

My Fire Camp Workbook

Name:



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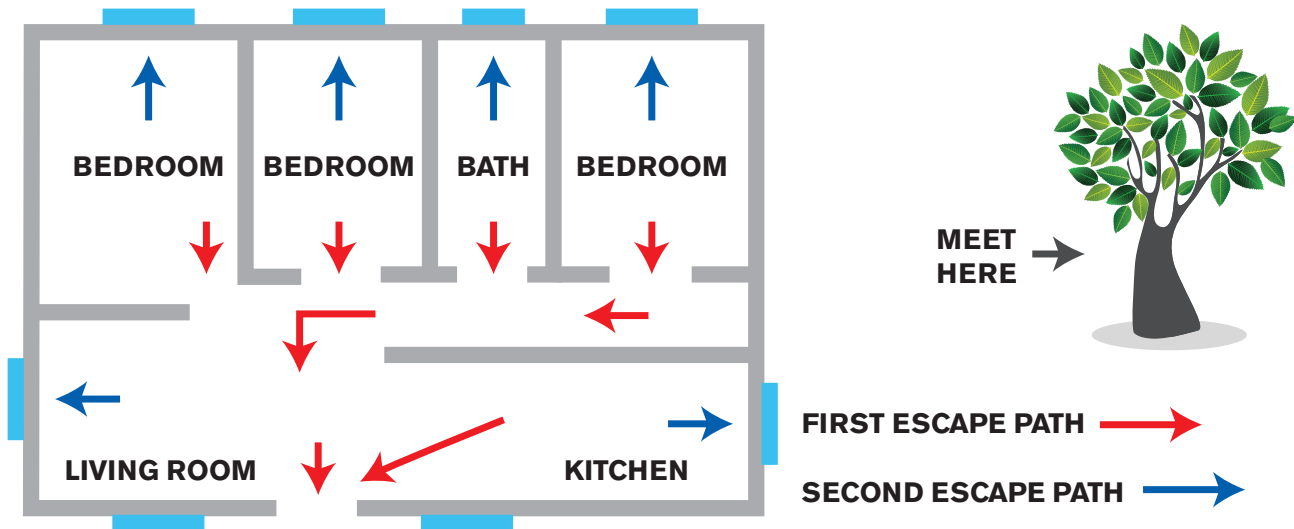
Our Home Fire Escape Map

Learn by using this example to make a fire escape map for your home. Draw your map in the box on the next page, or use a separate piece of paper.

1. Draw all the rooms in your home (use the example to help you).
2. Use a red pen to show the quickest path to get outside from each room.
3. Use a blue pen to show a second path to get outside from each room.
4. Draw a Meeting Spot outside your home where everyone will go as soon as they get out. Label it MEET HERE.

Things to remember:

- You need a Meeting Spot so you know that everyone in your home is out.
 - Once you get to your Meeting Spot, call 9-1-1.
 - **No one should go back inside** – firefighters will arrive shortly and rescue anyone who needs help, even your pets.
5. When you are all done, hang your map where everyone can see it!



Practice your escape plan with a Home Fire Drill at least twice a year. Have a grownup press the “test” button on a smoke alarm in your home and have everyone go to your meeting place. Time your Home Fire Drill to find out how long it takes for everyone to get to your meeting place. Keep practicing until everyone can get out in less than 2 minutes!

Share these preparedness skills with everyone in your home:

- Get Out, Stay Out, Call 9-1-1 – If you hear a smoke alarm or see smoke, follow your escape plan and get out immediately. Don't stop to grab anything, and don't go back for anything. Stay outside at your meeting place and call 9-1-1.
- Get Low and Go – In a fire, smoke is often more dangerous than flames. Crouch low or crawl on your hands and knees to avoid breathing in smoke. Smoke rises, so the air near the floor is cleaner. This is really important if you don't have two ways out of your room.

Be Prepared! Have a smoke alarm on every level of your home and inside bedrooms and outside sleeping areas. Remind the grownups in your home to test smoke alarms every month to make sure they all work. If a smoke alarm doesn't work, replace the batteries or the smoke alarm. Have a plan to wake everyone up if the smoke alarm goes off while you're sleeping. In a fire, if you see smoke on your way out, turn around and go the other way. Be sure to always stay away from dangerous smoke!

To Learn More about fire safety, visit [redcross.org/homefires](https://www.redcross.org/homefires).



Our Outside Meeting Spot _____

Home Fire Safety Planner

Use this planner to set dates for your Home Fire Drills and Smoke Alarm Testing.

Home Fire Drills (2 each year)

Month

Date

We got outside in less than 2 minutes!



Month

Date

We got outside in less than 2 minutes!

Smoke Alarm Testing (once each month)



We test all smoke alarms every month on the



DATE

Jan

Feb

Mar

Apr

May

June

July

Aug

Sept

Oct

Nov

Dec

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!



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EMERGENCY SORTING CARDS

**I can't find my
favorite book.**

**My mom is on
the floor and
I can't wake her.**

**My dog
ran away.**

**Mom said that
I can't go
outside today.**

EMERGENCY SORTING CARDS

**I am home alone
and scared.**

**My grandpa fell
off the chair and
can't get up.**

**My aunt fell
and her nose is
bleeding really
badly.**

**My home is
on fire.**

EMERGENCY SORTING CARDS

**My friend fell off
the swing and
can't get up.**

I want to play.

It's my birthday.

**A stranger is in
my home.**

EMERGENCY SORTING CARDS

**I want to talk
to someone.**

There is a fire.

**My friend
broke his leg.**

**My grandma
fell down and
can't get up.**

IN CASE OF AN EMERGENCY - FLYER



EMERGENCY INFORMATION

Emergency phone number: _____

Name(s): _____

Home address: _____

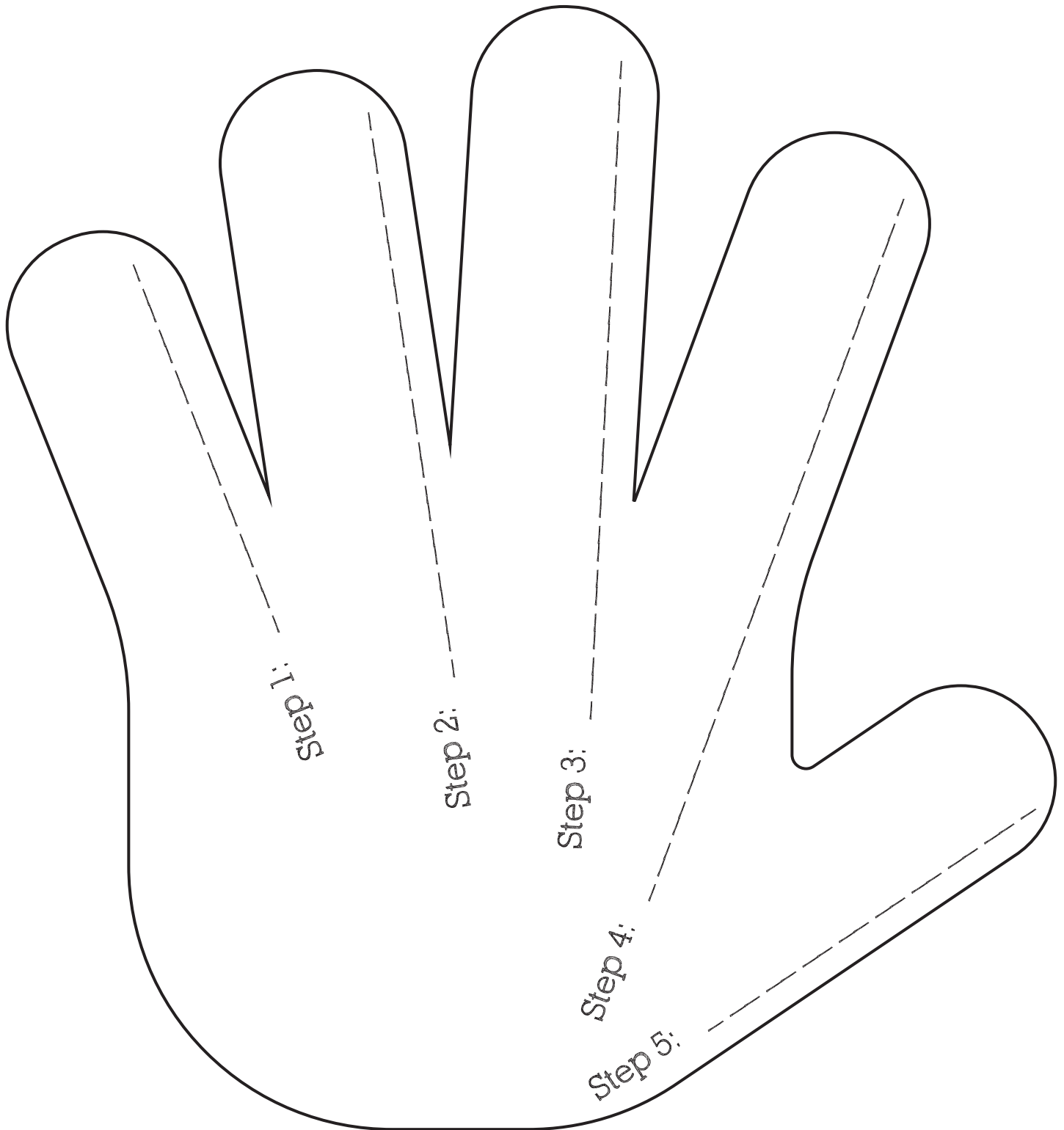
City: _____

State: _____

Home phone number: _____



Five-finger Emergency Steps



Preparing for Emergencies



Hi! I'm Chad. Ready to learn what kinds of emergencies are most likely to happen where you live? Download **Monster Guard**. It's a free app from the American Red Cross that teaches kids how to be prepared for emergencies. Choose "Initiation" on the main menu. Then join me on a training mission to learn where different kinds of emergencies happen across the U.S. See if you can outscore your classmates!

My Initiation Score: _____



Part 1

Show Chad how much you learned from **Monster Guard**! First, color your home state on the map. Then, list the emergencies that are most likely to happen in your state. Circle the symbols for those emergencies in the list.

My state: _____

Most likely emergencies:



Fire Hazards



Tornado



Hurricane



Flood



Earthquake



Wildfire



Tsunami



Volcano



Thunderstorm & Lightning



Severe Winter Weather



Preparing for Emergencies



Part 2 Now, color states where your friends and relatives live. List the emergencies that are most likely to happen in those states. Circle the the symbols for those emergencies in the list below.



Fire Hazard



Tornado



Hurricane



Flood



Earthquake



Wildfire



Tsunami



Volcano



Thunderstorm & Lightning



Severe Winter Weather

States where my friends and relatives live:

Most likely emergencies in those states:



Need help? Replay the Monster Guard Initiation training mission. See if you can score higher!

Preparing for Earthquakes

Grades 1-3
Reproducible Master

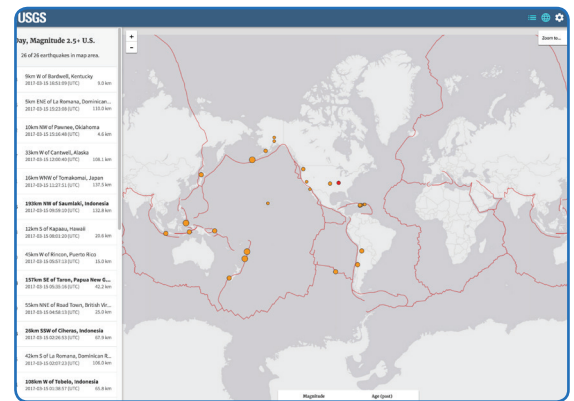
Hi! I'm Greta. Earthquakes happen when gigantic slabs of rock under the Earth's surface rub together and bump each other. That's what causes the ground to shake. Want to learn more? Download **Monster Guard**. It's a free app from the American Red Cross that teaches kids how to be prepared for emergencies. Choose "Earthquake" on the main menu to join me on a training mission. You'll learn how to help make a home earthquake-ready.
Note: You must have completed the **Monster Guard** Initiation section before you can access the Earthquake training mission.

My Earthquake Safety Score: _____



Part 1

Scientists call the gigantic pieces of rock that cause most earthquakes *tectonic plates*. The tectonic plates fit together like the pieces of a puzzle. They form the outer layer of the Earth. But unlike the pieces of a puzzle, tectonic plates move and shift position. That causes the edges of the plates to be pushed together or pulled apart. This usually happens so slowly that we can't feel it. But when the edges get caught on each other, pressure builds up at that spot. Then, one day, the two edges break free. When that happens, we feel an earthquake.



Earthquakes happen every day. Visit <https://earthquake.usgs.gov/earthquakes/map> for a map that shows where earthquakes have happened today. The red lines on the map mark the edges of the tectonic plates. Use the "Zoom to" button to look at the whole world. Then use the map to answer these questions about the earthquakes that happened today

1. How many of today's earthquakes happened at the borders between tectonic plates? _____
2. How many of today's earthquakes happened far away from the borders between tectonic plates?
_____ Where did they happen? _____
3. How many of today's earthquakes happened in the United States? _____

Preparing for Earthquakes

Grades 1-3
Reproducible Master

Part 2

Do you remember your earthquake safety training? Show what you learned by circling the items that need to be secured to make a home earthquake ready because they could fall.



bookshelves



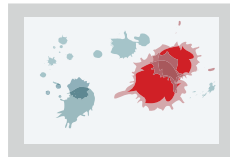
bed



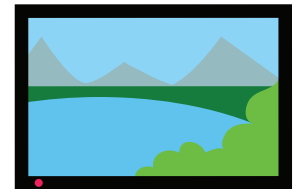
dresser



chair



picture



television

Part 3

The **Monster Guard** needs your help! You know what to do when an earthquake begins:

1. **DROP** to the floor.
2. Take **COVER** under a table or strong piece of furniture, and cover your head with one hand.
3. **HOLD ON** to your cover so that it doesn't shake away.

Share what you know by creating an earthquake safety poster on the back of this sheet. Be sure to use the words **Drop**, **Cover** and **Hold On!**

Replay the
Monster Guard
Earthquake training
mission. See if you
can score higher!



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.



- Bottle of water
- Toy
- Portable radio
- First aid kit
- Soap
- Change of clothes
- Paper and pen
- Extra batteries
- Flashlight
- Toothbrush and toothpaste
- Blanket
- 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.

Food & Water



- Three-day supply of water, one gallon per person per day
- Three-day supply of canned and dried food
- Can opener
- Cooking and eating utensils

Emergency Gear

- First aid kit
- Portable radio and extra batteries
- Flashlight and extra batteries
- Cell phone charger
- Matches in waterproof container
- Cash and coins (in case credit card readers and ATMs aren't working)
- Map of your area

Personal Items



- Copies of important documents (birth certificates, passports, insurance policies, etc.)
- Blankets
- Extra clothing
- Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.)
- Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.)
- Baby supplies (formula, diapers, etc.), if needed
- Pet supplies, if needed

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.

For Your Car



Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.

- Flashlight and extra batteries
- First aid kit
- White distress flag
- Maps
- Car cell phone charger
- Bottled water and dried food such as granola bars
- Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares)
- Seasonal supplies:
Winter – shovel, scraper, blanket, etc.; Summer – sunscreen, shade items, etc.



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

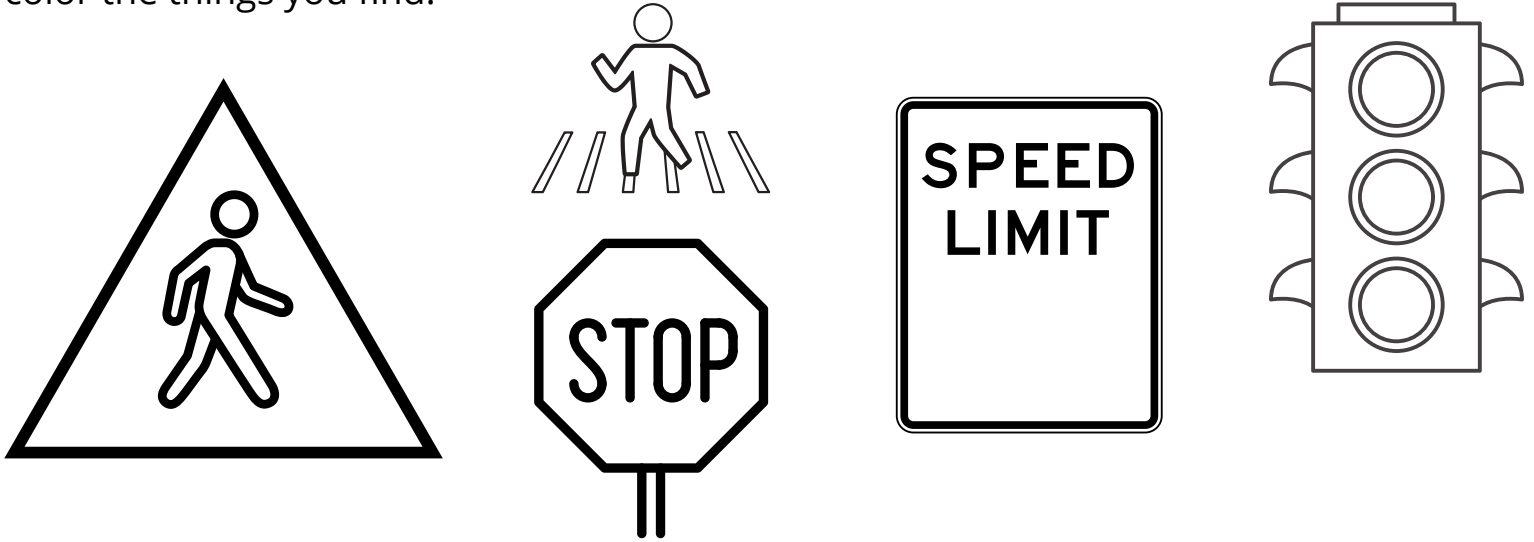
Month _____ Date _____

Month _____ Date _____

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

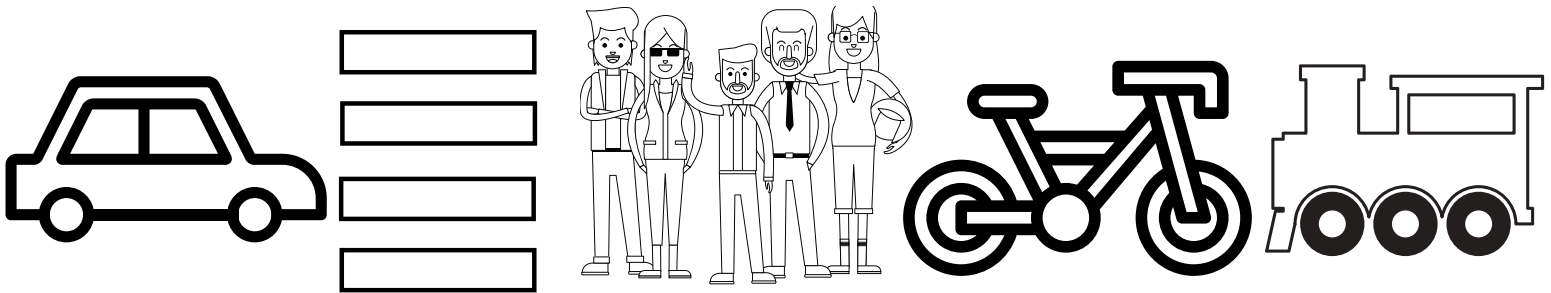
1. Watch Pedestrian Safety Video: <https://youtu.be/-t2oX6zQEyU>

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



FIRE ESCAPE MESSAGE CARDS

GRADES 2-3

What to do when the smoke alarm sounds, "beep, beep, beep."



**BEEP! BEEP!
BEEP!**

MESSAGE CARDS:



I stop what I am doing.



I know 2 ways out.



I head straight outside.



I go to my Outside Meeting Place.



Developed by NFPA. Funding provided by the 2013 Fire Prevention and Safety Grant through the U.S. Department of Homeland Security, FEMA.

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WHAT'S THAT SOUND MOVEMENT CARDS

GRADES 2-3



Step 1:
Point up high.



Step 2:
Put your left hand
behind your ear.



Step 3:
Do the sprinkler.



Step 4:
Walk quickly in place.



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