

Fire Drill at School

A free printable social story for ages 4-10

Fire alarms are among the most distressing school events for children with sensory sensitivities. Use this story to explain what the alarm means and what happens next, before the first drill of the year. Many teachers add it to classroom routines or IEP-based supports at the start of each semester.

Sometimes my school has a fire drill.

A fire drill is practice. It helps everyone learn how to stay safe.

During a fire drill, a loud alarm rings.

The alarm is loud so everyone in the whole school can hear it.

Most of the time there is no real fire. We are just practicing.

When the alarm rings, I can cover my ears if it feels too loud.

My teacher tells us to stop what we are doing and line up.

I walk with my class. We do not need to run, because walking keeps everyone safe.

Outside, my teacher counts everyone to make sure we are all together.

We wait quietly until a grown-up says it is time to go back inside.

Then the drill is over, and we go back to our classroom.

Fire drills help keep me safe, and my teachers are always with me.

Tips for Reading This Story Together

- Ask the school when drills are scheduled; a heads-up the morning of a drill dramatically reduces panic for sound-sensitive kids.
- Practice the cover-your-ears-and-walk routine at home so the coping step is automatic.
- If your child wears noise-reducing headphones, arrange with the teacher for quick access during drills.
- Reread the story right after a drill and praise specifics: you covered your ears and walked with your class.

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