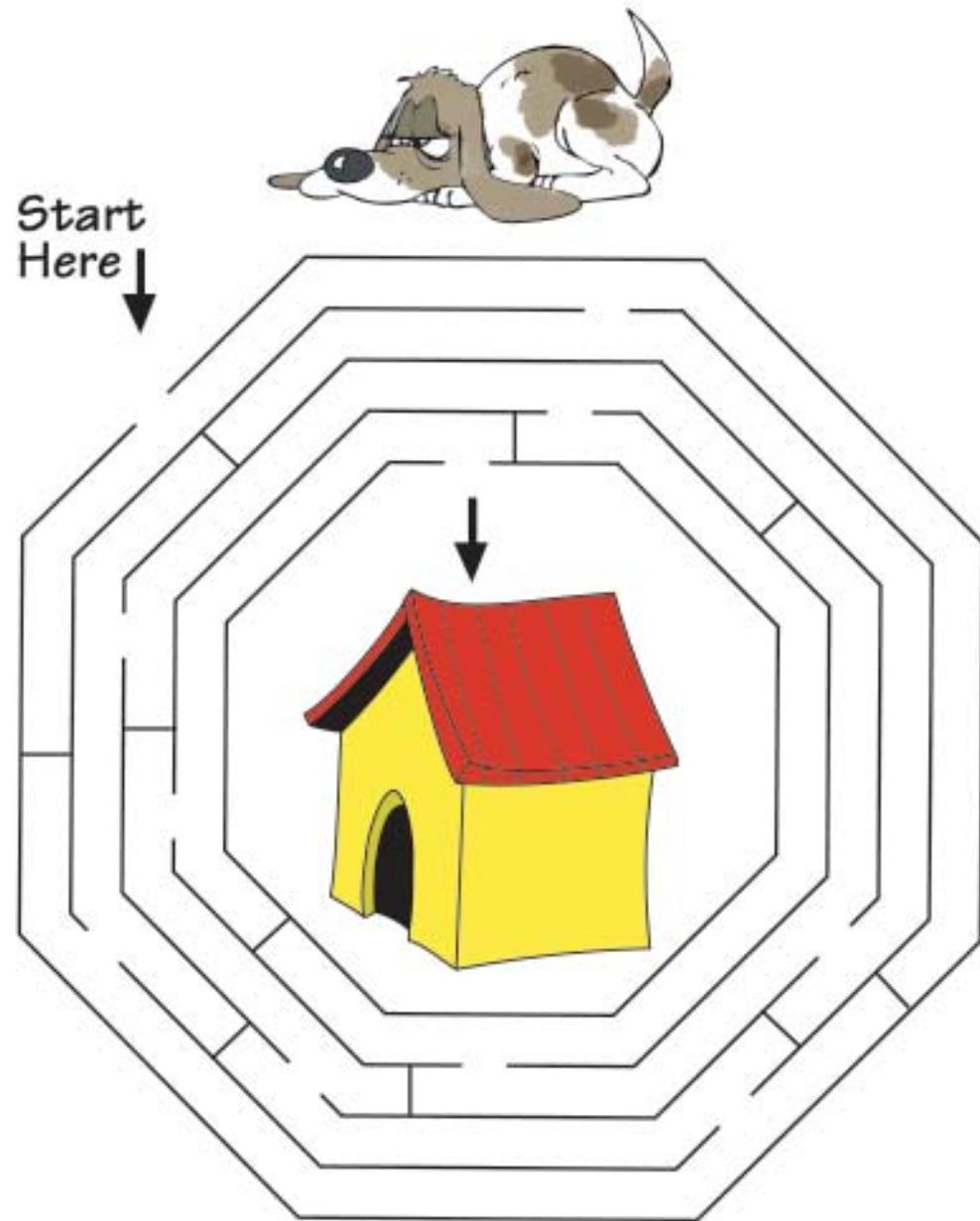
Burn
Candles
Crawl
Doors
Escape Plan
Exits
Family

Fire
Flashlight
Gasoline
Hot
Lighter
Matches
Meeting Place

Neighbors
Rescue
Safety
Sleeping
Stove
Smoke Alarm

Maze Craze!

Bobby the basset hound is tired after his long day of learning about fire safety. Help him get back to his dog house so he can get a good night's rest!



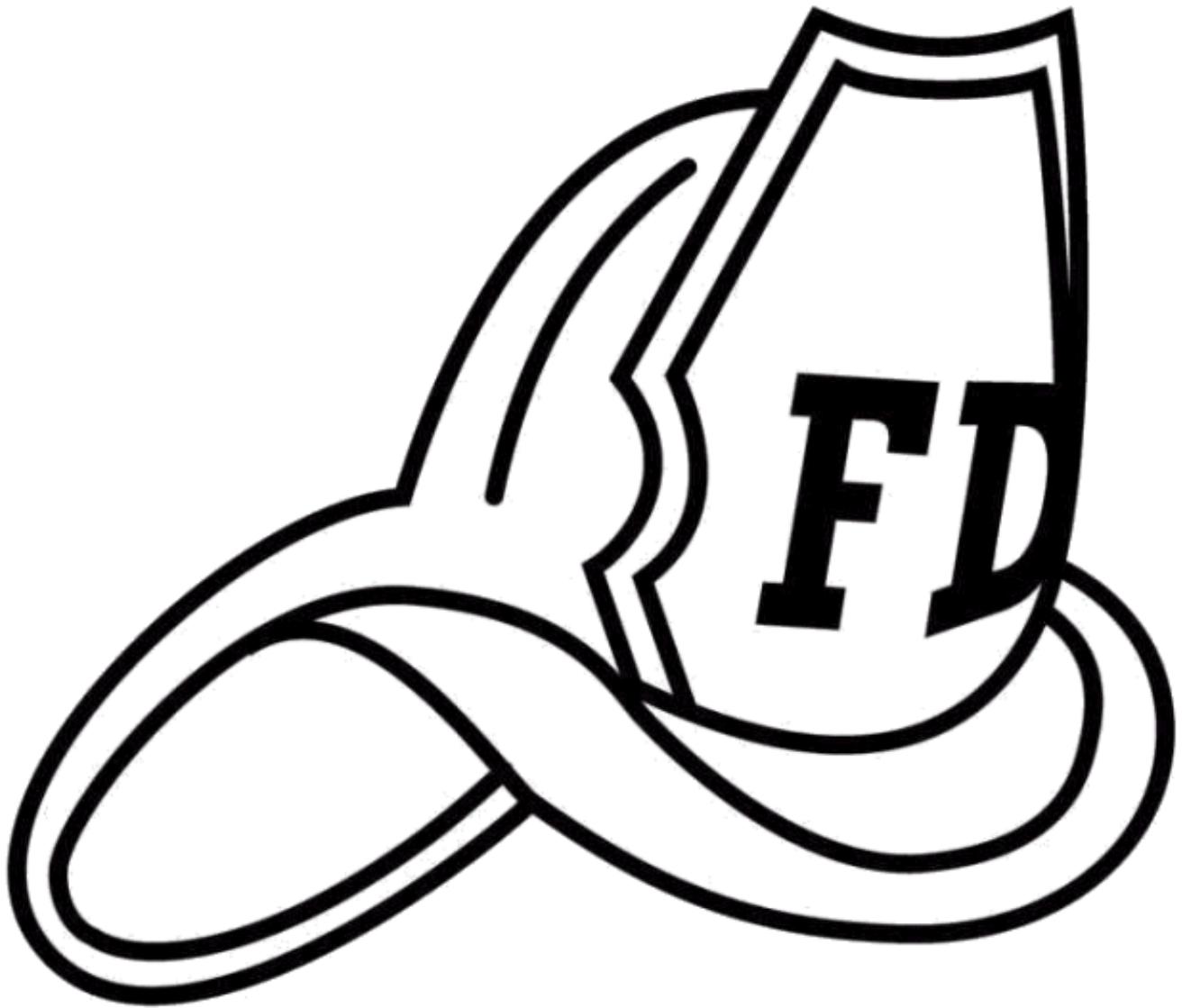
Be fire safe!



Dottie the Dalmatian's Fire Safety Five to Stay Alive!

1. Have a family escape plan and practice it often
2. Smoke alarms save lives
3. Never re-enter a burning building
4. Do not play with matches
5. When you see smoke, stay low and go

www.vafire.com



On _____, 200____
(date)

(name)

has proven to Dottie the
dalmatian and her
friends to be
fire safe!



Dottie





Summer Safety Activity: "It's an Emergency"

Help children understand emergency procedures

By [Ellen Booth Church](#)

SKILLS: Children use social and language skills in dramatic play to understand emergencies.

MATERIALS:

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ACTIVITY

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2 Explain to children, "We're going to take turns pretending there is an emergency. When you think you see an emergency, come sit near me." Go over your emergency plans once more.

3 With a volunteer, act out one of the examples you listed together. Perhaps the child could pretend to fall, her eyes would close, and she wouldn't wake up to your calls. You could say, "Dietra, Dietra, are you OK?" When Dietra does not answer, pretend to call 911 or the emergency phone number in your area. Later, act out various other emergencies listed on your chart, allowing children to dramatize the situations.

You can sing this song to help children remember 9-1-1.

(Sing to the tune of "Bingo!")

There is a number you can call when you need someone's help

You call 911, you call 911, you call 911

And someone will help you!

For younger children: Provide an assortment of toy emergency vehicles children can use to further explore emergency situations.

For older children: Give them additional emergency situations to solve. Be sure that these scenarios are not too intense or frightening but will allow children to consider appropriate ways of addressing the emergencies.

Remember: This is just the first step in learning about emergencies. You might prepare further activities to help children practice saying their first and last names clearly, reciting their addresses, and using a phone to call for help.

SPIN OFF

To help familiarize children with a phone dial pad, draw oversize numbers as they appear on the phone, including the * and # signs, on a large piece of chart paper. Show children how this display corresponds to the numbers on the phone. As a group, count the numbers in order. Then place the paper on the floor and one at a time ask children to take a turn jumping on a particular number. Later, you might ask, "Peter, will you dial 9-1-1 with your feet?"

BOOKS

Danger Ahead! by Justine and Ron Fontes

Rescue Vehicles by Andre Stephens, Paula Borton

To the Rescue: Funtime Rhymes by Ray Bryant

false

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Aug 09, 2011

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