

Everyday Heroes: Our Emergency Helpers!

Focus: Understanding who emergency workers are and how they help us, through fun, interactive play and creative expression.

Lesson Activities:

1. Warm-up: Helper Chat (5-10 minutes)

- Start with a simple song about helpers, like a verse from "Wheels on the Bus" adapted (e.g., "The siren on the truck goes woo-woo-woo...") or a simple made-up tune.
- Ask: "Who are the grown-ups that help us when we need it? When we are sick or if there's a big problem like a fire?"
- Show pictures (from books or printed) of a firefighter, a police officer, and a doctor/paramedic. Say their names clearly.

2. Meet Our Heroes (10-15 minutes)

- **Firefighter:** "This is a firefighter! What do they wear? (Point to hat/uniform if you have one). Firefighters are very brave. They help put out fires with water from big hoses. They also rescue people and animals. Vrooom! Here comes their fire truck!" (Show toy fire truck). Make a siren sound together.
- **Police Officer:** "This is a police officer! Look, they might wear a badge or a special hat. Police officers help keep everyone safe. They make sure people follow the rules, and they help if someone is lost. Nee-naw! Here comes their police car!" (Show toy police car).
- **Doctor/Paramedic:** "This is a doctor or a paramedic. They help people who are sick or hurt. Paramedics often come in an ambulance to help very quickly. Wee-oo-wee-oo! Here comes the ambulance!" (Show toy ambulance and maybe a toy stethoscope).
- Reinforce: "These helpers are our friends!"

3. Hero Training Academy: Dress-Up & Role Play (15-20 minutes)

- Set up your "Hero Headquarters" with the dress-up items and toy vehicles.
- Say: "Now it's your turn to be a hero! Who do you want to be?" Help your child dress up.
- Present simple scenarios to act out:
 - "Oh no! A pretend fire has started in the block tower! What will Firefighter [Child's Name] do?" (Encourage using a pretend hose, making siren sounds).
 - "My favorite toy is lost! Can Officer [Child's Name] help me find it?" (Encourage looking around, asking questions).
 - "Teddy Bear has a tummy ache! Can Doctor [Child's Name] make Teddy feel better?" (Encourage using a toy stethoscope, giving pretend medicine).
 - Use a toy phone: "Ring ring! There's an emergency! Who should we call?" (Talk about calling for help – simplify 911 concept for a 3-year-old by saying a grown-up calls the special number if needed).
- Join in the play! Be a citizen who needs help or another helper.

4. Creative Heroes: Art & Building Time (10-15 minutes)

- Lay out large paper and crayons/markers, or building blocks.
- "Let's draw our favorite emergency helper vehicle!" or "Can you build a fire station for our firefighter?"
- Talk about the colors (red fire truck, blue police car, white ambulance) and shapes.
- If using Play-Doh: "Can you make a firefighter's hose? Or a police officer's badge? Or a circle for a bandage?"
- Display their creations proudly.

5. Hero Celebration & Wrap-up (5-10 minutes)

- Have a "Hero Parade"! March around the room with your child dressed as a hero, or carrying their drawing or build. Play some upbeat music.
- Sing a simple "Thank You, Helpers" song. (e.g., to the tune of "Twinkle, Twinkle": "Thank you, helpers, brave and true, for all the good things that you do!").
- Quick review: "Who did we learn about today? (Firefighters, police officers, doctors/paramedics). What do they do? (They help us!)."
- End with a positive message: "Emergency workers are important friends in our community. They work hard to keep us safe!"