I’m NOT Scared, I’m Prepared!

Because I Know All About ALICE
I'm an ant.
I go to the school that's up on the hill...
That's why they call it the Ant Hill School!
My teacher's the BEST! She cares about every single ant in my class! She always says: "The very best gifts that I can give to each and every one of you, are the gifts of being prepared... for EVERYTHING!"
My teacher never wants anything bad to happen to us, so she is always trying to figure out the best ways to keep us safe.

- "Look both ways twice before you cross, and always watch where you are going!"
- "Make sure your hands are germ-free before you eat lunch!"
- "Please walk in the hallway...don’t run, and watch where you’re going!"
- "Try to remember not to lean back in your chair!"
We even have safety drills that we practice.
There’s the Fire Drill, so we’ll be prepared and know what to do if we ever have a fire.
There’s the Bad Weather Drill, so we’ll be prepared and know what to do if we ever have bad weather.
And today, my teacher taught us a new drill. It’s called The Sheep, The Shepherd, and The Wolf Drill. This is the drill that teaches us what to do if there is ever a “dangerous someone” inside our school that isn’t supposed to be there.
“Class, my teacher said to us, we need to learn a new drill. It’s called The Sheep, The Shepherd and the Wolf, so get ready...here’s the deal!”

“I’ll be your shepherd, and you’re all my sheep, so you must do what I say. Pretend there’s a wolf in our building, and we MUST stay out of his way!”

“We need a great plan of action in case we start to get scared. The A.L.I.C.E. Plan will work the best, to help us be prepared.”
The "ALICE" stands for ALERT. (There's a wolf in the building!)

ALICE says we need to LOCK DOWN.

ALICE says INFORM, 'cause we must tell others if we've seen the wolf around.

ALICE stands for COUNTER. If the wolf sees us, we must do things to ruin his day.

ALICE stands for EVACUATE, which means leave the building and run away!"

"But where do we run? I asked, and when do we stop?"

"Excellent question, my teacher said. Let's all take a walk and I'll show you."
“See this great big tree that’s two blocks away from school? You need to run until you get to this tree. And then you need to STOP. This will be our special meeting place!”

Go Me!

We all walked back to our classroom and sat in our seats, and then my teacher said:

“Sheep, Shepherd, Wolf is an important drill, but there’s no reason for you to feel scared. You have ME for a teacher! And I’ll make sure that you are prepared.”
"Here’s how it works."

“When I give you the signal for Sheep, Shepherd, Wolf, STOP, LOOK and LISTEN to me.

When I give you directions, don’t ask me WHY?
Just get to where you’re supposed to be:"

“I am your shepherd, and you are my sheep, and you need to do what I say.

There’s a wolf in the building...a dangerous someone, and we need to stay out of his way!”
“If we need to go into LOCK DOWN, we get quiet and stay out of sight. But we don’t try to hide in the closet, or squish together too close and tight.”

“We need to be ready to move and spread out, so don’t all stand in a clump. Have enough space to move your arms in a circle, and get your legs ready to JUMP!”
“We must do what we can to INFORM the others, by telling them all that we know. Then look around and find a something to hold onto, something that’s easy to throw.”

“A shoe from a cubby, a block of wood, or maybe a TV remote, A paper-back book, a video game, or even a plastic goat!”
"If the wolf gets into our classroom, we'll know just what to do.
Make noise, run around and throw our somethings at the wolf, and then we'll run right through, the door and down the hallway, but don't run in a straight line. Run in a funny Zig-Zaggy way, and make strange noises the whole time!"
“You want us to RUN in the HALLWAY?” I asked.

“It’s always OK to run in halls when you are practicing the SHEEP, SHEPHERD, WOLF drill....but,
"Make sure you are careful when you run Zig-Zag and don't run into each other.

Instead, keep an eye out for those around you, and try to help one another.

Waive your hands in the air, and act kinda strange, then outside the door we will go.

Then run and run as fast as you can, 'til we get to that tree that we know.
Don't wait for me to run to the tree.
Just do what you already know.
Run and run as fast as you can.
Get ready, Get Set... Go!

"You might run faster than I do,
and you might beat me to the tree.
But that's OK,
'cause you did what I said,
and I know that you listened to me."
“There may be other times during LOCK DOWN when we don’t stay in our classroom and wait. I may help you climb out the first floor window, then run to the tree that’s so great!

You just never know when we play Sheep, Shepherd, Wolf what your instructions are going to be.

You MUST remember to STOP, LOOK and LISTEN, ‘cause we’ll need to move QUICKLY!”
“Now, let’s practice!
I’ve asked our custodian, Mr. Olsen, to be the wolf. I even have a wolf outfit for Mr. Olsen to wear!”
Our teacher gave us the signal for The Sheep, The Shepherd and The Wolf Drill, and we STOPPED, LOOKED and LISTENED, and then did exactly what she told us to do.

First, she helped all of us climb out of the window. Then we ran as fast as we could until we got to the great big tree that's two blocks away. Then we stopped. I ran so fast that I beat my teacher to the tree!
Then, we all walked back to school, went back into our classrooms and practiced some more.
She gave us the SLEEP, SHEPHERD, WOLF signal again and we STOPPED, LOOKED and LISTENED, and then did exactly what she told us to do.

Our teacher locked the door. Then we all helped her push the tables in front of the door. She tied one of the table legs to the door knob with a jump rope, while we all quietly grabbed our somethings, spread out, and stayed out of sight.
My something was a plastic camel... I couldn't find the goat.

Our teacher locked the door, and put a belt around the arm thingie at the top.
Mr. Olsen somehow figured out how to get into our classroom, but when he opened the door, we were ready for him.

We all jumped up QUICKLY!
But instead of throwing our somethings at Mr. Olsen, we threw wadded up paper balls at him. They don’t hurt as much when they hit you, and like my teacher always says: “Safety drills are supposed to help us NOT hurt us!”

We made it through the doorway, and ran Zig-Zaggy down the hall,

waiving our arms in the air and making really strange noises.

We were super careful not to run into each other.
Then, we ran outside and kept running as fast as we could until we got to the great big, huge tree. And then we stopped. This time, almost everybody beat my teacher!

When she made it to the tree, she gave us all a big hug and told us that we were the BEST LISTENERS EVER!

“We must remember to STOP, LOOK and LISTEN whenever we have a drill. Sheep always do what the shepherd says, regardless of how they feel.”
My teacher gave us a great gift today, and she taught us how not to be scared. There are wolves in our world, but we know what to do, and now we are PREPARED!
When I got home from school, my mom asked me what I did today... so I told her the truth...

"I learned all about Alice. I climbed out of a window and ran to the great, big tree twice. I threw paper wad balls at Mr. Oise and I wasn’t supposed to be nice! I ran zig-zaggy down the hallway and made strange noises with my hands in the air."
I did all of these things at school today Mom, and my principal didn’t even care!"

“YOU DID WHAT?????????”

So then, I told my mom what really happened!

A stands for ALERT. (There’s a wolf in the building)

L says we need to LOCK DOWN.

I says INFORM, because we must tell others if we’ve seen the wolf around.

C stands for COUNTER. If the wolf sees us, we must do things to ruin his day.
When Faced with Danger, You Must Do Something.

The teacher at the Ant Hill School wants her students to be prepared— for everything! One day, she teaches her students what to do if a “dangerous someone” is in their school.

“Class, my teacher said to us, we need to learn a new drill. It’s called The Sheep, The Shepherd and the Wolf, so get ready... here’s the deal!”

“I’ll be your shepherd, and you’re all my sheep, so you must do what I say. Pretend there’s a wolf in our building, and we MUST stay out of his way!”

“We need a great plan of action in case we start to get scared. The A.L.I.C.E. Plan will work the best, to help us be prepared.”

Unfortunately, in the world we now live in, we must ask ourselves the essential question: What options do I have for survival, if I ever find myself in a violent intruder event? “I’m Not Scared... I’m Prepared!” will enhance the concepts taught by the ALICE Training Institute, and make them applicable to children of all ages in a non-fearful way. By using this book, children can develop a better understanding of what needs to be done if they ever encounter a “dangerous someone.”

A

stands for ALERT. (There’s a wolf in the building!)

L

says we need to LOCK DOWN.

I

stands for INFORM. Cause we must tell others if we’ve seen the wolf around.

C

stands for COUNTER. If the wolf news is we must do things to ruin his day.

E

stands for EVACUATE, which means leave the building and run away!