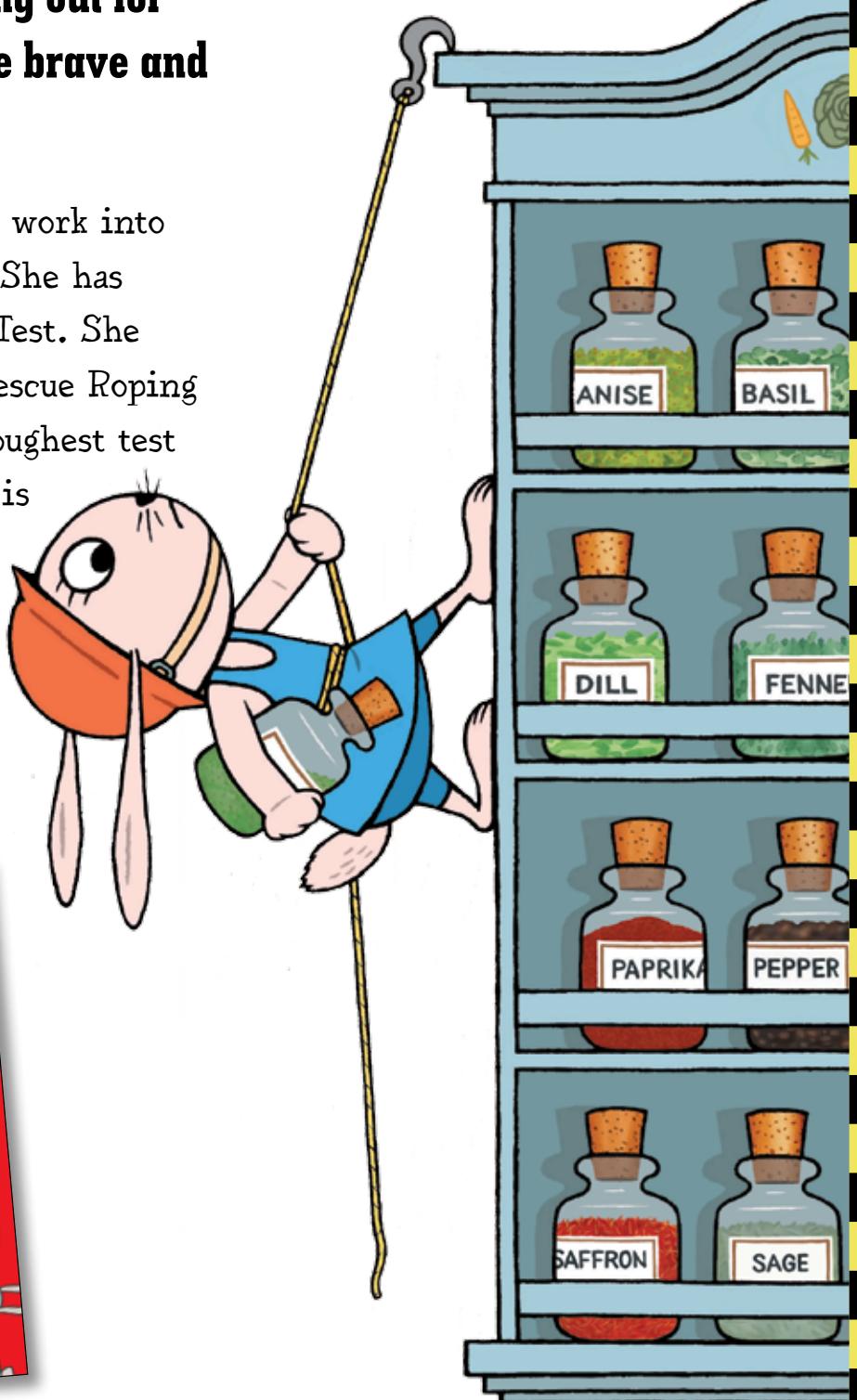
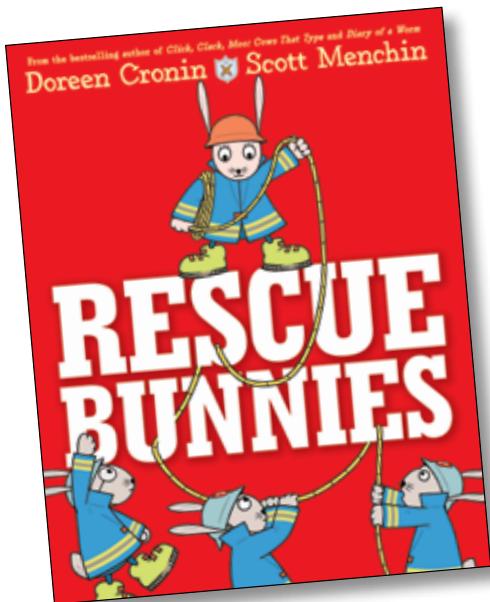


# MEET NEWBIE!

**Someone is always looking out for you—in this case, it's the brave and daring Rescue Bunnies!**

Newbie has put a lot of hard work into her Rescue Bunny training. She has passed her Physical Fitness Test. She has passed her Emergency Rescue Roping Test. Now it's time for the toughest test of all: the Field Test. There is a giraffe in a mudhole who is sinking fast. A pack of hyenas is fast approaching. Find out if Newbie has what it takes to save the day!



BALZER + BRAY

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# THE FACTS ABOUT FIRE

Even Rescue Bunnies know that fires are scary! Teach children the facts about fire so they'll know what to do in an emergency. Children should know that fires spread quickly and that the smoke is just as dangerous as the flames.

## Kids should learn to:

- **Cover their mouths and noses** with a moist towel or an article of clothing to keep out dangerous fumes.
- **Crawl under the smoke** to safety, staying as low to the ground as possible (smoke always rises).
- Touch any door (not the doorknob) to see if it is hot, and **if it is, not to open it**—find another exit.
- Locate the nearest stairway marked "Fire Exit" if they live in an apartment building, or a fire escape if the stairway isn't accessible—**always avoid elevators** during a fire.
- **Never stop to take personal belongings** or pets or to make a phone call (even to 911) while evacuating.
- **Never go back** in a burning building once safely outside.
- **Stop, drop, and roll** to extinguish flames if an article of clothing catches on fire.

## Activity:

Help children learn these important tips by playing "Simon Says"!

**Read the following:**



- Simon says, crawl under the smoke! (Kids should get on their bellies and crawl.)
- Simon says, stop, drop, and roll! (Kids should roll on the ground.)
- Simon says, don't breathe the smoke! (Kids should cover their mouths and noses with their sleeve or shirt.)
- Simon says, test the door for heat! (Kids should touch a door, but NOT the handle! Ask them at this point what they would do if the door was hot.)

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# PRACTICE FIRE SAFETY!

Newbie may be training to be a Rescue Bunny, but she knows it's best if she NEVER has to rescue anyone . . . because that means everyone is being **SAFE!** Help children practice these fire safety tips so they never need Newbie to come to the rescue!



## Make sure all smoke alarms are in working order.

It's important to test your smoke alarms each month, and children should be familiar with the sound of the alarm. Let children participate in testing the alarms by pressing the button! You may want to warn them that the noise will be loud, but that they shouldn't be afraid because the alarm is there to keep them safe.

Remember, batteries should be changed every year. You can help children remember this by creating a new tradition to change the battery on their birthday each year!

## Check all electrical appliances, cords, and outlets.

Help children learn about electrical safety in the house by creating a scavenger hunt! Ask the children to find the following electrical "no-no's." (When they find each one, show them how to correct the problem!)

- Any empty electrical outlets (Correct by covering outlets that are not in use with plastic safety covers!)
- An electrical cord running under a rug (Correct by moving cords out from under rugs!)
- Overloaded outlet or extension cords (Note: For this exercise, overload an extension cord plug but do not plug it into the wall! (Correct by unplugging excess cords!))
- Any lamps or night-lights that are touching bedspreads or drapes (Correct by moving lights away from any type of fabric!)

Remember, regularly check all your electrical cords and replace any that are damaged. If an appliance smokes or begins to smell unusual, unplug it immediately and have it repaired.

## Plan and practice escape routes.

Kids have fire drills at school; why shouldn't they have them at home, too?

With your family, plan two ways out of *every room*. Fire escape routes must *not* include elevators! Choose a meeting place outside where everyone should gather. Once you are out, stay out! Have the whole family practice the escape plan at least twice a year. See if everyone can evacuate your home and gather outside within three minutes—the time it can take for an entire house to go up in flames.

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# RESCUE BUNNIES PHYSICAL FITNESS FUN!

Newbie and the Rescue Bunnies all had to pass a physical fitness test before they were ready to go out in the field! Help children stay in shape by playing these fun physical fitness games!

## The Bunny Hop!

Number of players: one or more

Materials: Bunny Hop music

Good for: indoors (if you have space to dance) or outdoors

The Bunny Hop is a dance that children can do on their own or with friends! If children are doing the dance together, they should stand in a line with their hands on the hips of the person in front of them, conga style.

### The steps are:

- Tap the floor twice with the right foot
- Tap the floor twice with the left foot
- Hop forward
- Hop backward
- Hop forward three times
- Repeat



## The Balance Test!

Number of players: one or more

Materials: masking tape

Good for: indoors or outdoors

Rescue Bunnies sometimes have to balance high above the ground! Tape a long piece of masking tape to the ground and tell children it is a rope that they must cross without falling off! The children must walk along the tape without stepping off. To make it more challenging, try creating different shapes with the tape!

## Bunny Leap!

Number of players: two or more

Materials: none

Good for: indoors or outdoors

The Rescue Bunnies must have strong legs for hopping and climbing! Choose one person to start. All other players form a line, kneeling on the ground and covering their heads with their hands. Have the starting player place his or her hands on the back of the person at the end of the line. He or she must press on the person's back and leap over the person. The player continues hopping until reaching the front of the line, kneeling and covering his or her head. Then the person at the back of the line rises and hops down the line, and so on.

## Stuck in the Mud!

Number of players: three or more

Materials: none

Good for: outdoors

In *Rescue Bunnies* Newbie must help rescue a giraffe who's stuck! In this game one person is "it" and must tag the others. When a person is tagged, they become "stuck in the mud" and can't move! A stuck player can be rescued by others if he or she is touched by a player who is still free. Continue the game until everyone is stuck—the last person to be tagged becomes "it."

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