

Talking About Lockdown Drills

Here's some language that may help prepare children for "shelter in place" drills.

- Once in a while, we need to practice staying safe, just like we do in a fire drill. But instead of leaving the building, this time we'll stay inside and wait until the drill is over.
- We do this to make sure that we remember how to stay safe if there is ever any danger outside our classroom.
- Someone will lock the school doors, and teachers will lock the classroom doors. We will all stay in the room without moving or talking. No one will enter or leave the room. No matter what, you need to follow all my directions.
- We will all try to relax. You can read, draw, take deep breaths, or close your eyes and think about a place you really love to be. Think about what you would see there, what sounds you would hear, and who would be there with you.
- We won't repeat any scary thoughts we have, because that can scare others or make them nervous. Soon a grown-up will open the door and tell us that the drill is over.

