



Parent Activity Guide



Contact Outreach:

Email: Outreach@southsnofire.org

Phone: 425-320-5800

Kids Fire Camp - Parent Guide



Want to space these activities out throughout the summer? These activities will be available all summer long.

Please share pictures of your kids completing the activities to be enter to win a prize, and we will share on our social media. All camp participants are eligible to win a prize if they earn a BINGO. All prizes will be distributed at an open house in October.

South County Fire's Fire Camp does not use real fire for any activities.

Day 1: Fire Safety: Welcome to Fire Camp! Learn how you can work in fire safety!

Watch video: <https://youtu.be/NFa2GQdTmLE>

1. **Outside activity:** Bucket Brigade (*Instructions:* Parent Guide, page 2; no workbook activity)
2. Watch Hot and Not Hot Sparky Video: <https://youtu.be/wwQwq6BPh5s> (*Instructions:* Parent Guide, page 2; no workbook activity)
3. **Outside activity:** Spray Water (*Instructions:* Parent Guide, page 3; no workbook activity)
4. Make your own fire escape plan (*Kids Workbook Activity*, page 1-2).

Day 2: Fire Safety Continued

1. Scavenger hunt for fire hazards and check your smoke and CO alarms. (*Instructions:* Parent Guide, page 4; Kids Workbook Activity, page 3)
2. **Outside activity:** 911 Hopscotch: When to call 911 for an emergency and when to tell an adult for non-emergencies (*Instructions:* Parent Guide, page 5; Kids Workbook Activity, pages 4-7).
3. **Outside activity:** Learn your emergency contact information and address (*Instructions:* Parent Guide, page 5-6; Kids Workbook Activity, pages 8-9).

Day 3: Disaster Preparedness

1. Online Monster Guard Game: Download the app and complete these lessons. (*Instructions:* Parent Guide page 7; Kids Workbook Activity 10-13)
 - o Introduction + Preparing for Emergencies
 - o Earthquakes
 - o Emergency Supply Kit
2. Scavenger hunt for Disaster Preparedness Kit to make your own household kit and pillowcase kit (*Instructions:* Parent Guide page 7; Kids Workbook Activity 14)

Day 4: Bike Safety

1. Check to make sure your helmet fits properly. Watch video for additional tips: <https://youtu.be/iZ4wWoChSe8>. (*Instructions:* Parent Guide page 8; no workbook activity)
2. **Outside activity:** Bike safety courses. (*Instructions:* Parent Guide page 9; no workbook activity)

Day 5: Pedestrian Safety

1. Watch a video about pedestrian safety rules. (no parent guide or workbook activity) <https://youtu.be/-t2oX6zQEyU>
2. **Outside activity:** Go on a walk around the neighborhood with an adult. Follow the safety rules while going on a walking scavenger hunt. (Same activity as in Parent's Guide: Kids Workbook Activity 10)
3. **Outside activity:** Close out camp for the week by learning a fun fire safety dance. (*Instructions:* Parent Guide page 1; Kids workbook activity page 16-17)
Video: What's That Sound Dance <https://youtu.be/NjICvC0VqDM>



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Day 1

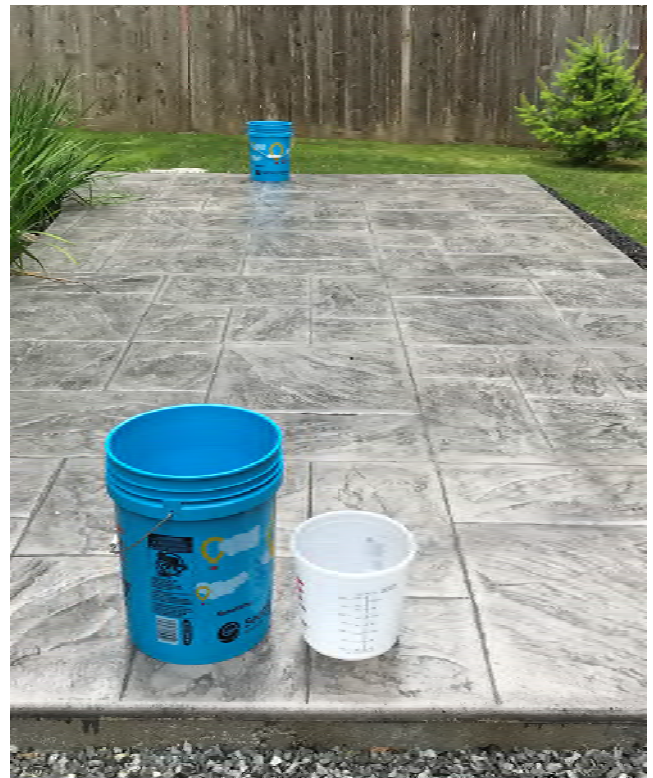
Fire Safety Activities

An adult should choose a safe area outside away from cars, traffic and other obstacles.

You will need: a garden hose, water, 1 small bucket and 2 large buckets.

1. Bucket Brigade

Have your own bucket brigade. Fill one large bucket up with water and leave the other empty. Using the small bucket, fill it up and **walk** quickly to pour into the empty bucket. With a timer, see how quickly you can take a pail of water from one bucket to the other. Keep going until the empty bucket is full. Have other family members join to help. Tell us what your best time is!



2. Watch Sparky Video

Before the next outside activity, watch Sparky's video about what's hot, not hot or sometimes hot. <https://www.youtube.com/watch?v=wwQwg6BPh5s>

Remember these fire safety rules and that fire tools are for adults only.



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Day 1

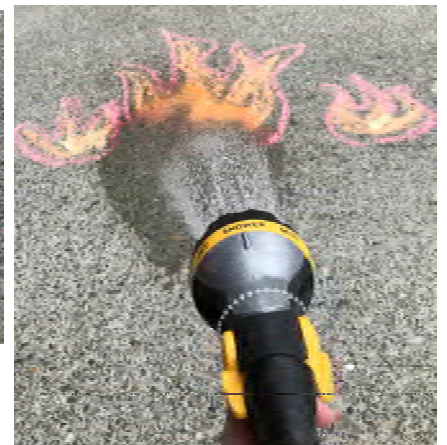
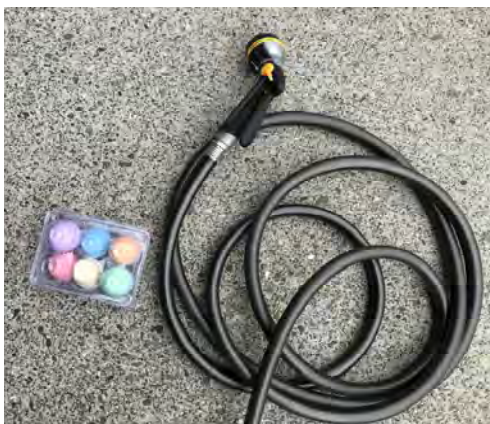
Fire Safety Activities

An adult should choose a safe area outside away from cars, traffic and other obstacles.

You will need: sidewalk chalk, plastic cups, post-its, crayons, a water squirter or garden hose.

2. Spray Water

With sidewalk chalk, draw a flame on the sidewalk. Use as many colors and as big of flame as you want. Once you've drawn the flame, now we have to put the flame out. Using the water garden hose, spray at the bottom of the fire to put the fire out.



Remember kids, this is the only safe way to put out a fire. Firefighters should only try to put out a real fire and only adults should put out a campfire.

Now that you put the sidewalk fire out, let's try with the water squirter! Using a large bucket filled with water, fill up the water squirter and see how quickly you can knock down the cups. You can draw flames on post-it notes and stick them on the cups, then knock them down!



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The Family's Fire Safety Checklist



EVERYONE in your family has a role to play in your home's fire safety. Both adults and kids should be familiar with smoke alarms and home fire escape planning.

Kid's Checklist

- Does your home have smoke alarms on every level, inside each bedroom, and outside each sleeping area?
- Do you know the sound that a smoke alarm makes?
- Do you know what to do if you smoke alarm sounds?
- Are all the exits in your home clear of furniture, toys, and clutter?
- Can you see the number on your house from the street (have a grown-up go with you to check)?
- Has your family picked a safe place to meet outside if a fire occurs?

GROWN-UP'S Checklist

- Are the batteries working in all your smoke alarms?
- Does your home have interconnected smoke alarms (when one sounds, they all sound)?
- Do you test the batteries in the smoke alarms at least once a month?
- Does your family have a home fire-escape plan that includes two ways out of each room?
- Does your entire family practice your plan twice a year?

DO THE DRILL! *Follow these easy steps to complete a fun family fire drill!*

1. Call the family together. Let everyone know that you are going to do a practice fire drill.
2. Explain that when the smoke alarm goes off, everyone should quickly and carefully leave the home and go to the Outside Meeting Place.
3. Ask everyone to go to a different room and wait for the alarm. After several minutes, set off the smoke alarm by pushing the test button and watch your family's actions.
4. When everyone reassembles at the Outside Meeting Place, ask each family member to explain exactly what they did when the alarm went off.
5. Review any questions and repeat the drill at least one more time.



Check out Sparky.org for fun stuff!





Day 2

Fire Safety Activities

An adult should choose a safe area outside away from cars, traffic and other obstacles.

You will need: sidewalk chalk, 911 cards and Emergency Contact Worksheet.

(Kids Workbook Activity, pages 4-8)

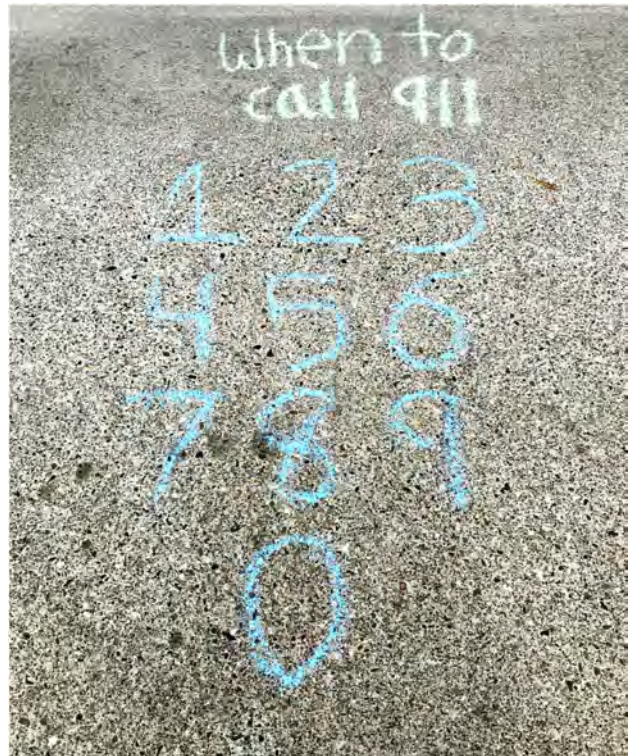
1. Learning to Call 911

911 Hopscotch

911 is for emergencies only. Emergencies can be when there is a fire, someone is hurt or sick and needs to go to the hospital or if someone breaks into a home. Firefighters and police officers are community helpers and help keep us safe.

With sidewalk chalk, draw numbers like they would look on a phone. Using the 911 cards, have your parent read the card and you decide if you need to call 911. If it's an emergency, practice hopping from 9-1-1. If it's not an emergency, tell a grown-up right away.

Only call 9-1-1 in an emergency!



2. Learn your Address

When calling 9-1-1. You will need to know your address. Fill out the Emergency Contact worksheet. Kids Workbook Activity, pages 8)

Go outside with an adult and find your house number.

1. Can your house number be seen from the street? This will help firefighters and police find your house in an emergency and the pizza delivery driver delivering pizza!
2. Next find your street sign.
3. Now memorize your address! First is your house number, then your street name.



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Day 2

Fire Safety Activities

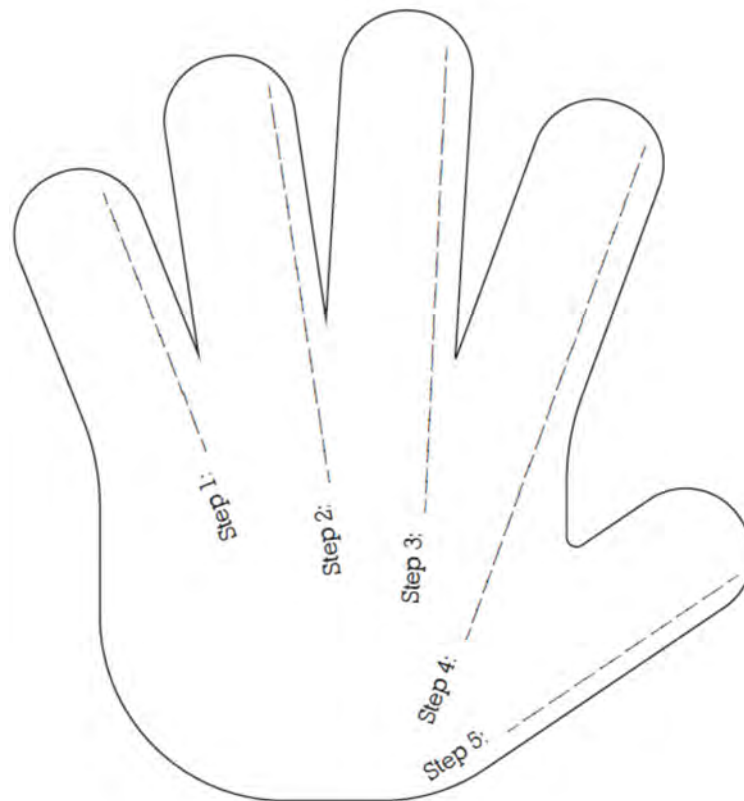
You will need: “High-Five” Worksheet
(Kids Workbook Activity, page 9)

3. Learning the “High Five” when Calling 911

When calling 9-1-1. You will need to know the “high-five”. Fill out your emergency contact page and the High Five Emergency Steps.

1. Call 911
2. Tell them your name.
3. Give your address and phone number
4. Tell what the type of emergency is.
5. Stay on the line until the 911 dispatcher says it’s okay to hang up.

Parents—for more practice, refer to the parent letter about mobile phones.



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Disaster Preparedness Pillowcase Kit

You will need: An extra pillowcase and supplies to add to your kit. Monster Guard Activities and Emergency Supplies Kit worksheet.

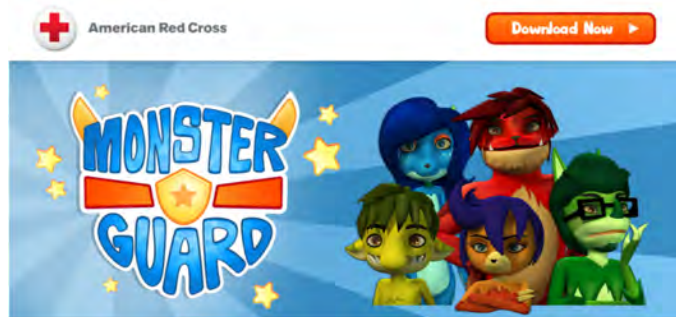
(Kids Workbook Activity 10-14)

Day 3

Disaster Preparedness Red Cross Monster Guard Game App

1. Download the app and complete these lessons. Make sure to not “skip” the videos before each game so you know what to look for. We understand limits on screen time, so here are some suggestions on topics to work through in the Monster Guard game.

- Introduction + Preparing for Emergencies
- Earthquakes
- Emergency Supply Kit



Scavenger Hunt

1. Use the Emergency Supplies Kit worksheet to complete the “Our Household Kit”. Go on a scavenger hunt to see what supplies your already have around your home. See how many things you can check off.
2. Now that you’ve finished the scavenger hunt, complete your own pillowcase kit.
3. With an extra pillowcase, first, color and draw your own design on your pillowcase. Make sure it has your name on it!
4. Now, look around your house to see if you have the supplies to add to your kit. Remember to check with a grown-up before adding it to your kit.
5. Add a special item like a toy, stuffed animal or game!

Our Emergency Supplies Kit

As you’ve learned, in some emergencies you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit — one for you and one for your household. You’ll have everything you need to stay safe and comfortable while you’re away from home.

My Pillowcase Kit

Use this checklist to gather items for your own personal emergency supplies kit.

<input type="checkbox"/> Bottle of water	<input type="checkbox"/> Toy	<input type="checkbox"/> Portable radio	<input type="checkbox"/> First aid kit
<input type="checkbox"/> Soap	<input type="checkbox"/> Change of clothes	<input type="checkbox"/> Paper and pen	<input type="checkbox"/> Extra batteries
<input type="checkbox"/> Flashlight	<input type="checkbox"/> Toothbrush and toothpaste	<input type="checkbox"/> Blanket	<input type="checkbox"/> Family photos

And don't forget your special item!

Our Household Kit

This checklist shows items that belong in an emergency supplies kit for everyone in your home. Ask a grownup to go on a scavenger hunt with you to find some items you may have already. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

<p>Food & Water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Three-day supply of water, one gallon per person per day <input type="checkbox"/> Three-day supply of canned and dried food <input type="checkbox"/> Can opener <input type="checkbox"/> Cooking and eating utensils <p>Emergency Gear</p> <ul style="list-style-type: none"> <input type="checkbox"/> First aid kit <input type="checkbox"/> Portable radio and extra batteries <input type="checkbox"/> Flashlight and extra batteries <input type="checkbox"/> Cell phone charger <input type="checkbox"/> Matches in waterproof container <input type="checkbox"/> Cash and coins (in case credit card readers and ATMs aren't working) <input type="checkbox"/> Map of your area 	<p>Personal Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Copies of important documents (birth certificates, passports, insurance policies, etc.) <input type="checkbox"/> Blankets <input type="checkbox"/> Extra clothing <input type="checkbox"/> Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.) <input type="checkbox"/> Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.) <input type="checkbox"/> Baby supplies (formula, diapers, etc.), if needed <input type="checkbox"/> Pet supplies, if needed <p>Keep your supplies organized in airtight plastic bags, and pack them in a large sturdy box or plastic tub. Store your emergency supplies kit where you can get to it quickly, in a place known to everyone in your home.</p>	<p>For Your Car</p> <p>Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flashlight and extra batteries <input type="checkbox"/> First aid kit <input type="checkbox"/> White distress flag <input type="checkbox"/> Maps <input type="checkbox"/> Car cell phone charger <input type="checkbox"/> Bottled water and dried food such as granola bars <input type="checkbox"/> Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares) <input type="checkbox"/> Seasonal supplies: Winter – shovel, scraper, blanket, etc.; Summer – sunscreen, shade items, etc.
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Check your emergency supplies kit every six months. You may need to update some items – fresh water, fresh batteries, right-size clothes, etc. Use this planner to set dates for checking your kit.

We check our emergency supplies kit on

Month _____ Date _____ Month _____ Date _____



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Bike Safety Courses

Choose a bike safety course and practice riding your bike. With an adult's supervision, use sidewalk chalk and cones to make the course in a safe area away from cars.

For safety purposes, avoid using the road for any of these activities.

You will need: Bike or Skate Helmet



Day 4

1. Helmet Fit

Check to make sure your helmet fits before starting the bike courses. Here are some helpful steps on fitting your helmet. There is also a short video you can watch too: <https://youtu.be/iZ4wWoChSe8>.



1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!



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Bike Safety Courses

Day 4



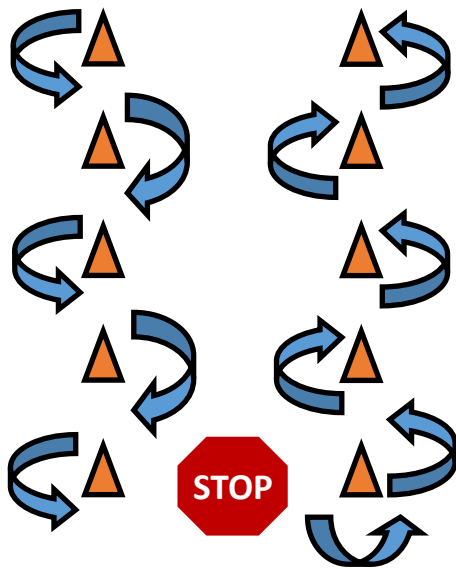
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For safety purposes, avoid using the road for any of these activities.

You will need: a bike or scooter, sidewalk chalk or bike cones, and a helmet.

1. Serpentine/weaving course.

Weave in and out of the cones and stop at the end of each row. Practice balance. Place cones to start 6 feet from each other and each time you go through the cones without knocking one down, bring them closer together.



2. Slow Race

Draw a straight line using sidewalk chalk and ride as slow as possible. See how long it takes you to ride until the end.



3. Practice scanning

Practice riding your bike from cone to cone, while keeping your balance, look around for obstacles like cars, other bike riders and people walking on the sidewalk.



4. Driveway Ride Out

Practice stopping and looking left, right, and left again at the end of the driveways before entering the sidewalk and when approaching a driveway.



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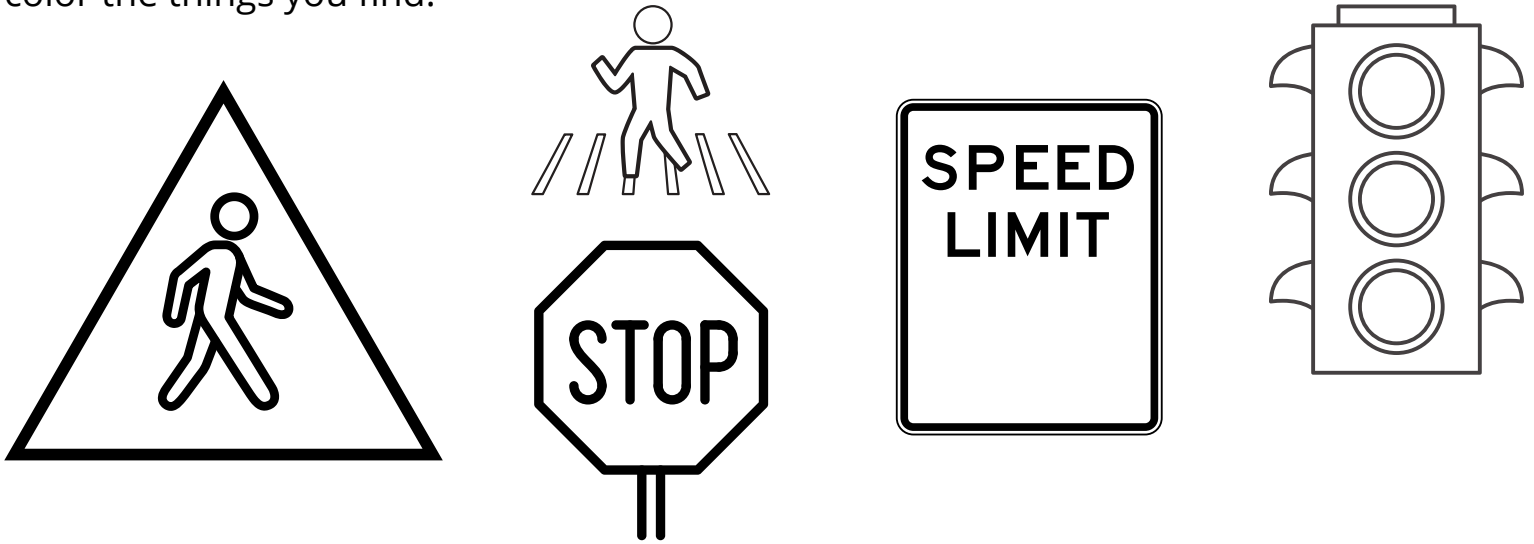
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I'm Safe When I Cross the Street! Day 5

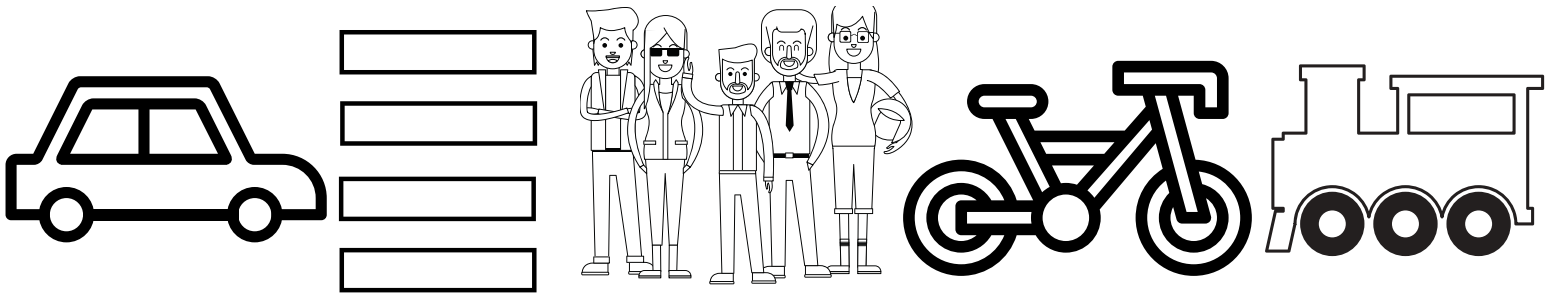
1. Watch Pedestrian Safety Video: <https://youtu.be/-t2oX6zQEyU>

2. Walking activity: With an adult, go on a walk and see if you can spot a pedestrian sign, crosswalk, stop sign or stop light and a speed limit sign. Circle and color the things you find.



When I Cross the Street, I Look and Listen For...

Matching activity: Match the picture with the word.



Crosswalk

Bikes

Cars

Trains

People



Pedestrian Safety



Hula Hula Relay

OBJECTIVES

- ✓ Students will be able to sequence the **4 steps** for responding to the sound of a smoke alarm.
- ✓ Students will be able to demonstrate appropriate physical movements upon request.



Materials

"What's That Sound?" music video by *Recess Monkey*
Fire Escape Message Cards
What's That Sound Movement Cards
Hula hoops

Instructions

1. **SHOW** the "What's That Sound?" music video.
2. **DEMONSTRATE** the movements used in the video. Use the What's That Sound Movement Cards to help students refine their moves.
3. Have students **PRACTICE** the moves.
4. **SHOW** the music video again and have students do the moves along with the video. Once students have mastered the movements, they can try singing along with the video while doing the movements.
5. **DIVIDE** class into teams of 4 students. Student will line up for a relay race.
6. **PLACE** 4 hula-hoops in a row. Place one Fire Escape Message Card in each hula-hoop.
7. The first student will **JUMP OR HOP** to the first hula hoop and pick up the safety message.
8. The next student will **JUMP OR HOP** to the first and second hula hoop and pick up the second safety step.
9. **COMPLETE** until all 4 steps have been retrieved.
10. The team will then put the steps in **ORDER**. The first team to complete the task wins.



ASSESSMENT

Make the game more difficult: have students work in pairs to do a wheelbarrow movement to each hula hoop, have students access each hula-hoop blindfolded with verbal directions from a leader, dribble a ball, do a crab walk etc.



Common Core

National Standards for K-12 Physical Education

S1.E5.2

Performs a teacher/student-designed rhythmic activity with correct response to simple rhythms.

S1.E5.3

Performs teacher-selected and developmentally appropriate dance steps and movement patterns.

National Health Education Standards for Pre-K-12

S7.5.2

Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

