

## ADOPT-A-FIREFIGHTER LESSONS (1-5)

### Lesson #1

Level: Grade 1  
Age: 6 years old  
Time: 20 minutes

#### Objective:

- Children have one job if there is a fire: "Get out and Stay Out" Do NOT go back in for anything!
- Firefighters are your Friends and Community Helpers. NEVER hide from a firefighter, even if they look scary when they are wearing all of their turnout gear.

#### Materials and Supplies:

- Adopt-A-Firefighter Certificate (one for the teacher to hang in his/her classroom and one will go home with each child. Therefore, when they talk about you at home or see you in public, the parents know who you are, too.
- Your Turnout Gear and SCBA
- Teacher letter (1 for each teacher)
- Parent Letter (1 for each parent-There are enough for 30 children in each rubber band)
- Calendar with crayons

#### Hook:

Ask the children what they think firefighters do? Listen to a few of their answers and then discuss other aspects of your job that they might/will understand:

- You work out every day to stay strong and healthy
- At work, you Practice saving people and putting out fires!
- You are always reading new information to get smarter
- You cook your own meals and clean your fire stations (they want and need to know you are just like them and you have your own families too, just like their parents)
- You don't want them to be afraid of you in or out of your turnout gear.

#### Adoption Certificate-Talking Points:

I would suggest that you ask them to sit as a group on the floor in front of you. At this point, sit down on the floor with them

1. (We)I am a firefighter, but, I'm also a Husband, Dad, Mom, Brother etc.... (We)I have a family and home just like you. (let them know you are a regular person, just like them)
2. I'm glad your class is adopting me, so I can teach you about Safety and tell you how I am a Community Helper!
3. Go over a few of the points on your certificate so they can get to know you a little more personal. Tell them you will be seeing them quite a bit this year, so they should know that right now, you are a stranger, but, you are a good stranger! You want them to get to know you better so they are comfortable before you put on your turnout gear.
  - a. Tell them about your wife/husband (if married), your children, your pets or your favorite sport.

### Lesson:

As you are still seated on the floor with them you can discuss the actual lesson with them.

#### 1. Get Out and Stay Out!

Tell them:

1. Do you know that you only have ONE job to do if you hear a smoke alarm or if there is a fire? What is that job?
  - o The kid's should answer: Get Out and Stay Out! You reply: Yes, where it is safe!
  - o You (the firefighter) have 2 jobs to do:
    1. I have to save people, pets and houses (their toys too)
    2. I have to put out the fire!
- o Give them a scenario then:
  - o If your little brother or sister is still in the house after they escape, whose job is it to go in to get your little brother or sister? Is it their job? NO, it's my job because I am a firefighter! That is what I train to do. It took years for me to become a firefighter and I practice all the time to be a great firefighter.
- o Explain to the children:
  - o We don't have many fires in Orland Park because your Moms and Dads are really smart! They not only keep you safe, but they keep your homes safe too!
  - o If there is a fire, I have to be ready to help. I must wear my special clothes and use my equipment to do my job properly.
    - I might look different, but I don't want you to be afraid of me. I can't come to put out a fire and go into a fire wearing clothes like I have on now. If I do, what would happen to me?
      - Get burned
      - Clothes would catch on fire
    - I need to put my special firefighter uniform on called Turnout Gear. When I put this gear on, I don't want you to ever be afraid, or hide from me. If I need to come into your home, I am there to help you or put out a fire.
    - What will I need to put on to go into a fire? Let them name some of the items that you will need to put on to go into the fire. As they name some items, lay the items on the floor in front of you...
    - Once you put all of the items in front of you, tell them you are going to put it all on, one by one, so they can see what you look like when everything is on you! Or, you can put your gear on their teacher so they see that he/she is still the same person under the gear. Don't be afraid, Don't Hide, Go Outside, Get Out and Stay Out- And, Don't go back inside for ANYTHING! It is our job to do that. We are the firefighters and we train for a long time to do this.

\*\*\*\*be sure to bring in your SCBA, so they see what you look like and hear what you sound like when you are wearing it\*\*\*\*

### Summary/Review:

1. What should you do if you hear a smoke alarm or there is a fire? **Get Out, Stay Out!**
2. If a firefighter comes to your house for a fire, should you hide? **Don't Hide, Go Outside!**
3. Why do firefighters have to wear a mask and hook it up to an air pack? If we don't we will breathe in smoke. Smoke has pois0n inside it and it will make us sick.

Tell them they did a great job and answer any questions they might have for you.

Helpful Tips:

1. If they look scared, try to distance yourself physically from them at first until they get used to having you in their classroom.
2. Get down on their level. Have them sit down with you on the floor. If they stay seated at their desks, pull up a chair and talk to them at their level, not standing in front of them looking scary.
3. If they get excited and begin talking at once, don't talk over them. Stop talking and they will realize you stopped talking-so they will stop. Start to whisper or talk very quietly and slowly. They will wonder why you stopped talking and they will continue to quiet down.

Remember, the lesson is only 20 minutes. If the teacher is on a time schedule, ask that they keep you notified on the time. Some teachers don't want you to run over on time. Some are very ok with it. Just be thoughtful and ask the teacher ahead of time if they are in a hurry or can you take a few extra minutes if needed.