

The Big Five

Think on Your Feet Lesson Plan

LOCKDOWN/BARRICADE:

Implemented when a violent intruder is identified directly on the campus, or law enforcement directs the school to implement the protocol.

Grades: High School

Time: 20-30 Minutes

<p>Lesson Overview</p>	<ul style="list-style-type: none"> • Provides an overview of the Big Five and the Immediate Action Response of Lockdown/Barricade. • Emphasizes the concepts of “Think On Your Feet” and situational awareness. • Reviews action-based options for an intruder on campus. • Requires students to move around the classroom to practice the actions in a Lockdown/Barricade incident. • Takes the place of a traditional Lockdown drill.
<p>Lesson Objective</p>	<ul style="list-style-type: none"> • Students will review the Big Five. • Students will gain a more comprehensive understanding of what they need to do if there is a violent intruder on campus. • Students will deepen their understanding of the Big Five language and the “Think on Your Feet” concept when there is an intruder on the school campus. • Students will begin to practice the steps needed to implement during a Lockdown/Barricade.
<p>Important Concepts</p>	<ul style="list-style-type: none"> • <u>Lockdown:</u> A security measure taken during an emergency that protects people by directing them to remain in a secure indoor space behind a locked door. • <u>Barricade:</u> Anything that prevents people or vehicles from getting through. • <u>Intruder:</u> A person who enters a building, grounds, etc. without permission. • <u>Think On Your Feet:</u> To make quick decisions in the middle of an emergency situation that increases your safety and the safety of others. • <u>Escape/Get Off Campus:</u> If it is safe to do so, leave the campus and get to a safe location. Once off campus and safe, call 911 to report your safe location. • <u>Protect or Defend:</u> If an intruder confronts you, use common objects around

	<p>you to protect yourself. Distract the intruder and get away if possible.</p> <ul style="list-style-type: none"> ● Situational Awareness: Being aware of your surroundings and what is going on around you.
Activity	<ul style="list-style-type: none"> ● Use the Lesson Plan Slide Deck to present the Big Five Overview and Guided Discussion: TOYFP Lesson Plan High School . ● Lead students in a walkthrough practice of Lockdown/Barricade procedures in the classroom. ● Hold a debrief after the walk through.
Materials	<ul style="list-style-type: none"> ● Lockdown/Barricade Lesson Plan Slide Deck High School ● Big Five Classroom Posters
Trauma-Informed Tips	<ul style="list-style-type: none"> ● Allow students to hold a stress ball/fidget toy. ● Encourage students to ask questions related to the topic. ● Engage class in a movement break after the lesson. ● Move back to instruction when class is ready.

Activity

- Students will walk through the steps they would take in a classroom during a Lockdown/Barricade.
- Hold a debrief after the activity to discuss how it went.

Walkthrough of Lockdown/Barricade

Questions	Potential Answers
What steps need to be taken to secure the room?	<ul style="list-style-type: none">● Lock the door.● Lock the windows and close the blinds.● Turn off the lights and technology.
Whose responsibility will it be to help secure the room?	<ul style="list-style-type: none">● Have students raise their hands for each action item listed above to identify it is their responsibility.● Offer the chance to practice their tasks.
What could we use to help us barricade this door?	<ul style="list-style-type: none">● Desks, chairs, and tables that you can move, etc.
Whose responsibility will it be to help barricade the door?	<ul style="list-style-type: none">● Have students raise their hands for each action item listed above to identify it is their responsibility.● Offer the chance to practice their tasks.
What should we all do after we barricade?	<ul style="list-style-type: none">● Hide in the room.● Be very quiet and still.● Hold a sensory object or stress ball.● Wait for Police/Fire to unlock the door.

Tips for Practicing:

- Have a few students practice each element together.
- Remind them to move slowly and calmly.
- When building a barricade, have a few students move an item at a time.

Reflection/Process Time

Questions/Prompts

What was it like to practice the tasks?

What, if anything, surprised you about the activity?

What did you think the class did well?

What, if any, challenges did you notice during the activity?

Tips for Reflecting:

- Give encouragement and highlight how well you noticed they worked together.
- Discuss challenges that came up that you noticed as the leader.
- Notice students who seem to be anxious or upset. Check in with them later and/or notify the counselor.
- When finished, ask students if they need a break. Move to instruction when ready.

