

Firefighters to the rescue:

This activity involves you calling out actions for the firefighters to do.

You may wish to split the children into different groups or “watches” (red, blue, white & green).

The children will need to pretend to:

1. Get into their fire kit - mime putting on trousers, boots, jacket, gloves and helmet
2. Get into the fire engine – children mime getting into the fire engine and “driving” to the incident making siren noises. You could set chairs or cushions out in sets of four (two in front/ two behind) as the seats of the fire engine
3. Put up the ladder – children “exit” the fire engine and pretend to climb a ladder on the spot.
4. Use the hose – children pretend to squirt the hose - if you are outside and feeling brave, you could give them water pistols to squirt water at a target , such as a chalked flame on a wall.
5. Rescue the person – children pretend to lift a person and rescue them.

For inspiration check out Firefighter Nigel’s Wake and Shake: [\(378\) Fire Fit Wake and Shake with Nigel - YouTube](#)

Firefighters says:

This game is like “Simon Says”. You call out various movements, if you say “Firefighter says XX action “ they must do it, if you just say what to do, they are out if they do the action.

Suggested actions:

- ✓ Climb the ladder (on the spot)
- ✓ Roll out the hose (walk pretending to roll the hose out)
- ✓ Use the hose (pretend to squirt water from a hose)
- ✓ Drive the fire engine (pretend to drive a fire engine)
- ✓ Be a siren (make a siren sound)
- ✓ Attention! Stand up straight and smart
- ✓ Polish your boots (pretend to polish their boots)
- ✓ Put on your fire kit (pretend to get dressed in trousers and jacket)
- ✓ Test the smoke alarm (point up with an arm up high)

Sleeping firefighters:

This game is like sleeping lions, only they are firefighters!

Children lie on the ground “asleep”, anyone who moves is out.

Alternatively - children lie on the ground “asleep”, when you “sound the alarm” they have stand up, pretend to put on their fire kit (you could use the paper helmets) and run and sit in the “fire engine”

Musical statue firefighters:

This game is like musical statues, only they are firefighters and when the music stops, they must get in a position you have already decided, or call out and then stay perfectly still.

Ideas of positions:

- ✓ Standing to attention
- ✓ Climbing a ladder (one leg in the air as if climbing a rung, hands up as if holding the rung)
- ✓ Using the hose (hands as if holding the hose)
- ✓ Driving the fire engine (hands as if on a steering wheel)

Gingerbread firefighters:

Using gingerbread men biscuits, icing and cake decorations/ sweets the children decorate a gingerbread man into a firefighter.