



Fire PALS Preschool Lesson ***Put a Burn in Cool Water***

Background: Teaching children to put a burn immediately into cool, not cold water is an important concept. Cool water will soothe the burn and prevent it from traveling deeper into the skin. It helps to minimize the injury. To soothe a burn, fill a sink or bowl with cool water and soak the burned area as long as it is comfortable. An adult should decide whether the burn is serious enough to be seen by a doctor. It is important for a child to see the doctor as soon as possible.

Objectives:

1. 100 percent of the students will be able to distinguish the difference between hot and cold.
2. 100 percent of the students will be able to demonstrate how to put a “burn” in cool water.
3. 100 percent of students will understand the concept, “The sooner a burn is cooled, the sooner it begins to heal.”

Vocabulary:

Cool, hot, burn, painful, hurt, injury

Materials:

Big Bird and Oscar Puppets, script for “*Oscar Cools Down*,” found on pages 26-28 in Sesame Street Fire Safety Station, paint shirt, large bowls filled with cool and warm water, newspaper to cover the tables, red finger paint, songs “*Hot Things burn*,” and “*Cool Water*,” from the Sesame Street Fire Safety Station CD.

Time:

30 minutes

Procedure:

1. Tell the students that they are going to learn about another very important fire prevention concept. Remind them that earlier in the week they learned that “*Hot things burn.*” Ask the children to name some examples of items that can get hot. Explain that a pain or hurt from something very hot is called a burn. Ask the following questions: “*Has anyone ever touched something very hot? Did it hurt? What did you do? What is the best thing to do when we get a burn?*” Ask, “*Where do we get cool water from?*”
2. Show the preschool students the bowl filled with cool water. Tell the children that they are going to pretend that they burned their finger. Explain to them that you are going to put a tiny bit of red paint on the tip of their fingers. This will represent the burn. Review with them what they are suppose to do if they get burned. Say, “*After I put the red paint on your finger, you will put your hand in cool water to soothe the burn.*”
3. Have each child do the activity and ask each student how the water feels against his or her skin. Remind the children that they must always tell a grown-up if they get burned. Tell them that sometimes their parents or caregiver may have to take them to the doctor. (This activity may take place at the teacher’s table during center time.)
4. As the students are cooling their burns, play the song, “*Gordon Sings Cool Water,*” from the Sesame Street Fire Safety Station CD.
5. After each student finishes cooling their burn, give them a large white Elmo pattern and red finger paint. Tell them to use the finger paint to give Elmo his red coat.

Extension Activities

1. Before the preschool students go home for the day, review the steps to “Putting a burn in cool water.”
Tell the children, “*You must never touch something that is hot or something that could get hot*”. Ask the following questions as review:
 - What should you do if you get burned?
 - After telling a grown-up, what is the next step?
 - Why do we put a burn in cool water?
 - Who decides whether a burn needs to be seen by a doctor?

2. Perform the puppet skit, "*Oscar Cools Down*," from pages 26-28 in Sesame Street Fire Safety Station activity book. You will need Big Bird and Oscar puppets for this activity.
3. Play the song, "*Cool Water*," from Sesame Street Fire Safety Station" CD. Sing along with the students.