

# Pretend: Fire Ladder Rescue

## Materials From Home

- Spray bottle filled with water
- Masking tape, painter's tape, or sidewalk chalk
- Stuffed animals or other toys



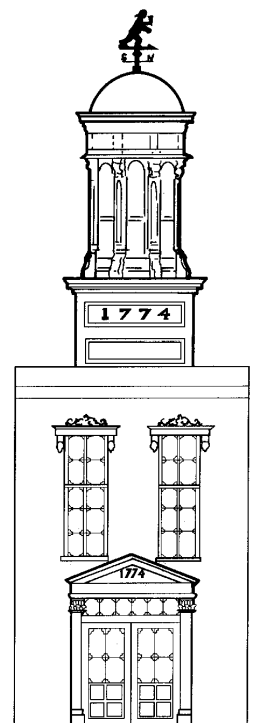
## Instructions

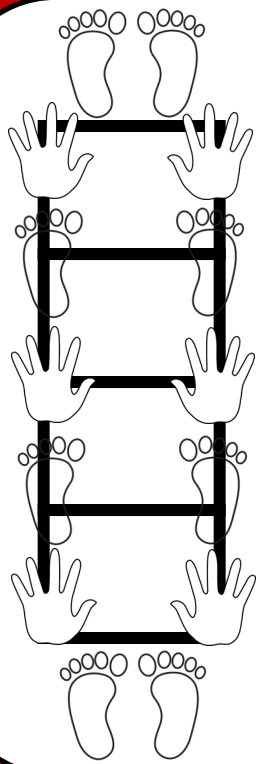
1. Using tape (indoors) or sidewalk chalk (outdoors) create a fire ladder outline on a floor, sidewalk, or driveway. Have your child help!
2. Using chalk, draw flames on a piece of paper (indoors) and place at the top of the ladder. Outdoors, use sidewalk chalk to draw flames at the top of the ladder.
3. Have your child place a few favorite toys on the ground at the top of the ladder above the flames. Place the spray bottle at the top of the ladder.
4. Put on your fire helmet and let's go! Use the Fire Ladder Rescue cards to make different patterns with your feet in the ladder as you move towards the top.
5. When you reach the top, pick up your "fire extinguisher" (spray bottle) and spray the chalk flames with water. *Tip: If you don't have a spray bottle or have a younger child who can't use one, have them squeeze a wet sponge over the flames!* When the fire's out, rescue an animal. Jump back down the ladder.
6. Repeat until all the animals have been rescued. Great job firefighter!



**Office of Historic Alexandria**  
**Friendship Firehouse Museum**  
**107 South Alfred Street**  
**Alexandria, VA 22314**

**[www.alexandriava.gov/FriendshipFirehouse](http://www.alexandriava.gov/FriendshipFirehouse)**



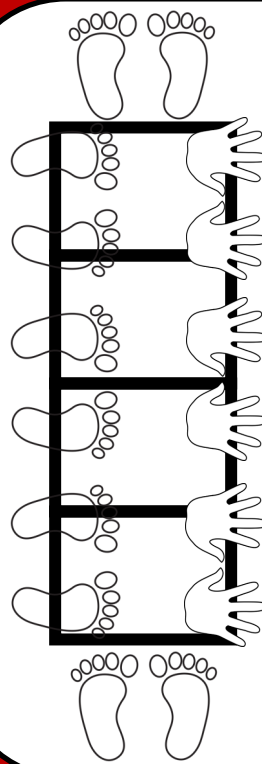


### **Fire Ladder Rescue: Bear Crawl**

Walk up the ladder  
using your hands and  
your feet



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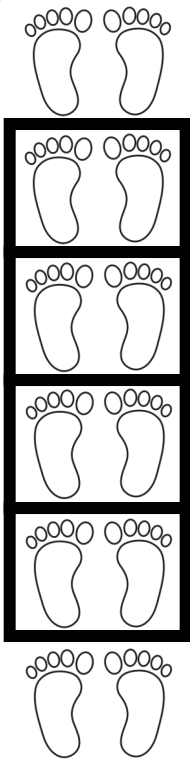


### **Fire Ladder Rescue: Lateral Bear Crawl**

Turn sideways and  
walk up the ladder  
using your hands and  
your feet



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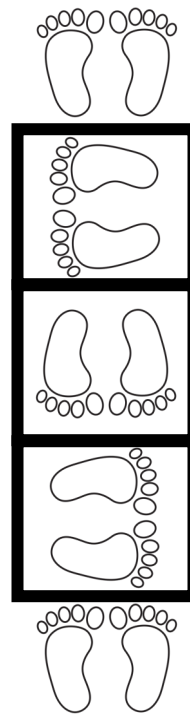


### **Fire Ladder Rescue: Two-footed jumps**

Jump forward into  
each space on the  
ladder, keeping both  
feet together



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### **Fire Ladder Rescue: 90 degree jumps**

Jump forward into  
each space on the  
ladder, turning right  
90 degrees each jump



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