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# Fire Safety:

## It's a New Year- Are You Ready?

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## Instructor's Guide:

### K-1

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**FIRST NATIONS  
TECHNICAL SERVICES  
ADVISORY GROUP INC**



## Preface

The First Nations Technical Services Advisory Group Inc., (TSAG), provides technical services and training for First Nations in Alberta in Asset Management, Circuit Rider Training, Water and Wastewater Management, Environmental Management, Housing Support Services, Fire Safety, Rural Addressing, Information Technology Services, and Virtual Healthcare. As a third-party service provider, we are funded by Indigenous Services Canada (ISC), and the First Nations and Inuit Health Branch of Canada (FNIHB) to deliver these services.

TSAG's values are:

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| <b><i>Integrity:</i></b>      | <i>We value honesty, trust, and confidentiality in our relationships and re committed to achieving excellence.</i> |
| <b><i>Accountability:</i></b> | <i>We accept responsibility for our actions and decisions.</i>   |
| <b><i>Respect:</i></b>        | <i>We will respect the rights of First Nations, our partners, and our employees.</i>                               |

These values are the foundation on which TSAG is built. We continually strive to create programming and build capacity within our First Nations to support our people today and expand to future generations. We welcome your feedback, hope that you utilize this information as lesson plans and share the knowledge with those around you.

## Forward

Fire has always been an important symbol in First Nations Culture. It brings warmth, prepares food and water for safe consumption, acts as a defense against predatory animals and has a spiritual meaning. It can bring new growth, but it can also bring destruction and devastation. An element as important as this requires the utmost respect and care.

The TSAG Fire Keepers initiative was created in 2022 to continue to bring awareness and education to youth about the importance of Fire Safety in and around their home and community.

As your students learn about Fire and Fire Safety, we hope that they will continue to develop respect for fire and recognize the significance of this element to their family, community, and culture. It is with that sentiment that TSAG is honored to share these lessons with you.





## Lesson Overview

This lesson begins by presenting what a smoke alarm does and how we respond to them. It then addresses what to do in the event of a home fire. Children learn how to Stop, Drop and Roll should their clothing catch fire. Lastly, children learn about family fire escape plans. **Please note that this lesson is 60 plus minutes in length due to the late start of the program and the need to include teachings that build on previous concepts. It can be taught in two segments if necessary.**

## Lesson Length

60 minutes

## Materials Needed

- Lighter and matches
- 911 stickers
- A large towel or sheet
- Computer with projector
- Fire Prevention stickers
- 2 Smoke Detectors (if possible one with lights)
- TSAG PowerPoint
- Blackboard
- Copies of the “Stop, Drop and Roll” handout for each child (at the end of this lesson)
- 8.5X 11 construction paper (red, yellow, or orange are best)

## Lesson Preparation

- Review this lesson plan and PPT before the class.
- Preview the videos embedded in the PowerPoint slides to ensure your students will not be alarmed by them.
- Check with other teachers to ensure it is okay for you to test the smoke alarms during classes.

## How to Make This Class Successful


### Before Class

- Come prepared with examples from your own background/experience.
- Set up laptop and projector and make sure they are working properly.

### During Class

- Be prepared to share your thoughts on various topics.
- Keep the class on track and focused on the issues.

### After Class

- Write down your feedback on the lesson and submit it to TSAG.
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## Alberta Education Objectives:

This lesson aligns with Alberta Education's Program of Studies  
Wellness Choices:

- **W-K.7** identify unsafe situations, and identify safety rules for protection, e.g., avoid walking alone
- **W-K.9** describe and observe safety rules in the home and the school; e.g., bathroom, kitchen, stairs, playground
- **L-K.6** demonstrate awareness of the ways in which people take care of responsibilities in the home and school
- **W-1.8** determine reasons for and apply safety rules at home and at school; e.g., demonstrate fire safety behaviours

<https://www.learnalberta.ca/ProgramOfStudy.aspx?lang=en&ProgramId=317413#>



# Fire Safety: It's a New Year: Are You Ready?

## Lesson Objectives:

Together, you and your students will:

1. Identify the sound of a smoke alarm.
2. Explain why smoke alarms are important and what they must do when they hear one.
3. Demonstrate STOP, DROP and ROLL.
4. Demonstrate crawling low under smoke.
5. Recite what to do in the event of a fire (Get Low, Get Out and Meet).
6. Create a drawing of their fire escape plan from their bedroom.

Review and Introduction	Check as you complete each task
<p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"><li>• Today we are going to learn about what to do in a fire. But first let's see how much you remember from our last lesson.</li></ul> <p><b>Ask the class:</b></p> <ul style="list-style-type: none"><li>➤ What were some of the things you learned about Christmas fire safety?</li><li>➤ Did any of you notice any of the safety issues in your house? What were they?</li></ul> <p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"><li>• If we know how to stay safe using some of the things we learned, we can prevent fires.</li><li>• But let's see what we should do if there is a fire.</li></ul>	
Smoke Detectors	15 mins
<p><b>Class Activity:</b></p> <ol style="list-style-type: none"><li>1. Hold up a smoke alarm and ask the children what it is.</li></ol> <p><b>Ask the Class:</b></p> <ul style="list-style-type: none"><li>➤ Why do you think we need smoke alarms?</li><li>➤ What do they do? ✓ <i>Warn us of smoke and fire.</i></li><li>➤ How do you think they work? ✓ <i>when they sense smoke, they make a beeping noise.</i></li></ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"><li>1. Tell the children to cover their ears and press the test button.</li></ol>	

<p>2. Ask them why they think it is so loud.  ✓ <i>So, people can hear it over a tv or loud noises, or when they are sleeping.</i></p> <p>3. Show the PowerPoint slide with the picture of a smoke detector on it and discuss as per the speaker notes.</p> <p>4. Show the PowerPoint slide with the inside of a smoke detector.</p> <p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"> <li>We need smoke detectors to tell us about fire and smoke. Smoke can be very dangerous because it has many toxic chemicals in it that if we breath in, can make us sick.</li> <li>If you hear the smoke alarm, smell smoke, or see a fire, it is important to get out of your house or the building you are in.</li> </ul> <p><b>Class Activity:</b></p> <ul style="list-style-type: none"> <li>Show the video “Learn the Sounds of Fire Safety” embedded in the PowerPoint slide and discuss.</li> </ul>	
<b>What To Do If There Is A Fire</b>	<b>20 mins</b>
<p><b>Ask the class:</b></p> <ul style="list-style-type: none"> <li>➤ How would you know if there was a fire in your house?  ✓ <i>smoke alarm would go off.</i></li> <li>➤ What do you do if the smoke alarm goes off?  ✓ <i>get out of the house and stay out.</i></li> <li>➤ Should you hide? (no)</li> <li>➤ Why shouldn't you hide?  ✓ <i>the firefighters would have a hard time finding you.</i></li> <li>➤ Should you run?</li> <li>➤ Why?  ✓ <i>you could trip and fall.</i></li> <li>➤ If there is smoke, do you think you should stand up?</li> </ul> <p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"> <li>Smoke goes up into the air because warm air always rises. This means that the air underneath the smoke is cooler and less smokey.</li> <li>This is important to know because smoke and gases from fires are dangerous.</li> <li>They stop you from seeing properly and can make you sick.</li> <li>If there is smoke in the house, you should always stay low: crouch-walk or crawl to the nearest exit and go directly to your family meeting place.</li> </ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"> <li>Tell the children that you are going to practice crawling.</li> </ol>	

2. Ask one or two of the children to hold the towel up so that the others have to crawl under it to get to the exit.
3. Press test on the smoke alarm so that it goes off. (*If you are in a classroom where this would disturb other classes then just make a beep, beep, beep, sound*)
4. Ask the children to demonstrate crawling or crouching low and moving to the nearest exit.
5. What else could you do to make sure everyone knows there is a fire?  
✓ *Yell fire so everyone hears.*
6. Lay some items on the floor in front of, underneath and on the other side of the towel (such as books, blocks or toys).
7. Ask the children to crawl under the towel again.
8. Bring them back to the circle.

#### **Ask the class:**

- Did all the objects on the floor help you or hinder you from moving quickly?
- What did you have to do when something was in your way?
- Did it take you longer or less time to get out?
- What kinds of things could be in your way at home?  
✓ *toys, clothes*
- What happens when things are in your way, and it is nighttime?  
✓ *it can be confusing; you could get hurt by tripping or falling over objects and takes precious time away from escaping-another good reason for keeping your room clean.*

#### **Topics to Discuss with your Class:**

- It is really important to keep hallways and exits clear of stuff that could get in your way.

#### **Class Activity:**

1. Show the PPT slide of "What To Do If You Hear The Fire Alarm" and help them memorize the procedure by repeating **Get Low, Get Out and Meet**
2. Show the video embedded in the PowerPoint "Get Down Low and Go, Go, Go"


#### **Ask the class:**

- Where would be the best place your family could meet if there were ever a fire?  
✓ *neighbor's house, tree across the street*
- What do you need to remember to do if there is fire?  
✓ *Get Low, Get Out and Meet*

Stop Drop and Roll	15 mins
<p><b>Ask the class:</b></p> <ul style="list-style-type: none"> <li>➤ What can cause your clothes to catch on fire? ✓ <i>Sparks from a fire, fireworks, candles, hot element on stove</i></li> <li>➤ Should you ever get near a fire or stove without an adult?</li> <li>➤ What distance is a good distance to be from a fire? (<i>Show the students a meter stick and place it between you and them</i>)</li> </ul> <p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"> <li>• If your clothes ever catch fire you need to stop drop and roll.</li> </ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"> <li>1. Show the Stop Drop and Roll PowerPoint Slide and discuss the speakers notes.</li> <li>2. Ask the children to stand up.</li> <li>3. Ask them to demonstrate stop drop and roll. (REMEMBER TO MENTION TO COVER FACE WITH HANDS TO KEEP THE FACE FROM GETTING BURNED)</li> <li>4. Walk around the class and put fire prevention stickers on the children.</li> <li>5. Ask them to demonstrate how they would roll if the fire was on that part of their clothes.</li> <li>6. Show the movie "Stop, Drop and Roll" embedded in the PowerPoint and discuss the speaker's notes.</li> </ol> <p><b>Ask the class:</b></p> <ul style="list-style-type: none"> <li>➤ Now that you know what to do if your clothes caught fire, but what do you think you should do next?</li> </ul> <p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"> <li>• Always tell an adult. They will know what to do.</li> </ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"> <li>1. Ask the children to practice stop, drop and roll and call an adult.</li> </ol>	
Family Fire Escape Plan	15 mins
<p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"> <li>• Discuss that there should be 2 ways out of every room in the house. <b>For their bedroom it could be a window and a door. They should always touch the door to see if it is hot before they open it. If it is hot, they need to use the other exit.</b></li> </ul>	



<ul style="list-style-type: none"> <li>You should also have a place picked out (as a family) where you would all meet in the event of a fire.</li> </ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"> <li>Ask the children to tell you of their exit plan from a house if they exited through their bedroom doors.</li> </ol> <p><b>Topics to Discuss with your Class:</b></p> <ul style="list-style-type: none"> <li>It is important to talk with your family about what to do if there was ever a fire how would you get out of each room in the house and where you would all meet.</li> <li>Once you have left the building and gathered in your family meeting place, you need to call 911.</li> <li>911 is the phone number for emergencies like police, ambulances, and firefighters.</li> </ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"> <li>Hand out the 911 stickers to the children.</li> </ol>	
<b>Concluding Activity</b>	<b>5 mins</b>
<p><b>Ask the class:</b></p> <ul style="list-style-type: none"> <li>➤ What do you do if the smoke alarm in your house goes off?</li> <li>➤ Why should you crawl?</li> <li>➤ Where are some places you could meet your family?</li> <li>➤ What do you do if your clothing catches fire?</li> <li>➤ What are the two exits from your bedroom?</li> </ul> <p><b>Class Activity:</b></p> <ol style="list-style-type: none"> <li>Give the children a copy of the “stop drop and roll” handout and ask the children to cut them out and put them in the correct order on a sheet of construction paper.</li> </ol>	
<b>Take Home Activity</b>	
<ol style="list-style-type: none"> <li>Ask children to demonstrate Get Low, Get Out and Meet as well as “Stop, Drop and Roll” with their parents.</li> <li>They must also explain 2 ways out of their room to their parents and decide where a good meeting place could be.</li> </ol>	



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