Hello! Welcome to BIC’s play safe! be safe!® Fire Safety Education Patch Workshop Leader Guide!

play safe! be safe!® is a fire safety education program created for young children. Developed by BIC Corporation and Fireproof Children (a premier fire safety education organization), play safe! be safe!® provides educators and parents with an engaging set of tools to help teach fire safety skills to young children.

BIC’s North American headquarters is located in Shelton, Connecticut, and we are proud to partner with Girl Scouts of Connecticut to bring you this patch program. The play safe! be safe!® Fire Safety Education Patch Workshop is designed for Girl Scouts of Connecticut Daisy and Brownie troops with girls in kindergarten through third grade.

This Leader Guide consists of:

- Instructions on how your Girl Scouts can earn a fire safety patch.
- play safe! be safe!® Fire Safety Education kit
- Age-appropriate lessons to teach your troop about fire safety; each activity should be adapted for each grade level
  - Lesson One: my friend the firefighter
  - Lesson Two: stop! drop! and roll!
  - Lesson Three: get low and go
  - Lesson Four: safe for play! keep away!
- Hands-on activities that reinforce the lessons, which Girl Scouts must complete to earn their BIC play safe! be safe!® Fire Safety Education patch

Why Fire Safety Education is Important for Young Children

Our goal for this program is to teach Girl Scouts about fire prevention and emergency preparedness. Research shows that, contrary to popular opinion, most children are very curious and play with fire at some point, have surprisingly easy access to matches and lighters, and have limited understanding of the power of one match, what burns, and how rapidly fire spreads.

Since children are unaware of the potential dangers of fire, each year children playing with fire leads to 49,300 reported fires, 7,700 of these at home, and one in eight of these residential fires kills or injures someone (NFPA Playing with Fire 3/2014).

Thanks for choosing our patch program! For more information, please see pages 18 and 19 in this booklet or visit our website at www.playsafebesafe.com.

Sincerely,
BIC Corporation
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In order to earn a patch, your girls must complete **at least six** of the following suggested activities. The lessons demonstrated through each activity are adapted from the *play safe! be safe! Fire Safety Kit*.

Some of the activities are troop specific, meaning that they should be completed with the troop leader at a troop meeting. Other activities are home specific, meaning that the activities should be done at home with the Girl Scout’s parents. If a Daisy or Brownie is not a troop member, parents should work with their children to complete the troop activities with family or friends.

**For the Troop with Leader**

- Take a field trip to a local fire station to meet and talk to a real firefighter. This is encouraged because it teaches the children that firefighters are not scary and they can be trusted. Alternatively, the troops can invite a firefighter to attend their meeting.
- Conduct a mock fire drill with your troop at your meeting site. Talk about the Fire Escape Plan and have your troop draw an escape plan for their own home.
- Create a skit or write a song about the importance of fire safety and perform it. This is a fun way to get the kids involved while they learn.
- Create posters about fire safety to share with parents or teachers.
- Complete two of the suggested activities in this booklet with your troop.

**At Home with Parent**

- Go to www.playsafebesafe.com with your child and play at least two games in “Hero’s World,” named for the program’s iconic and beloved Dalmatian mascot, Hero.
- Have your child write a story (or draw a picture) about fire safety preparation.
- Teach a family member or friend what you learned about fire safety.
- Test all of the smoke and carbon monoxide (CO) detectors in the home.
- Work with your child to create a Home Escape Plan, which includes a designated meeting place outside, and practice with the whole family!
- Do two of the suggested activities in this booklet at home with your child.

When the Girl Scout completes her six activities, she should show her completed materials to her troop leader to receive her patch.
my friend the firefighter

The goal of this lesson is to help your troop:

- Understand that the firefighter is a friendly person in special clothes who can help if there is a fire.
- Understand that the firefighter wears special gear that protects the firefighter from fire and smoke.
- Recognize the role that the firefighter’s equipment plays in protecting her.

After this lesson, the girls will:

- Be able to articulate, “go to the firefighter” as the correct action to take if she is ever in a fire.
- Be able to articulate that the firefighter is a “friend who helps us.”

At the start of the lesson, ask the girls what they think a firefighter’s job is.

Answers may range, but could be anything along the lines of, “A firefighter’s job is to help us get out of a burning building,” or “Firefighters help people when they are in a fire,” etc.

Next, ask the girls if any of them have had any experiences with firefighters.

Encourage them to share their stories with the rest of the troop. This is a great way for girls to learn from each other.

Show the troop a picture of a firefighter dressed in gear.

Ask them if they can name any of the items of clothing. Once they correctly name a piece of clothing ask them if they know why firefighters wear it.

What does a firefighter wear to fight fires?

- Helmet (to protect head in case something should fall from overhead)
- A flame retardant coat (to protect firefighters from hot flames)
- Bunker pants (Big pants like the ones firefighters wear are thick and can’t catch fire)
- Boots
- Gloves
- An air tank and face mask (to help with breathing)

Consider the following patch requirement:

Take a field trip to a local fire station to meet and talk to a real firefighter or invite a firefighter to attend a troop meeting. This is encouraged because it teaches the children that firefighters are not scary and they can be trusted.
Stop! Drop! and Roll!

The goal of this lesson is to help your troop:

- Understand that objects that make fire can hurt them.
- Understand that if fire should ever get on her clothing, the correct thing to do is stop! drop! and roll!

After this lesson, the girls will:

- Be able to say “stop! drop! and roll!” when asked what to do if fire should ever get on her clothes.
- Be able to demonstrate stop! drop! and roll!

Start off the lesson by asking the girls when to stop! drop! and roll! and what stop! drop! and roll! means.

“Stop! drop! and roll! whenever there is fire on you or your clothing. 1. Stop exactly where you are. 2. Drop to the ground and lie flat, covering your face with your hands. 3. Roll from one side to the other side until all the fire is out.”

Ask the girls what they think fire is like.

Is it hot or cold? What color is it? Does it make noise? How do we use fire? How is fire helpful? Where do we use fire at home or on a camping trip? Ask them to tell you about objects that they know can make fire. Take this time to explain the difference between adult tools and children’s toys (i.e. matches and lighters are for adults only.)

Practice stop! drop! and roll! in a safe and cleared out area.

It may be necessary to split the girls into groups and have one group demonstrate at a time. If this is the case, encourage the students watching to say “stop,” “drop,” and “roll” as they see their fellow members perform each action. To make the activity even more interactive, tape tissues or felt to the scout’s clothing to showcase the purpose of rolling to put the fire out.
get low and go

The goal of this lesson is to help your troop:

- Understand that when a smoke detector beeps, there is danger and she should get outside right away to fresh air.
- Understand that smoke makes it difficult to breathe.
- Understand that crawling low under smoke will make it easier to breathe in a room that has smoke.

After this lesson, the girls will:

- Be able to say that the sound of a smoke detector means get outside now!
- Respond “crawl low under smoke!” when asked what to do if ever in a room with smoke.
- Be able to demonstrate how to crawl low under smoke.

At the start of this lesson, ask girls when they should crawl low and when they should walk calmly out of a building.

You should only crawl low if smoke is visible. Talk about different situations when crawling is appropriate and when walking is appropriate. For the older troop members, it may be appropriate to add information about checking the doorknob for heat to assess if the exit is safe to use.

Ask the girls to describe smoke.

What are the colors of smoke? What does smoke smell like? Can smoke be big and small? What would it be like to be in a room filled with smoke? Does smoke make it hard to see or breathe? The troop leader is also encouraged to point out the smoke detector in the room.

Form a Crawl Circle

Play music as the girls walk in a circle. When the music stops, girls should crawl low to the ground as if there is smoke above them. Continue this a few times until everyone in the troop understands how to crawl low under smoke. To add another element to the activity, girls can be asked to close their eyes to showcase how smoke can often make it difficult to see. This is a place to reiterate how important practicing fire escape plans is.

Consider the following patch requirement:

Conduct a mock fire drill with your troop at your meeting site. Talk about the Fire Escape Plan and have your troop draw an escape plan for their own home.
Gather together a group of everyday items (including adult tools).

Ask the girls who should use each tool. When you get to the adult tools, ask the students why they are not for children. Remind them that adult tools are dangerous for children to play with and they can cause harm.

The goal of this lesson is to help your troop:

- Understand that there is a difference between adult tools and children toys.
- Understand that children should keep away from adult tools.
- Understand that children should never touch matches or lighters.
- Understand that children should always tell a grown-up if they find matches or a lighter.

After this lesson, the girls will:

- Understand that the appropriate action is to “keep away!” when asked what to do if she finds matches or a lighter.
- Be able to articulate that she will tell a grown-up to put them away if she finds matches or a lighter.

Ask the girls if there has ever been a time when they found an adult tool (be specific, i.e. lighter, matches), what did they do with it?

Encourage them to share their stories with the troop.

Ask the girls to make a list of two children’s toys and two adult tools that were not already talked about.

Have each girl share her list and see how many items you can come up with.
safe for play! keep away!

Circle all of the items that are safe for play!
safe for play! keep away!

Unscramble the words and find the hidden message in the circles.
Hint: The top words are objects that are safe for play and the bottom words are objects that you should keep away!

upzzels  __________
abceh abll    ________
otfboall   __________
kibe _______
tsfdufe laianm    __________
ycroasn   _______
adgrein obok  __________
lpai hsvoel    ________ &
odlls _______
ewagitrn anc  __________
syto _______

ltteke _______
veon _______
feir pelac  ________
pscea haetre  __________
mtaehsc _______
wdoon bnbuing    __________
lnedca _______
cihmnye  __________
fill in the blank

Help finish the Fire Education Story

There was a very brave Girl Scout named ___________________________. During her Girl Scout Troop ____________ Meeting, she learned all about fire safety from her Troop Leader ___________________________. After the meeting the Girl Scout was so excited that she went home and told her family all about what she learned. First, she told her family about Firefighters. She explained that Firefighters are ___________________________ people that help during a fire. Firefighters wear special ___________________________ to protect them from fire. ___________________________ told her family that even though Firefighters may look strange in their gear, they are actually ___________________________ who help us.

Next the Girl Scout told her family all about stop! ___________________________! and roll! It is important to do this when ___________________________ gets on her clothing. She should continue to stop! drop! and roll! until the fire is completely out. Another tip that she learned was to crawl low under ___________________________. This is because smoke makes it ___________________________ to breathe and see and smoke rises so it is important to stay low. ___________________________ demonstrated both of these actions for her family and asked them to try them too!

The most important thing that the Girl Scout learned was to ___________________________ from adult tools. These tools include ___________________________ and ___________________________. The Girl Scout was so excited about all of her new fire safety knowledge! She couldn't wait to get her play safe! be safe! Fire Safety Education Patch!
find the candle

Can you find the candle in each room? As an extra bonus see if you can find other items in each room that could burn and start a fire.

Photocopy this page to distribute to your troop.
Find the Following Fire Safety Related Words in the Word Search

Hint: Some words are diagonal

Escape Plan
Exit
Fire
Firefighter
Hero
play safe
Safety
Truck

B I N L O N X O N L B F
P F E S C A P E P L A N
O J I V R N K J J C O P
E A Q R W R H G T D A L
W X I M E W N G R C W A
D K I T O F L E U P I Y
M N R T D X I U C W M S
T F E M M H B G K O D A
A H G P R B E A H C A F
F I R E M M G R J T T E
N B O K N M R Q O E E F
T Z S A F E T Y C L S R
word search

Find the Following Fire Safety Related Words in the Word Search
Hint: Some words are diagonal

Escape Plan
Exit
Fire
Firefighter
Hero
play safe be safe
Safety
Smoke Detector
Stop Drop Roll
Truck

S V E D O E Y Y U N Q F N O Z D R S L P
T M X W G V L H U M I H U P L S Z C Y F
L X I B S T O P D R O P R O L L S R D C
S G T G W G P L E L M H C V T Y W Z G Q
C X U D A X K F D N F I R E L P T F N T
G H V O Z F I P L J T N S X Y G R Q P S
L F W M H G P D G T R X B Y R K U G K M
X D H A H L H L R F I U B N D R C B L O
E S T T X W N H C F T Z E S X Y K I U K
T A E S C A P E P L A N P C A Y H F X E
A R P F M A P M L H R D A B Y F Z C W D
P H K X D F H J Y D B Z O D L H E P L E
Q L R R Y X K L M B G W K P F C B T J C
Y K G Z N L B E Y N M O F E R P M G Y T
I A D M P H P M L A T S X C U G V E X E
A R B N H R C G N Y O P M L G D B J T C
N B K J Q U K M B G T U D X A H T C D T
P L A Y S A F E B E S A F E D E P N J O
K I Q L S E P L N T X F E X F R C G Y R
X N S D B Z P J N R D Z Y G B O Z J S M

(Signature)
Help Hero Plan His Escape Route.
Finish at the family meeting place, the mailbox!
seek and find

Attempt to find the following items:

Airplane
Baseball
Book
Cat
Doll
Flashlight
Fireman’s Boot
Fireman’s Hat
Ice Cream Cone
Sand Pail
Sand Shovel
Smoke Alarm
Soccer Ball
Teddy Bear

Photocopy this page to distribute to your troop.
Learning about fire safety and prevention is important for people of all ages, especially for young children. As a parent, it is important that you talk with your children about the dangers of fire and to know what your role is in keeping them safe. The following information will help you better understand the problem of children playing with fire, why they are fascinated by fire and what you can do as a parent to keep your children safe.

**Facts about children playing with fire:**

- Unintentional injuries are the leading cause of death to pre-school children, accounting for nearly 40% of all deaths in this age group (That’s two and one half times the second leading cause: cancer) *(Source: CDC WISQARS 10/2015 using 2013 data)*

- Fire related deaths account for 1 in 8 (23.3%) unintentional injury deaths among preschool children ages 3 to 5 *(Source: CDC WISQARS 10/2015 using 2013 data)*

- Children playing with matches or lighters leads to 49,300 reported fires every year; 7,700 of these at home; 1 in 8 of these residential fires kills or injures someone *(Source: NFPA Playing with Fire 3/2014)*

- Over 50% of all children experiment with matches or lighters by the time they reach age 13. *(Source: Grolnick et al. 1991)*

**Why are children so fascinated by fire? Research has shown that most children:**

- Are curious and play with fire at some point
- Want to emulate their parents
- Have surprisingly easy access to matches and lighters

- Have no idea of the power of one match, what burns and how rapidly fire spreads *(Source: Fireproof Children)*

Children and adults alike are fascinated by fire’s color, warmth and responsiveness. Fire is also an enjoyable part of our family life, whether making a wish and blowing out birthday candles, roasting marshmallows by the campfire, grilling on the perfect summer day, or sitting by a warm fireplace on a cold winter night.

**To help teach fire safety to children, it is important to keep in mind what they understand about fire, depending on their age and stage of development:**

**Teaching fire safety to preschool children:**

- Preschool children (and some children as old as seven) have a very limited understanding of complex chains of cause and effect. They are at an early stage of cognitive development and do not have the intellectual capability to understand how the small flame might become a big fire. Even if we carefully explain it to them, they can’t grasp a complex sequence of events like a candle falling on a napkin, igniting a table cloth that is close to the drapes, causing fire to spread to the ceiling. Parents should consistently reiterate fire safety and monitor children to help avoid accidents.

**Teaching fire safety to elementary school age children:**

- Elementary school age children (from about 7 to 11 years old) have more advanced cognitive development and have a much better understanding of these basic principles. Many do understand and can follow complex sequences of instructions with great skill, but the level of development elementary school children have
attained does not equip them for abstract thinking. They have trouble imagining what they have not yet experienced, or the range of things that might go wrong. Because they can’t imagine it, they are unprepared when something does go unexpectedly wrong.

- Telling elementary school age children what to do if something unexpected happens is tempting because they do understand so much. They often have a clear understanding of the world they live in and manage it quite well – often better than their parents, especially when it comes to technology and social media! But, despite their understanding of their world and what they have been exposed to, they cannot understand what they haven’t experienced.

- To help avoid accidents, do not leave elementary school age children unsupervised or assign elementary school age children responsibility for activities involving fire or flame.

- Be aware of how you use fire around your children: Model safe behavior by never leaving a stove, campfire, grill or candles unattended. Treat everything associated with fire, matches, lighters, candles, cooking and campfires, with care and respect. Use them as they were intended to be used and safely store tools when you are finished.

As a parent, it is important to do your part in keeping your children safe from fire. The checklist below will help you to take an active role:

- Keep matches and lighters out of sight and out of reach.

- Let your children know that matches and lighters are grown-up tools; if they find them they must come and tell a grown-up.

- Supervise preschool children carefully: always know what they are doing.

- Be certain to have a working smoke alarm on every level of the house, outside the sleeping areas and in the bedrooms, or as many as you can afford. Test each alarm once a month, vacuum them periodically, and replace entire smoke alarm at least once every 10 years.

- Develop and practice an exit plan for your home: know what your family will do in an emergency.

- Install Carbon Monoxide alarms on every level of your home and outside each sleeping area. Test each alarm once a month, vacuum them periodically, and replace the entire unit at least once every seven years.

For more fire-safety tips, visit playsafebesafe.com