# 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

| Lesson Overview | • 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. |
|---|---|
| Lesson Objective | • 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. |
| Important Concepts | • **Lockdown:** A security measure taken during an emergency that protects people by directing them to remain in a secure indoor space behind a locked door.  
• **Barricade:** Anything that prevents people or vehicles from getting through.  
• **Intruder:** A person who enters a building, grounds, etc. without permission.  
• **Think On Your Feet:** To make quick decisions in the middle of an emergency situation that increases your safety and the safety of others.  
• **Escape/Get Off Campus:** 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.  
• **Protect or Defend:** If an intruder confronts you, use common objects around
you to protect yourself. Distract the intruder and get away if possible.

- **Situational Awareness**: Being aware of your surroundings and what is going on around you.

### Activity

- Use the Lesson Plan Slide Deck to present the Big Five Overview and Guided Discussion:
  - TOYFP Lesson Plan High School School
- Lead students in a walkthrough practice of Lockdown/Barricade procedures in the classroom.
- Hold a debrief after the walk through.

### Materials

- Lockdown/Barricade Lesson Plan Slide Deck High School
- Big Five Classroom Posters

### Trauma-Informed Tips

- 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

<table>
<thead>
<tr>
<th>Questions</th>
<th>Potential Answers</th>
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</table>
| **What steps need to be taken to secure the room?** | ● 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?** | ● 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?** | ● Desks, chairs, and tables that you can move, etc.                              |
| **Whose responsibility will it be to help barricade the door?** | ● 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?**       | ● 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

<table>
<thead>
<tr>
<th>Questions/Prompts</th>
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<tbody>
<tr>
<td>What was it like to practice the tasks?</td>
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<tr>
<td>What, if anything, surprised you about the activity?</td>
</tr>
<tr>
<td>What did you think the class did well?</td>
</tr>
<tr>
<td>What, if any, challenges did you notice during the activity?</td>
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</tbody>
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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.