

Safety for You and Me!

ALICE[®]
TRAINING INSTITUTE



Daycare - Pre-School Lesson Plans

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Information

Summary

This Lesson Plan book is designed to help you teach the ALICE strategies to students in Daycare through Pre-Kindergarten. Each grade level has a dedicated section with a sample lesson plan on how to teach the ALICE strategies. Many grade levels also have additional resources in the Appendix.

All of the lessons in this book utilize the "Safety for You & Me!" Coloring book. While we recommend which activities to use per grade level, please note all activities listed in the book can be used.

You also have the following Instructor resources available in the portal:

- Daycare/Pre-School e-Learning
- Sample initial parent letter and follow-up drill email in Appendix
- Quick Guide (on the next page)

Purpose

These lesson plans will teach age-appropriate ALICE strategies to students in Daycare centers through Pre-Kindergarten.

Course Timing

These lessons are designed to be 30 minutes long. Please break up the lessons according to your students' needs and ability levels.

| Age Range | Training Concepts | ALICE Strategies | Product/Material |
|-------------------|---|--|---|
| 6 weeks - 2 years | <ul style="list-style-type: none"> • Training of staff only in ALICE Concepts • Look at the infrastructure for “safe areas” and choke points for barricading • Empower staff to combine ages and, in an emergency, ratio is not necessary. • Staff should practice together as a team in pre-planned barricading, counter and evacuation methods | <p><i>(Staff only)</i></p> <p>Alert Lockdown Inform Counter Evacuate</p> | <p>Products:</p> <ul style="list-style-type: none"> • e-Learning for adults <p>Materials:</p> <ul style="list-style-type: none"> • Wagon, Evacuation Cribs or strollers for quick evacuation |
| 2 years - 3 years | <ul style="list-style-type: none"> • Train students on “safety inside” (enhanced lockdown) and “safety outside” (evacuation) vocabulary • Following directions of the teacher the first time given • Train the students in the quiet signal • Train the students to walk with a rope to quicken evacuation • Train the students to “Stop, Look, and Listen” when PA announcement or quiet signal is given. • Walking field trip to Rally Point • Partner with Law Enforcement, Fire Department and ALICE Certified Instructors | <p>Lockdown Evacuate Counter <i>(staff only)</i></p> | <p>Products:</p> <ul style="list-style-type: none"> • e-Learning for adults <p>Materials:</p> <ul style="list-style-type: none"> • “Safety for You and Me!” Coloring book • Wagons or strollers for quick evacuation • Walking ropes for young children • Additional materials detailed in lesson plan booklet |

| Age Range | Training Concepts | ALICE Strategies | Product/Material |
|-------------------|---|---|--|
| 4 years - 5 years | <ul style="list-style-type: none"> • Train the students by using the "Safety for You and Me!" Coloring book • Train the students to line up and move to the Rally Point • Train to "Stop, Look, and Listen" • Train the students to give and respond to the quiet signal • Expand the students' knowledge on the concept of "safety inside" and "safety outside" • Show the difference between "inside voice" and "outside voice" and demonstrate that in an emergency situation the student may use an outside voice anywhere. • Train the students to follow teacher's direction the first time give • Participate in safety drills for muscle memory • Partner with Law Enforcement, Fire Department along with local ALICE Certified Instructors | <p>Alert Lockdown Inform Counter Evacuate</p> | <p>Products:</p> <ul style="list-style-type: none"> • e-Learning for adults • <i>I'm Not Scared... I'm Prepared, Because I Know All About ALICE</i> book • <i>I'm Not Scared... I'm Prepared, Because I Know All About ALICE Activity & Idea Book</i> <p>Materials:</p> <ul style="list-style-type: none"> • Detailed in lesson plan booklet |

Children ages 6 weeks through 2 years

Lesson Title:

ALICE Strategies

Subject Area:

ALICE Concepts - Lockdown, Evacuate, and Counter

Time Allocation:

30 minutes

Objectives:

- *Adult education only*

Materials:

- Daycare/Pre-School e-Learning for adults

Modifications for Students with Disabilities:

- Refer to the Considerations for Students with Disabilities Module

Prior Knowledge Needed:

- Adult educators should have taken ALICE e-Learning for K-12 or Daycare/Pre-School
- Students - none

My Notes:

Reminders for the Teacher

- Training of staff only in ALICE Concepts.
- Look at the infrastructure for “safe areas” and choke points for barricading.
- Empower staff to combine ages and, in an emergency, ratio is not necessary.
- Staff should practice together as a team in pre-planned barricading, counter and evacuation methods.

Notes:

Children ages 2 to 3

Lesson Title:

ALICE Strategies

Subject Area:

ALICE Concepts - Lockdown and Evacuate

Time Allocation:

30 minutes

Objectives:

- The students will demonstrate understanding of what to do in an intruder comes into the building.
- The students will walk quietly to the rally point.
- The students will run in a zig-zag motion around the room and then out of the room.

Materials:

- "Safety for You & Me!" Coloring book
- Wagon/stroller
- Walking ropes

Modifications for Students with Disabilities:

- Refer to the Considerations for Students with Disabilities Module

Prior Knowledge Needed:

- Adult educators should have taken ALICE e-Learning for K-12 or Daycare/Pre-School
- Students - none

My Notes:

| | |
|---|---|
| <p>Outline of Course & Activities:</p> <p>Introduction (10 minutes)</p> <ul style="list-style-type: none"> • Play a game of “Simon Says” or something similar to reinforce listening skills. • Ask the students if anyone knows what to do when the teacher gives the quiet signal. (Correct response includes staying quiet and listening to the teacher.) • Tell the students today we are going to learn “Safety Inside” and “Safety Outside.” <p>Instruction (10 minutes)</p> <ul style="list-style-type: none"> • Read the coloring book “Safety for You & Me!” to the students. • At the end of the story, review the steps for “Safety Inside” and “Safety Outside.” • Have the students recite which steps are needed for Safety Inside and Safety Outside <ul style="list-style-type: none"> • Safety Inside: 1. Stop what you are doing, 2. Place a bubble in your mouth and stay quiet, 3. Listen to what the teacher says. • Safety Outside: 1. Stop what you are doing, 2. Listen to the teacher, 3. Line up and grab the walking rope, 4. Follow directions for going outside. <p>Guided Practices (10 minutes)</p> <ul style="list-style-type: none"> • Explain to the class they will be going outside holding onto the rope or getting into a wagon (or stroller.) • Show the students how to hold the rope properly or if using a wagon or stroller, have students get in quickly. • Walk (or pull) the students to the rally point going different ways if possible. <p>Independent Working (10 minutes)</p> <ul style="list-style-type: none"> • The students can color the “Safety for You & Me!” Coloring book. | <p>Notes:</p> <p>Game Instructions, Appendix page 13</p> <p>“Safety for You & Me!” Coloring book</p> |
| <p>Assessment: (15 minutes)</p> <ul style="list-style-type: none"> • Students stop, look, and listen in a timely manner when the teacher gives the signal. • Students are quiet while walking to the rally point and can explain where the rally point is. | |

Children ages 4 to 5

Lesson Title:

ALICE Strategies

Subject Area:

ALICE Concepts - Lockdown, Evacuate, and Counter

Time Allocation:

30 minutes

Objectives:

- The students will demonstrate understanding of what to do if an intruder comes into the building.
- The students will walk quietly to the rally point.
- The students will throw objects at a fixed target in the room which mimics an intruder.
- The students will run in a zig-zag motion around the room and then out of the room.

Materials:

- "Safety for You & Me!" Coloring book
- Soft objects to throw
- Angry face
- Popsicle stick
- Crumpled paper

Modifications for Students with Disabilities:

- Refer to the Considerations for Students with Disabilities Module

Prior Knowledge Needed:

- Adult educators should have taken ALICE e-Learning for K-12 or Daycare/Pre-School
- Students - none

My Notes:

| | |
|--|---|
| <p>Outline of Course & Activities:</p> <p>Introduction (10 minutes)</p> <ul style="list-style-type: none"> • Play a game of Red Light, Green Light. Ask the students if anyone knows what to do when the teacher gives the quiet signal or “Red Light” from the game. (Example answers include “Stop and listen to the teacher.”) • Tell the students today we are going to learn about “Safety Inside” and “Safety Outside.” <p>Instruction (15 minutes)</p> <ul style="list-style-type: none"> • Read the story of “The 3 Little Pigs” to the class to reinforce idea of a “bad guy.” • Pass out the “Safety for You & Me!” coloring book and read pages 7-9 about Safety Inside and Safety Outside. • Have the students recite which steps are needed for Safety Inside and Safety Outside <ul style="list-style-type: none"> • Safety Inside: 1. Stop what you are doing, 2. Place a bubble in your mouth and stay quiet, 3. Listen to what the teacher says. • Safety Outside: 1. Stop what you are doing, 2. Listen to the teacher, 3. Line up and grab the walking rope, 4. Follow directions for going outside. <p>Guided Practices (10 minutes per activity)</p> <ul style="list-style-type: none"> • Have the students practice stopping what they are doing, put a bubble in their mouths, and listen to you. • Explain to the class they will be going outside or down the hallway holding onto the rope. • Show the students how to use the rope properly. • Walk the students to the rally point using the rope going different ways if possible. • Have students throw crumpled paper at red face to practice distraction. <p>Independent Working (10 minutes)</p> <ul style="list-style-type: none"> • The students can color the “Safety for You & Me!” Coloring book. | <p>Notes:</p> <p>Game Instructions, Appendix page 13</p> <p>“Safety for You & Me!” Coloring book</p> <p>Red face, Appendix page 14</p> |
| <p>Assessment: (15 minutes)</p> <ul style="list-style-type: none"> • Students are quiet while walking to the rally point and can explain where the rally point is. • Students stop, look, and listen in a timely manner when the teacher gives the signal. • Students throw objects at the correct “target” during the drill. | <p>Worksheets 1 & 2, Appendix pages 15 and 16</p> <p style="text-align: right;">11</p> |

English Appendix

Game Instructions

Simon Says

The teacher is designated as Simon. Standing in front of the class, “Simon” tells the students what they must do. However, students must only obey commands that begin with the words “Simon Says.” If Simon says, “Simon says touch your nose,” students must touch their nose. But if Simon simply says “jump” without first saying “Simon says,” players must not jump.

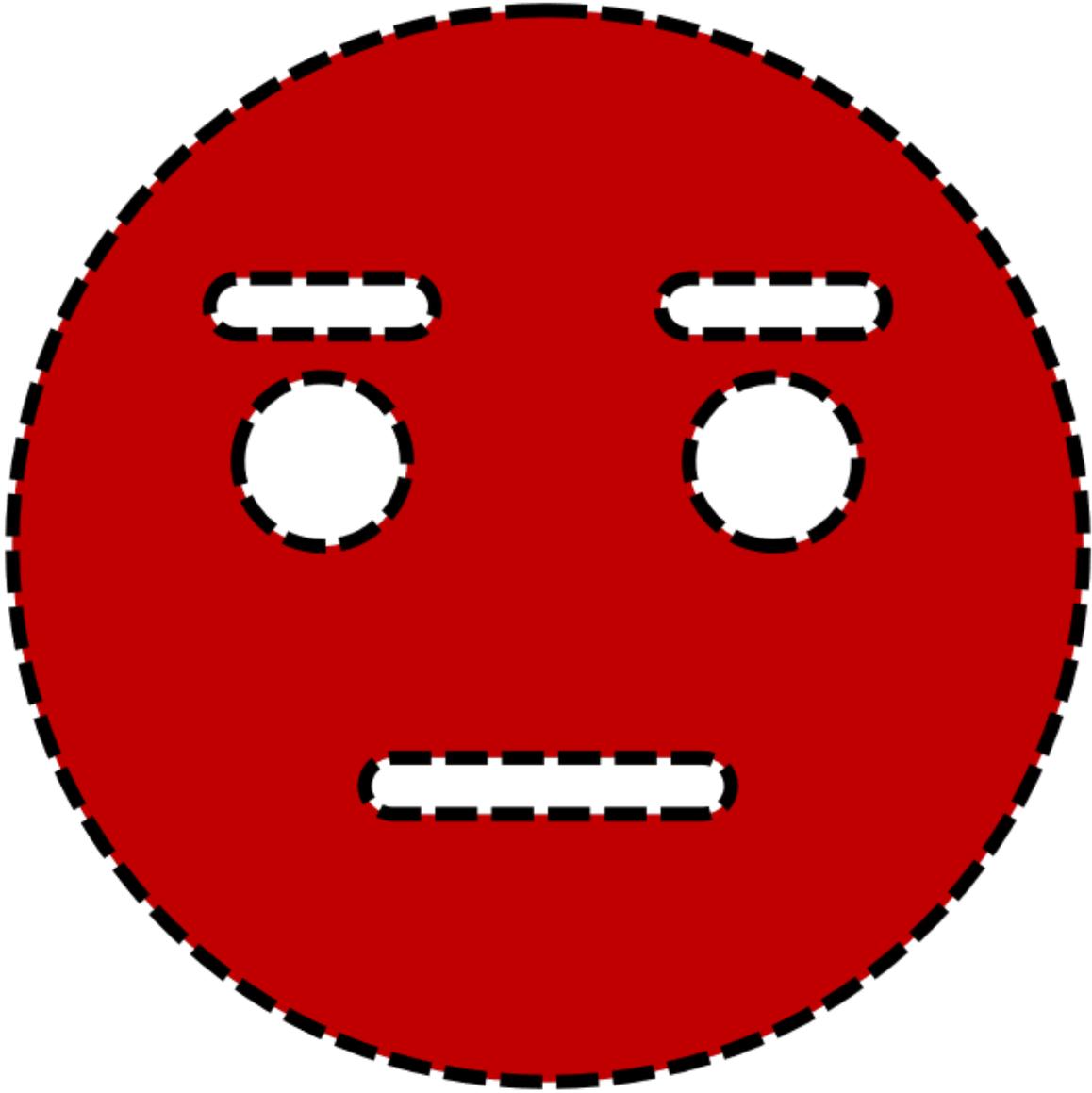
Example Simon Says Commands:

- Pat your head
- Smile
- Wave hello
- Touch your toes
- Turn around

Red Light, Green Light

- Have the students line up, side-by-side, at one end of the playing space facing the teacher.
- The teacher stands opposite the students, facing them.
- When the teacher shouts “green light”, the children move toward the teacher. Instruct them to walk, walk quickly, or run depending on the amount of space you have for playing the game.
- When the teacher shouts “red light” the children stop where they are.
- The teacher continues to shout “red light,” and “green light” until all the children reach him or her.
- All the children go back to the starting line and the game begins again.

Note, this game is best played in a gym or outside.



Place stick here

Name _____ Date _____

Safety Inside Worksheet



1. Color

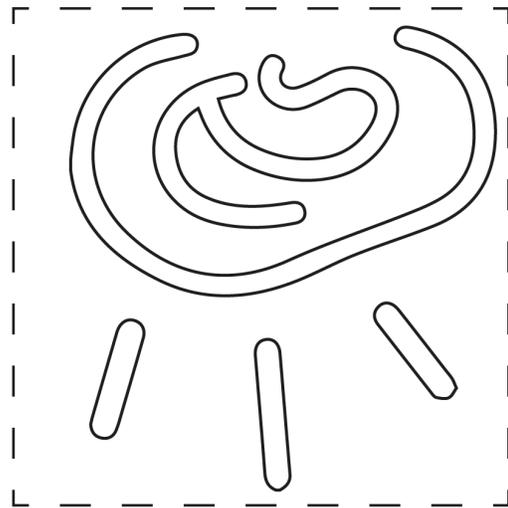
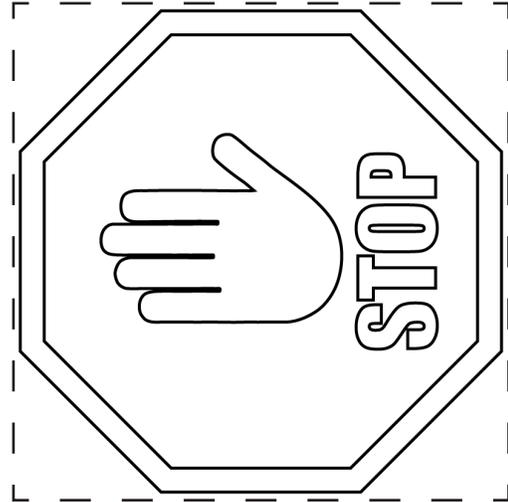
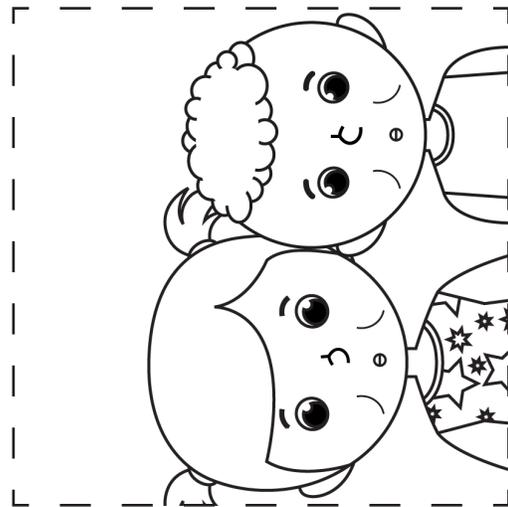


2. Cut



3. Paste

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Name _____ Date _____

Safety Outside Worksheet



1. Color

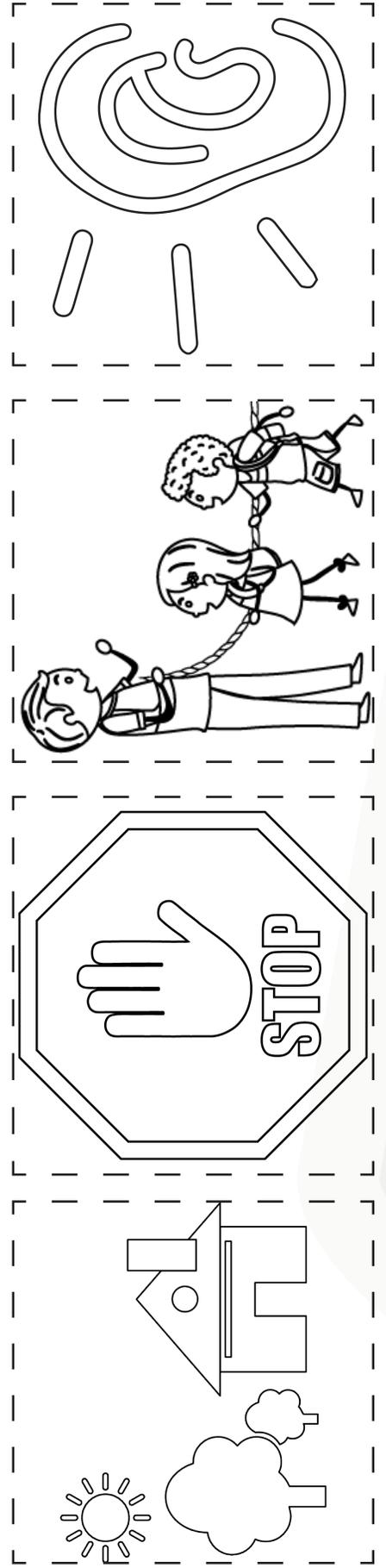


2. Cut



3. Paste

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Sample Initial Parent Letter

Dear Parents,

The safety of your child while in our care continues to be our number one priority. To ensure safety standards are maintained and improved upon, we consistently conduct fire drills, tornado drills, and are constantly assessing the safety and security of our school. Our decisions on safety and security are based on guidance from both federal and local emergency response patterns.

Our staff is trained to use ALICE's proactive, options-based strategies. ALICE stands for Alert, Lockdown, Inform, Counter, and Evacuate, which provides our staff with the tools and guidance to handle a violent intruder. ALICE Training has become the most widely used response to a violent intruder and replaces the traditional "lockdown" only approach. ALICE strategies are endorsed by many local, state, and federal law enforcement agencies.

ALICE is an acronym but is not sequential. Our staff may use any step at any time as the situation unfolds to increase survivability.

ALERT: An alert can be anything that alerts you or that you use to alert others to a possible violent intruder emergency. Examples may include gunfire, witness, intercom announcement, or phone alert.

LOCKDOWN: Barricade the door with anything available (desks, chairs, etc.) in addition to locking the door and moving everyone out of the line of fire from the door. We do not encourage restricting movements such as putting children in a closet or cubbies.

INFORM: Pass on real-time information using plain language.

COUNTER: Taught to our adult staff. However, students may move, make noise, and gain distance, if age appropriate, should there be contact with the intruder.

EVACUATE: Remove yourself from the danger zone as quickly as possible.

Our guideline by age for children is:

- Birth to 2 years of age - our staff will train in ALICE and be responsible for all knowledge.
- 2 years through 3 years of age will be taught vocabulary and the concepts of "Safety Inside" (enhanced lockdown) and "Safety Outside" (evacuation).
- 4 years through 5 years - we will share the story of "Safety for You & Me!"
- All will participate in drills, as appropriate.

Please be aware that in the even of ANY emergency, the staff's first priorities are the safety and security of the students, so communication with parents will be made by authorities when it is safe to do so. You are a vital part of our plan and you should know where our re-unification point is located.

Sample Follow Up Drill Parent Email

Below is a sample email that can be adjusted and sent to parents immediately following a violent intruder drill held at school.

Dear Parents,

We wanted you to be aware, our staff spent time in the toddler and preschool classrooms reading "Safety for You & Me!" with the students. Today, as an entire school, we held our quarterly violent intruder drill as required by state licensing.

We practiced "Safety Inside" with our enhanced lockdown drill and "Safety Outside" with an evacuation drill.

Please feel free to ask your children about these drills. Copies of "Safety for You & Me!" are at the front desk for you to read. Please let me know if you have any questions.

What is a Go Bag?

A “go bag” is a container that is placed where it can be grabbed quickly in the event of an emergency and can be carried easily (backpack or sling bag, bucket). Contents of the go bag should be checked and updated twice a year.

Suggested list:

- Ziploc baggie with little spiral notebook, permanent marker, 2 pens, 1 mechanical pencil
- 2 florescent vests
- 1 flashlight with batteries already loaded
- 1 mini fire extinguisher
- Ziploc baggie with toilet paper and trash bags
- Small first aid kits with multiple emergency blankets
- Plastic tarp and duct tape
- 2 whistles
- Comforting toys
- Snacks

Spanish Appendix

Game Instructions

Simon Says

The teacher is designated as Simon. Standing in front of the class, “Simon” tells the students what they must do. However, students must only obey commands that begin with the words “Simon Says.” If Simon says, “Simon says touch your nose,” students must touch their nose. But if Simon simply says “jump” without first saying “Simon says,” players must not jump.

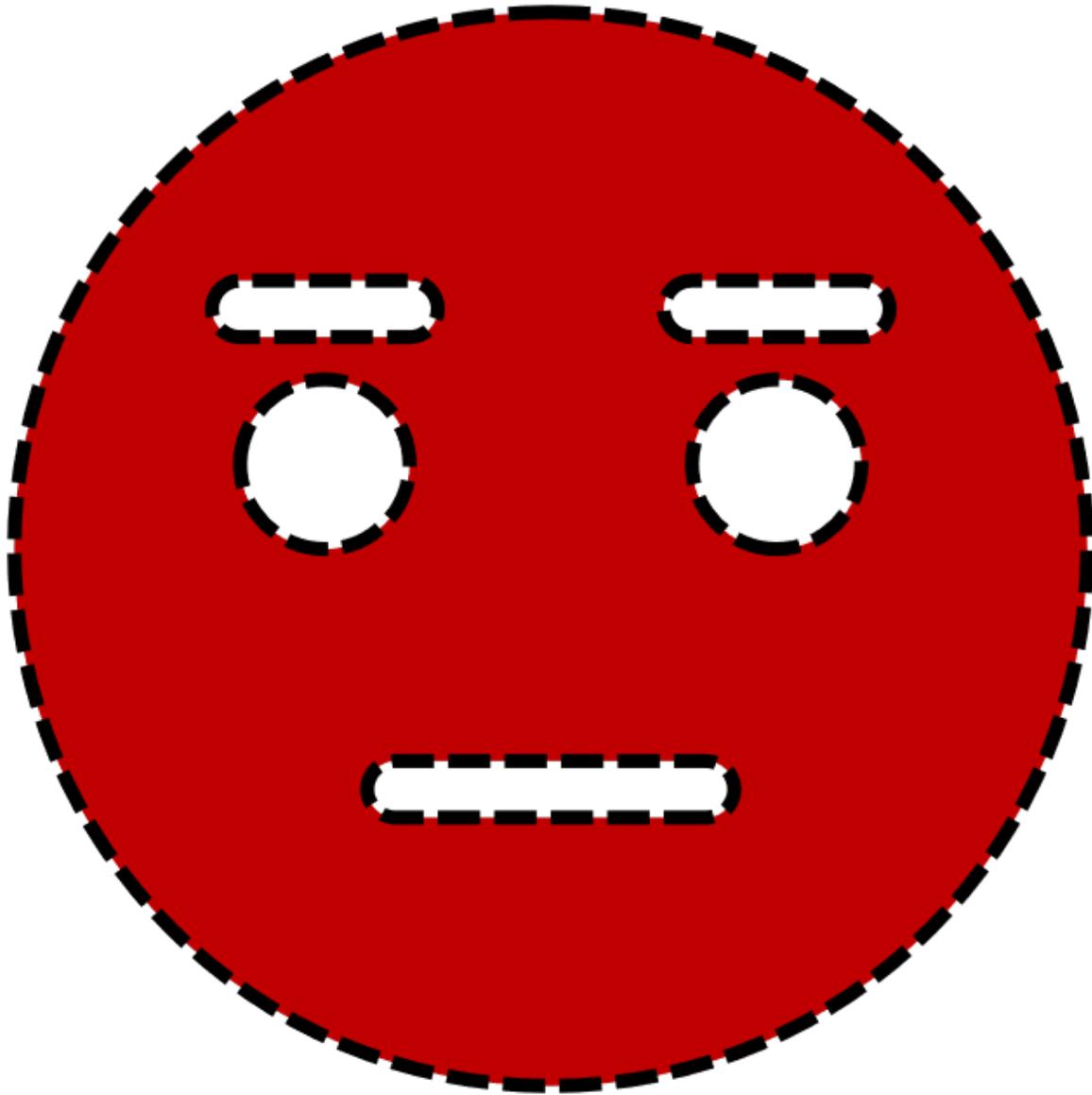
Example Simon Says Commands:

- Pat your head
- Smile
- Wave hello
- Touch your toes
- Turn around

Red Light, Green Light

- Have the students line up, side-by-side, at one end of the playing space facing the teacher.
- The teacher stands opposite the students, facing them.
- When the teacher shouts “green light”, the children move toward the teacher. Instruct them to walk, walk quickly, or run depending on the amount of space you have for playing the game.
- When the teacher shouts “red light” the children stop where they are.
- The teacher continues to shout “red light,” and “green light” until all the children reach him or her.
- All the children go back to the starting line and the game begins again.

Note, this game is best played in a gym or outside.



Pone el palo aquí

El Nombre ----- La Fecha -----

Seguridad dentro de la escuela



1. Colorea

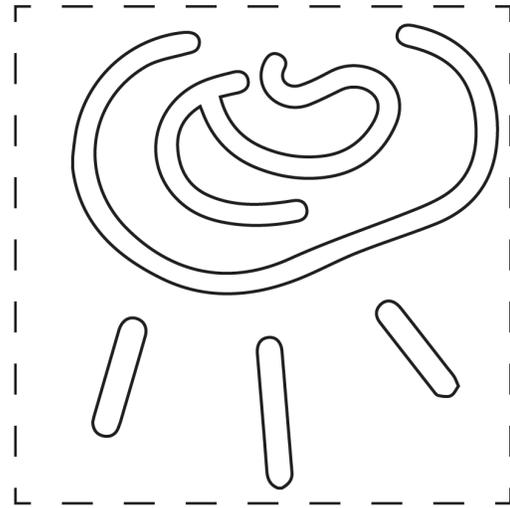
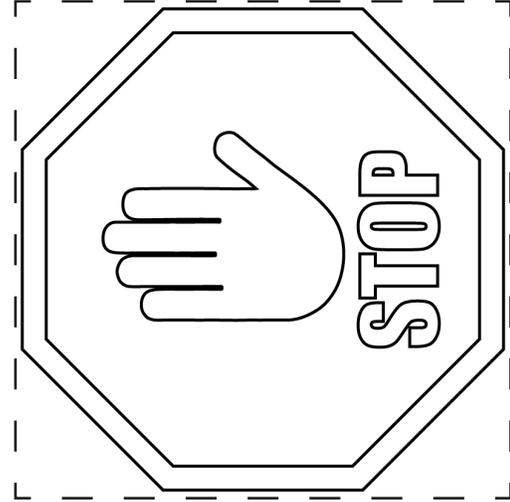
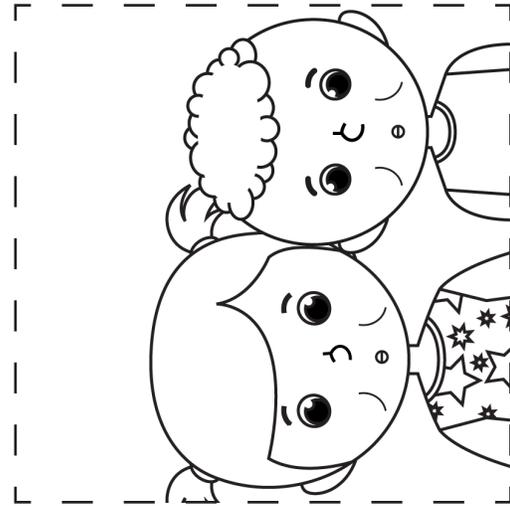


2. Corta



3. Pega

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El Nombre _____ La Fecha _____

Seguridad fuera de la escuela



1. Colorea

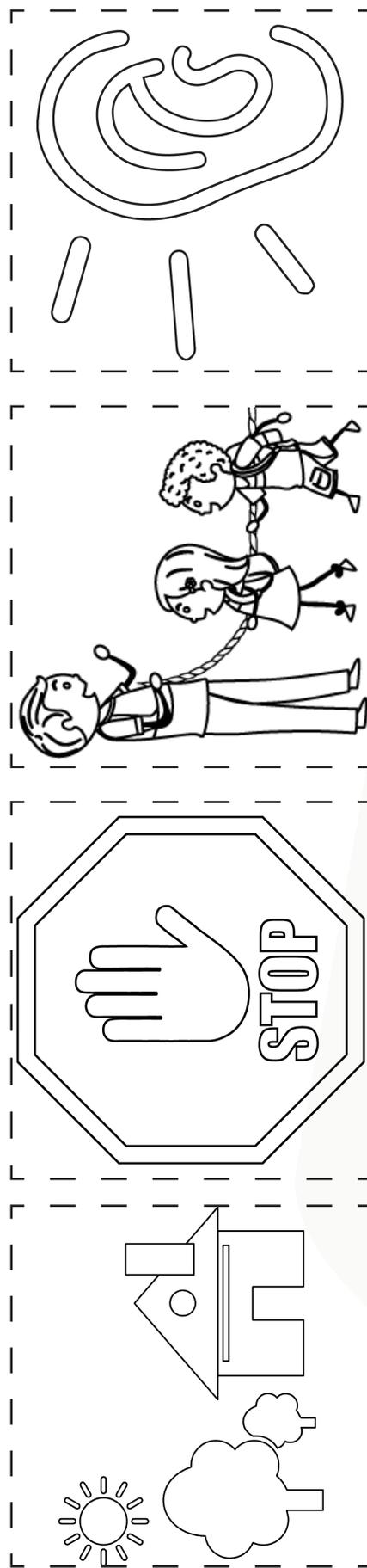


2. Corta



3. Pega

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Ejemplo carta a los padres

Querida Padres,

La seguridad de tus niños cuando están en nuestra supervisión es la prioridad más importante. Para la seguridad es el más importante, hacemos ejercicios del fuego, ejercicios del clima y siempre evaluamos la seguridad de la escuela. Las decisiones de seguridad son guiados por federal y local respondedores de emergencia.

Usamos ALICE estrategias. ALICE es "Alert, Lockdown, Inform, Counter, Evacuate". Esos proporcionan nosotros con personal quien son guiados responder a una persona peligrosa. ALICE es la más usada respuesta a una persona peligrosa y es superior a un solo "lockdown". ALICE estrategias son suportado de muchas agencias federales y locales cumplimiento de la ley.

ALICE es un acrónimo, pero no es secuencial. Nuestro personal puede utilizar cualquier paso en cualquier método a medida que la situación se desarrolla para aumentar la supervivencia.

ALERT: (Alerta) Un alerta es todo que te comunica de una peligrosa persona en la escuela. Los alertos incluyen balazos, testigo, aviso, o un alerta del teléfono.

LOCKDOWN: Barricada la Puerta con todas cosas disponibles (escritorios, sillas), traba la puerta y de mover a todo el mundo de la puerta. No animamos poner a los niños en un clóset o cubbies.

INFORM: (Informa) Usa fácil lenguaje comunicar la información.

COUNTER: (Contra) Para los adultos, pero, los estudiantes pueden mover, hacer ruidos, y correr, si es apropiado para la edad del estudiante, este es si tienen contacto con la persona peligrosa.

EVACUATE: (Evacua) Salga la peligra rápidamente.

La guía por año del niño es:

- Nacimiento-2- Nuestro personal entrenará en ALICE y será responsable de todo el conocimiento.
- 2-3 años- Enseñara vocabulario y los conceptos de "Safety Inside" y "Safety Outside".
- 4 y 5 años – Leyemos el libro de "¡Safety for You & Me!"
- Todas personas participan cuando es apropiado.

Por favor saben en todas situaciones de emergencia, la primera prioridad de la personal es la seguridad de los estudiantes. Comunicación con los padres será de las autoridades cuando es segura. Eres muy importante del plan y necesitas saber donde la punta de reunificación es.

Ejemplo carta a los padres por después de los ejercicios

Below is a sample email that can be adjusted and sent to parents immediately following a violent intruder drill held at school.

Querida Padres,

Queremos te saber, nuestros personales leían “¡Safety for You & Me!” a los estudiantes. Hoy toda la escuela, practicamos las ejercerías por el evento de una persona peligrosa en la escuela. Lo es requerido por la licencia del estado.

Practicamos “Safety Inside” con nuestros ejercicios de “lockdown” y “Safety Outside” con un ejercicio de evacuación.

Por favor hablan a tus niños de los ejercicios. Las copias de “¡Safety for You & Me!” están en el escritorio de recepción para su lectura. Si tienes preguntas, por favor me pides.

¿Qué es una bolsa de emergencia?

Una bolsa de emergencia, o, “go bag” es un estuche que es fácil accesible en una emergencia. Cosas están en la bolsa son actualizados dos tiempos por año.

Ejemplo listo:

- Un Ziploc bolsito, cuadernito, Sharpie, 2 plumas, 1 lapice
- 2 chalecos de emergencias
- 1 linterna eléctrica con baterías
- 1 extintor de fuegos
- Un Ziploc bolsito con papel higiénico y una bolsa de basura
- Botiquín de primeros auxilios con mantas
- Lona plástica y cinta adhesiva
- 2 silbatos
- Juguetes
- Comida

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***Empowering** individuals to participate in their own survival*