

Theme: Emergencies & Safety

Gross Motor (Indoor & Outdoor):

- ✓ Practice stop-drop-and-roll
- ✓ Ride tricycles and/or other big wheels while practicing traffic rules
- ✓ Toy fire trucks, police cars, etc.
- ✓ Pool noodles make great fire hoses!

Math Activities:

- ✓ Count the Dalmatians next to the fire truck
- ✓ Likenesses/differences with police hats
- ✓ How many rungs are on the ladder?
- ✓ Cut out several shapes related to safety; let children sort them and determine what the shape represents.

Science Activities:

- ✓ Sounds makes things move. Stretch a piece of plastic wrap tightly over an open container and secure it with rubber bands. Sprinkle a small amount of brown sugar on top of the waxed paper. Take a wooden spoon and beat a cookie sheet over the plastic wrap—hold it about 6" away above the paper. The vibrations cause the sugar to move. This is similar to the way our ear drums work.

Small Motor/Manipulatives:

- ✓ Puzzles
- ✓ Pop beads
- ✓ Blocks
- ✓ Dolls
- ✓ Sand/water table

Snacks:

- ✓ Fire Engine Cookies - graham crackers, red frosting (cherry or strawberry), Oreo cookies, black licorice. Cut off one corner of a cracker; frost the cracker; split the Oreos and place on the cracker for wheels. Put black licorice across the top for the ladder.
- ✓ Fireman Shake - make a milkshake with vanilla ice cream, milk, and strawberries in a blender.
- ✓ Energy Chews - Give ea. Child a cup and mix the following together: 1 T. peanut butter, ½ t. honey, 1 T. raisins, 1 t. chopped apple, 1 T. raw oatmeal. Each child mixes and rolls it into balls. Chill before eating or eat right away.
- ✓ Candle snacks - give each child a pineapple ring, half a banana, and a cherry. The banana stands in the center of the pineapple ring and the cherry goes on top for a "candle"; children can spray with whipped cream to put out the fire! (I got these ideas from <http://www.preschooleducation.com/cfire.shtml>)

Special Visual Aids/Room Set-Up/Field Trips:

- ✓ Take a field trip to your local fire department!

Songs & Fingerplays:

<http://www.pre-kpages.com/commhelpers.html>

<http://www.preschooleducation.com/cfire.shtml>

Books:

Keeping You Safe (Owen)

A Day in the Life of a Police Officer (Hayward)

Protecting Your Home (Owen)

Dot the Fire Dog (Desimini)

The Safety Book for Active Kids... (Schwartz)

Safety at Home: Indoor Safety (Smart Kids Pub.)

Be Careful and Stay Safe (Meiners)

I Want to Be a Police Officer (Liebman)

I'm Going to Be a Police Officer (Kunhardt)

A Day with Firefighters (Kottke)

I Can Be Safe: A First Look at Safety (Thomas)

Berenstain Bears Learn About Strangers (Berenstain)

It's Time to Call 911: What to Do in an Emergency

Your Body Belongs to You (Spelman)

Dramatic Play:

- ✓ Helmets and costumes for community helpers such as police, paramedics, firemen, etc.
- ✓ Metallic silver fabric and fabric scraps in red, orange, and yellow for pretend flames.

Art:

- ✓ Tell the story of Sparky the Firedog. <http://www.sparky.org/story.html> Let children draw pictures of Sparky with black paint on white paper.
- ✓ Fingerpaint with red and yellow (mix for orange) to paint the color of flames.
- ✓ Make your own stop signs out of paper plates (painted red) and white yarn or rolled dough to trim the edges and write the word "Stop" in the middle.
- ✓ Paper sponging - Children wad up some newspaper and dip the wad into paint before stamping it onto a larger sheet of art paper.
- ✓ Let children use crayons and paper to draw a picture of them standing safely away from the house after a fire drill.

Circle Time Activities:

- ✓ Talk to the children about safety in the home: keeping things picked up off the floor so we don't trip, outlet covers are in place, batteries in the smoke detector work, latches are on cupboard doors, etc. Give children a little checklist and a pencil; take a walk through the house and let the children help you check to make sure you are using safety precautions in the home. You could give them each a little clipboard, if you have it, or make one with cardboard and a binder clip. You can even make little name badges for each child to wear, making them an official safety inspector!
- ✓ Talk about safety when you meet strangers. If possible, invite a police officer to come talk to the kids about this. Emphasize staying away from strangers, what to do when you're in public places (stay with your parent or teacher), etc.
- ✓ Bicycle/tricycle safety rules—always wear a helmet. Demonstrate the proper way to wear a bicycle helmet. Explain to the children how helmets protect us and reduce the risk of head injuries. What are traffic laws for bicyclists?
- ✓ Plan a fire escape route and practice it with children. Also practice tornado and hurricane drills, if applicable to your area; in some locales, preparing for chemical emergencies or other reasons for lock-down may need to be discussed and practiced.
- ✓ Universal precautions: Protecting ourselves from blood and body fluids. Washing hands before and after meals, toileting, etc. Coughing into an elbow, not your hands. Keeping door knobs and other high-use areas extra clean.
- ✓ How to call for help. Show them where the list of safety numbers is kept near the phone.
- ✓ Do you think it's a good idea to be prepared for emergencies?
- ✓ "E" is for emergency!