SOCIAL STORIES

Social Story: Fire Drill

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A simple social story about fire drills, written to reduce surprise while staying honest about noise and waiting.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Who this is for

Children and young people who find alarms, sudden change, or leaving a room quickly difficult, and the adults supporting them.

What is inside

- How to use the story
- Story pages you can personalise
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Check the setting's real fire-drill routine and only write what is true. If a child needs a personal plan (a quieter warning, a particular adult, or ear defenders), agree it with the setting and put it in the story.

FIRE DRILL

A fire drill is a practice

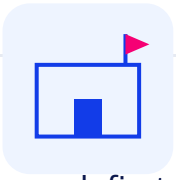
A fire drill is a practice, so people know what to do if there is a real fire or another reason to leave the building.

Most fire drills are only a practice. The alarm can still be loud and sudden. That can feel uncomfortable, and it is okay to find it hard.

In my school or setting, a fire drill might sound or look like

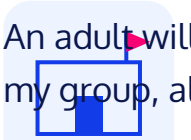
FIRE DRILL

When the alarm starts



When the alarm sounds, I stop what I am doing. I do not have to finish my work first.

An adult will help us leave the room. I can follow the adult, or follow the children in my group, along the way we have been shown.



The adult or the way I should follow is

FIRE DRILL

Leaving the building

We walk to the meeting place outside. We do not usually run, and we try to keep going even if the alarm is loud.

I may be able to use ear defenders, a familiar adult, or another support if that has been agreed. If I am not sure, I can stay with my group and ask.

What helps me if the alarm is loud

FIRE DRILL

Outside, then back in

Outside, we wait in our group so adults can check that everyone is there. This can take a little time. Waiting is part of the practice.

When it is safe, an adult will tell us to go back in. Then the ordinary day can continue. The practice is finished.

Where we wait, if I know, and what I can do while I wait

Our plan for fire drills

Supports that have been agreed, and anything I still need to ask the setting

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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