
Safe Steps Out!

Classroom Guide

When you know the escape plan, fire loses its power to scare you

CASEL Competency: Responsible Decision-Making

Grade Level: Pre-K–2

Duration: 40–50 minutes

Category: Safety Magic

Learning Objectives

- Learn the GET OUT protocol: hear alarm, get low, feel door, find exit, go to meeting spot
- Understand why you NEVER go back inside a burning building
- Practice crawling low under smoke and feeling a door before opening
- Know the family meeting spot and how to call 911

Overview & Preparation

Key Vocabulary

Escape plan • Meeting spot • Smoke alarm • Get low • Crawl • Exit • Never go back • 911 • Firefighter • Practice

Materials Needed

- The personalized story
- Floor plan template for escape routes
- Smoke alarm sound clip
- Cones for meeting spot
- Paper and crayons

Before Reading

Connection Question

| *Does your family have a fire escape plan? What is it? Where is your meeting spot?*

Background Building

The smoke alarm goes off — BEEP BEEP BEEP! That sound means ONE thing: GET OUT. In this story, the hero hears the alarm and remembers the plan: get LOW to the floor (smoke rises), feel the door with the back of your hand (hot means find another way), crawl to the exit, go STRAIGHT to the meeting spot, and NEVER EVER go back inside — not for a toy, not for a pet, not for anything. Firefighters will come. Your job is to GET OUT and STAY OUT.

During Reading — Pause Points

- **When the smoke alarm sounds** — BEEP BEEP BEEP! What does that sound mean? What should you do the SECOND you hear it?
- **When the hero gets low and crawls** — Why low? Because smoke rises! The cleanest air is near the floor. Can you show me how you'd crawl low right now?
- **When the hero reaches the meeting spot and counts heads** — Everyone is here! Now what? Call 911, count people, and NEVER go back inside. Even if you forgot something. Why?

Discussion Questions

1. Why should you get LOW when there's smoke? What happens to smoke?
 - ↳ Can you breathe smoke? What does it do to you?
2. The hero felt the door before opening it. Why? What does a HOT door mean?
 - ↳ If the door is hot, what's your Plan B?
3. NEVER go back inside — even for your favorite toy. Why is this the hardest but most important rule?
 - ↳ What would you say to a friend who wanted to go back in?
4. Why do we PRACTICE fire drills even though there's no fire?
 - ↳ How does practice help when you're scared?

Facilitation Tips

This lesson must include physical practice. Have children actually crawl low, feel an imaginary door, and walk to a meeting spot. Connect to school fire drills: "This is what we're practicing and WHY."

Emotional Payoff

The alarm that once meant terror now means ACTION. The hero transforms from scared to capable because they KNOW THE PLAN. Fire loses its power to paralyze when you have practiced steps to follow.

After Reading Activities

Fire Escape Drill

Duration: 15 min | Materials: Open space, cones for meeting spot

Full practice: teacher plays alarm sound. Children get low, crawl to door, feel it (teacher says "cool" or "hot" — if hot, find another route), crawl to exit, walk to meeting spot, count heads. Repeat until smooth.

Home Escape Map

Duration: 15 min | Materials: Floor plan templates, crayons

Each child draws their home (simplified). Mark: bedroom, doors, windows, TWO escape routes, and the family meeting spot outside. Take this home to practice with family. This is homework that saves lives.

911 Practice

Duration: 5 min | Materials: Play phones or number pads

Practice dialing 911 and saying: "There's a fire at [address]. Everyone is outside." Repeat until every child can do it calmly.

Writing Prompts

- Draw your home escape plan with arrows showing two ways out and a star on the meeting spot.
- Write the fire safety steps in order. Number them 1-5.
- Draw a firefighter and write a thank-you message for keeping people safe.

Home Connection

Family Letter

Dear Families,

Today we practiced fire escape through "Safe Steps Out!" Your child learned: GET LOW, feel the door, find the exit, go to the meeting spot, and NEVER go back inside. They drew a home escape map — PLEASE review it together and practice the plan this week. Having a practiced plan is the difference between panic and safety.

Here is how you can continue this learning at home:

- Review your child's escape map together. Walk the routes. Identify the meeting spot.
- Practice a home fire drill: sound an alarm, crawl low, go to the meeting spot, count heads
- Test your smoke alarms and let your child hear the sound so it's familiar, not terrifying

With warmth,

Your Child's Teacher

Related Books

- No Dragons for Tea by Jean Pendziwol
- Arthur's Fire Drill by Marc Brown
- Fire! Fire! by Gail Gibbons
- Firefighters to the Rescue by Kersten Hamilton