

Lesson Plan-Crawl Low Under Smoke

Goals:

- Students will understand that smoke and heat rise
- Students will understand that smoke is quiet, dirty and poisonous
- Students will understand that the safest way to exit a room filled with smoke is by crawling low
- Students will demonstrate the proper technique for crawling low under smoke

Materials:

Sheet

Procedure:

- Introduce yourself and your crew
- Tell students they must raise their hand to ask a question-no stories
- Questions will be taken at the end of the presentation
- Ask children if any of them have ever seen smoke or been in a smoky room (by show of hands)
- Discuss the qualities of smoke:
 - Ask students if they think smoke is noisy or quiet
 - Smoke is very quiet, so we need smoke alarms to warn us
 - Ask students what smoke looks like. Is it clean or dirty? Is it dark or light?
 - It is dirty and dark and makes it very hard to see
 - Smoke is poisonous and can hurt your lungs
 - Being in a room filled with smoke is like being blindfolded
 - Ask students if smoke goes up or down
 - Explain that smoke rises, and the good air stays down low
 - Ask the students what the safest way to escape from a smoke-filled room would be
 - Crawl low
- Demonstrate (either you or a student volunteer) the proper technique for crawling low:
 - On hands and knees
 - Head up
 - All of the way to the fresh air
 - Remind students that the fastest way to crawl is on their hands and knees, not elbows or belly

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- Ask for two teacher volunteers (or use other firefighters) to hold up the sheet
- Explain to the students that we will pretend the sheet is smoke, and they get to practice crawling low under the smoke
- Have the teacher invite three students at a time to crawl low under the sheet, all of the way to the classroom door. Students should sit quietly by the door until the entire group has had a chance to practice
- Explain to the students that if a smoke alarm is going off and they don't see any smoke, they should get out right away; only crawl low if there is smoke

Conclusion:

- Thank students for being good listeners
- Review key points:
 - Smoke is dirty, quiet and dark
 - If there is smoke in a room, immediately crawl low to the fresh air
 - Crawl on hands and knees with your head up