

# Mastering the 10-Minute Mini-Lesson

SAMPLE  
LESSON  
PLAN

## Educational Messages to Review:

Ch. 4: Home Fire Escape

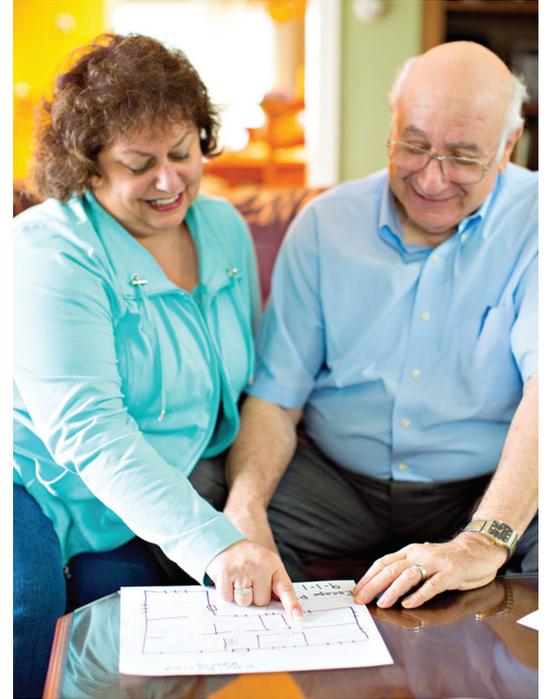
4.1. Planning

**Topic:** Plan Your Home Fire Escape

**Audience:** Adults who would benefit from basic information about planning a home fire escape.

**Lesson Objective:** By the end of the mini-lesson, attendees should be able to explain the importance of a home fire escape plan and have at least two ways out of every room.

**Materials:** “Plan your home fire escape” handouts in the appropriate languages.



### Step 1: Introduction (3 minutes)

- Greet the audience and thank them for allowing you to speak for 10 minutes. Let them know you are happy to be there.
- Introduce yourself and share your connection to the community.
- HOOK: Ask the audience to:
  - Visualize where you live.
  - Turn to the person beside you and discuss all the ways to get out of your home. Tell the audience you will let them know when it is time to stop. Set a timer for 2 minutes (120 seconds). Set your the timer's alarm to “beep” so the audience can hear when time is up.
- Ask the audience: Did you think about the ways out of every room in your home? Did you think about more than one way out of every room?
- Inform the audience that the 120 seconds that they had to discuss the different ways out of their home is about the same amount of time they would have to escape if there was a fire in their home. It's too late to start developing a home fire escape plan when fire happens. Everyone in the home needs to be prepared so that they know what to do when the smoke alarm sounds. Every second counts!
- Share the purpose of your visit: “Today we are going to learn how vital it is to have at least two ways out of every room in your home. We will also talk about how important it is to have a home fire escape plan in case there is a fire where you live.”

### Step 2: Body (6 minutes)

- Pass out the “Plan your home fire escape” handout in the appropriate languages.
- Explain each box using the talking points and questions below:
  1. **Draw a map of your home. Include all windows and doors.** Show an example of a completed home fire escape plan map.  
Ask: Have you thought about how many windows you have in your home? Have you ever thought about a window being a way out?



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## Mastering the 10-Minute Mini-Lesson: Plan Your Home Fire Escape

- 2. Find two ways out of every room.** Go to each room in your home and point to the two ways out. It is important to plan at least two ways out of every room in case fire or smoke is blocking one way out.  
Ask: What are some of the ways out that you have in your home?
- 3. Make sure you can use all your ways out.** Test all possible ways out. Make sure all windows and doors can be opened easily from the inside. This includes barred doors and windows. Choose security bars that have easy-to-use quick-release devices. Make sure everyone in the home can open them.  
Ask: Have you tried to open all of the doors and windows in your home? Can they be easily opened by everyone that is living in the home?
- 4. Make sure your doors and windows are not blocked.** Remove anything that could stop you from getting out. Clearing the areas will allow a quick escape.  
Ask: What are some examples of things that might block one of your ways out? Think about what could happen if an area was blocked. How much time would that take away from the seconds you have to escape?
- 5. Choose an outside meeting place in front of your home.** Have an outside meeting place that is a safe distance away at the front of your home. This will help the firefighters find you. The meeting place should be something that will not move, such as a tree or a light pole.  
Ask: What would make a good meeting place outside of your home?
- 6. Go over your plan with everyone in your home.** It is important to include everyone in your home when making your home fire escape plan. Choose a time when everyone is home and have a meeting to go over the plan. It is also important to talk about your plan with overnight guests.
- 7. Plan to assist anyone who needs help getting outside.** There might be special considerations to be made for a young child, an older adult, or a person with a disability. Assign someone to help them get outside.
- 8. Test your smoke alarms to be sure they are working.** If the smoke alarm does not sound when tested, install a new battery. If it still does not work, replace the alarm. Make sure everyone in the home knows the sound of the smoke alarm.

### Step 3: Conclusion (1 minute)

- Thank the attendees for allowing you to speak to them for a short time.
- Tell attendees that planning a home fire escape plan is important—and so is practicing the plan. Inform them that there is more to learn about practicing the home fire drill and you would be happy to talk with them after the presentation or at another time.
- Let them know you are available to help them learn everything they need to know about planning and practicing their home fire escape.
- Share your contact information and encourage attendees to reach out with questions.



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