

There is a planned burn-off in my area

A social story to help children and adults with additional needs to have the information they need to feel calm and safe when planned burn-offs are happening in their area.



A planned burn-off is sometimes called a controlled burn-off.



It is a fire that is lit by a special fire crew to help burn off dead & dried up leaves, grass & shrubs in the bush.



Planned burn-offs are done to reduce the chance of big bushfires getting out of control in the summer months.



It is called a planned or controlled burn-off because it has been carefully planned by the fire crew and is under control.



Planned burn-offs are done to keep the community safe.



When a planned burn-off is happening in my area, I may see or smell smoke.



I may see fire fighting vehicles and the fire crew in my area.



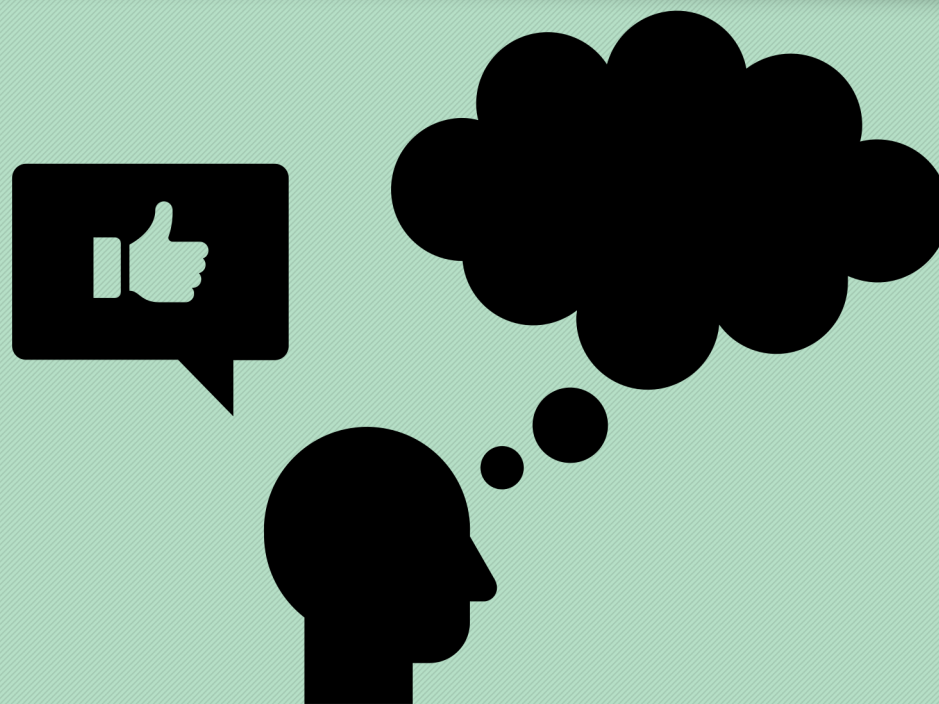
I may see or hear helicopters going overhead.



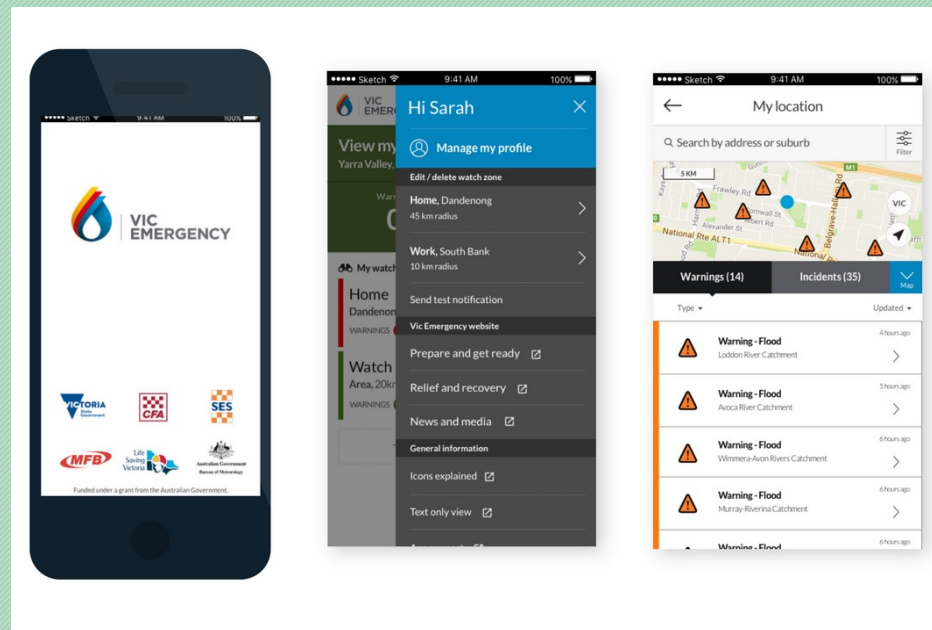
At night time I may see a fire glow in the distance.



If I am feeling worried, I will try to remember the positive thoughts and say “This fire is planned and the fire crew have it under control” “I am safe”



If I am feeling worried, I can tell an adult I trust and they might show me on their VicEmergency App the map which shows the fire is a planned burn-off and not an emergency.



If I am feeling worried, I can try some calm breathing exercises. Breathing slowly and deeply will help me feel calm and safe.



RAINBOW BREATHING:

- Breathe in slowly as you trace the rainbow shape left to right
- Breathe out slowly as you trace the shape back the other way



UP & DOWN THE MOUNTAIN BREATHING:

- Pretend your hand is a mountain range and use your other finger to trace up and down each finger.
- Breathe in as you go up each finger mountain and breathe out as you go down.



HOT CHOCOLATE BREATHING:

- Breathe in slowly as you imagine holding a warm cup of hot chocolate or tea
- Breathe out slowly as if you are blowing it to cool it down

There are lots of different ways to try to calm your mind and body when you are feeling worried. A parent, carer or therapist you can help you decide on the calming tools that work best for you.



I learn about controlled burn-offs so when there is one in my area, I can use my knowledge and my calming strategies to feel safe.

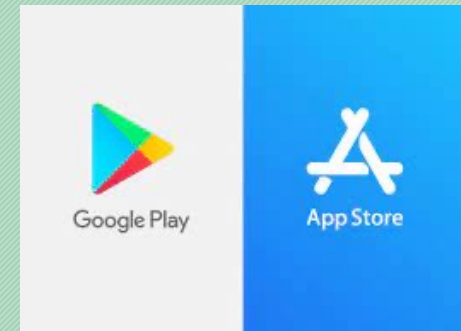


Links and Resources

If you're wondering what is causing smoke in your area, go to <https://www.emergency.vic.gov.au/respond> for the latest information.

To find what planned burns are scheduled for your local area, go to <https://plannedburns.ffm.vic.gov.au/>

You can download the VicEmergency App from the App Store



Credits

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The collaborators for this project would like to acknowledge the First Custodians of the land which we live and work. We pay our respects to elders past, present and emerging.

