

THANK YOU FOR YOUR PURCHASE!



Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

If you have any questions or concerns, please email me at:



heartandmindteaching@gmail.com

♥
Ashley

Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter. ✨ ✨ ✨





Google Slides

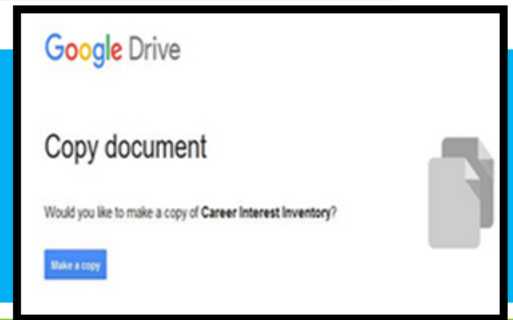
YOUR RESOURCE COMES WITH A DIGITAL VERSION FOR USE IN GOOGLE SLIDES VIA GOOGLE CLASSROOM. FOLLOW THESE STEPS TO UPLOAD YOUR RESOURCE.

Click here to get your copy:

Disaster Ed: Community Safety

1

You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.



2

Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

3

Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

4

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

5

From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT! Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post! This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



DISASTER EDUCATION: COMMUNITY SAFETY

Session Objective:

*Students will identify unsafe situations that can happen in the community, recognize trusted ways to stay safe and get help, and practice positive choices that help keep themselves and others safe.

Materials:

- Handouts & PowerPoint
- Scissors
- Pencils
- Glue or tape.

Guiding Questions:

- *What are some warning signs of possible unsafe community events?
- *What are some coping skills we can use?

Session Details

- Give Stress Assessment (page 48) to students. This is helpful data to give before and after the lesson to gauge how students are coping if they have recently experienced this disaster.
- Present the PowerPoint to students, using the handouts as a visual reminder to post in class.
- What are Unsafe Situations in the Community Activity: Cut out the images on page 7 and have students glue or tape them to page 6.
- Recognize warning signs activity: Cut out the images on page 10 and glue/tape them to page 9
- Conflict Meditation activity: p. 11-13. Have student draw a line to match the conflict mediation steps to the correct image depicting it.
- Think before you act activity: p. 14-15
- Keeping our Community safe poster and activity: p. 16-17, p. 18 is a poster for staff and parents.
- Family Safety plan: Have students complete this with their family at home.
- Preparation Activity: Write if the statement is true or false.
- Soft Lockdown Drill Activity: Circle the correct statements, cross out the false statements.
- Reflection pages: Have students write or draw their answers.
- Feelings Activity: Show the coping skills from page 34 as an example, for pages 35-37, have students write in a coping skill they would use and draw it in the box.
- Coping Affirmations: Read to students and have them say it back to you.
- Breathing Exercises- Read to students, have them practice the techniques.
- Gratitude Activity: Have students write in things/people they are grateful for.
- Guided Visualization: Read to students. Display in classroom for on-going use.
- Look for the helpers: Have students answer the questions and then write a letter of thanks to a local community helper.

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- *Behavior: Self-Management Skills: Effective coping skills. (B-SMS 7)
- *Behavior: Self-Management Skills: Personal Safety Skills. (B-SMS 9)

SEL Competencies:

- *Self-Awareness: Identifying Emotions, Accurate Self-perception.
- *Self-Management: Stress Management.
- *Responsible Decision-Making: Analyzing situations, reflecting.

DISASTER EDUCATION: COMMUNITY SAFETY



➡ GAIN KNOWLEDGE

TABLE OF CONTENTS

➡ UNSAFE SITUATIONS IN THE COMMUNITY

P. 5 INFORMATIVE HANDOUT/POSTER

P. 6-7 ACTIVITY

➡ RECOGNIZE WARNING SIGNS

P. 8 INFORMATIVE HANDOUT/POSTER

P. 9-10 ACTIVITY

➡ PREVENTION

P. 11-13 CONFLICT MEDIATION HANDOUT/POSTER & ACTIVITY

P. 14-15 THINK BEFORE YOU ACT HANDOUT/POSTER & ACTIVITY

P. 16-17 KEEPING OUR COMMUNITY SAFE POSTER & ACTIVITY

P. 18 STAFF & PARENT HANDOUT

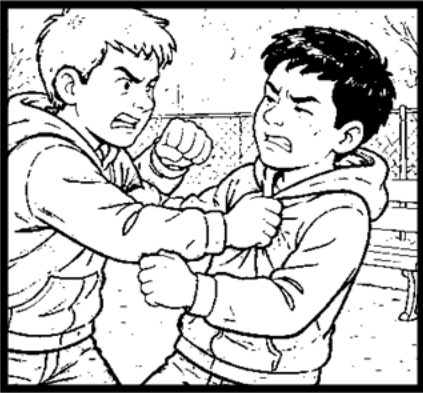
P. 19 FAMILY SAFETY PLAN

DISASTER EDUCATION: COMMUNITY SAFETY

➡ GAIN KNOWLEDGE



WHAT ARE UNSAFE SITUATIONS IN MY COMMUNITY?



PHYSICAL ATTACKS
AND FIGHTS

HURTING SOMEONE BY
HITTING, PUSHING,
KICKING, OR FIGHTING.



GUN VIOLENCE OR
HEARING GUNSHOTS

UNSAFE SITUATIONS
INVOLVING GUNS OR
HEARING GUNSHOTS
NEARBY.



THEFT OR ROBBERY

STEALING OR TAKING THINGS
FROM PEOPLE, HOMES,
STORES, OR PLACES IN THE
COMMUNITY.



HARASSMENT OR
DISCRIMINATION

REPEATEDLY BEING MEAN,
UNFAIR, OR TARGETING
SOMEONE BECAUSE OF WHO
THEY ARE.



THREATS AND
INTIMIDATION

MEAN OR THREATENING
WORDS THAT CAN HURT
OTHERS' FEELINGS OR MAKE
THEM FEEL UNSAFE



PROPERTY DAMAGE

DAMAGING OR BREAKING
THINGS OR PLACES, WHICH
CAN MAKE OTHERS FEEL
UNSAFE.

DISASTER EDUCATION: COMMUNITY SAFETY



➡ GAIN KNOWLEDGE: ACTIVITY

UNSAFE SITUATIONS IN THE COMMUNITY: ACTIVITY

CUT OUT THE PICTURES ON THE NEXT PAGE AND PASTE THEM HERE IF THEY ARE THINGS THAT ARE CONSIDERED UNSAFE IN THE COMMUNITY.



CUT OUT THESE IMAGES AND PASTE THEM TO THE PREVIOUS PAGE.



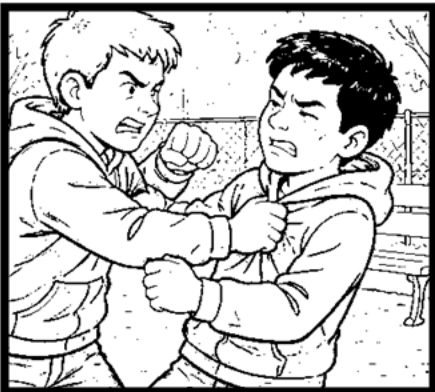
A FRIENDLY SOCCER
MATCH



THREATS AND
INTIMIDATION



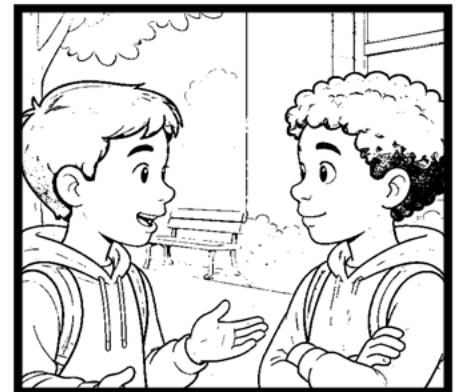
PROPERTY DAMAGE



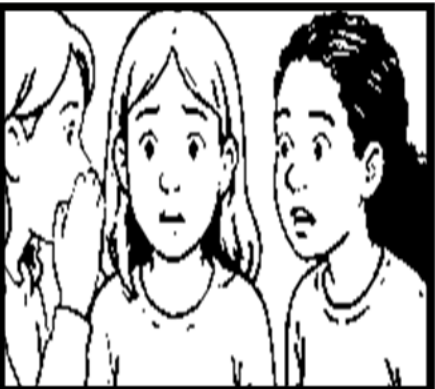
PHYSICAL ATTACKS
AND FIGHTS



HARASSMENT



A CONFLICT BETWEEN
FRIENDS



GOSSIPING



GUN VIOLENCE OR
HEARING GUNSHOTS



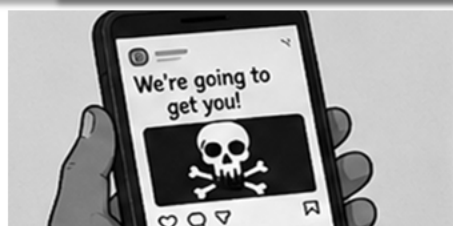
ROBBERY

DISASTER EDUCATION: COMMUNITY SAFETY

➡ GAIN KNOWLEDGE



RECOGNIZING WARNING SIGNS



THREATS ABOUT HURTING OTHERS IN PERSON OR ONLINE.



FIGHTS OR VIOLENT OUTBURSTS IN THE AREA.



UNSAFE BEHAVIOR THAT MAKES OTHERS FEEL SCARED OR THREATENED.



FREQUENT POLICE ACTIVITY IN THE AREA, PLACES KNOWN FOR VIOLENCE/CRIME.



SOMEONE ISOLATING THEMSELVES, SHOWING ANGER AND/OR HOPELESSNESS.



RUNDOWN/DAMAGED HOMES, BUSINESSES, OR PUBLIC SPACES. FREQUENT THEFT IN THE AREA.



DRUG AND/OR ALCOHOL USE.

LARGE CROWDS THAT ARE BECOMING AGGRESSIVE.



CLUES OF A POSSIBLE
COMMUNITY SAFETY ISSUE

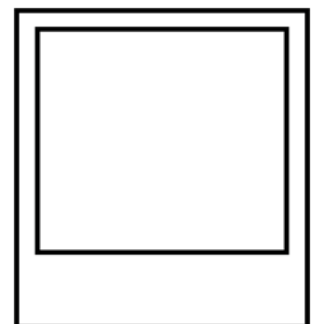
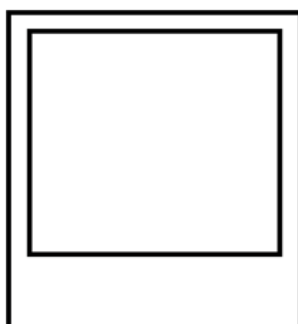
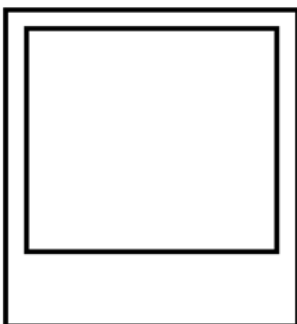
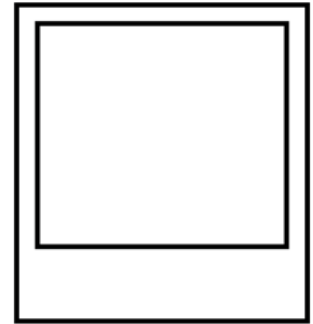
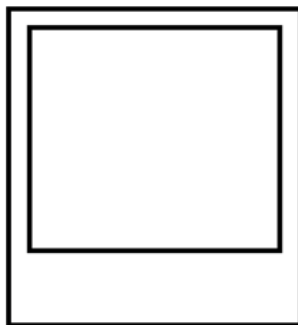
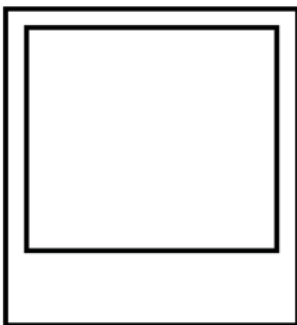
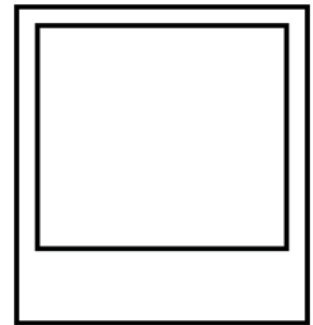
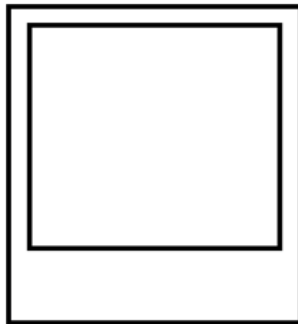
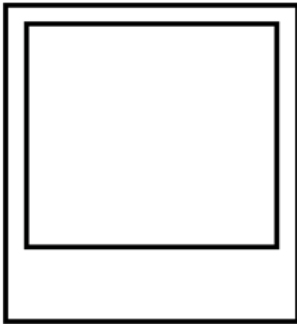
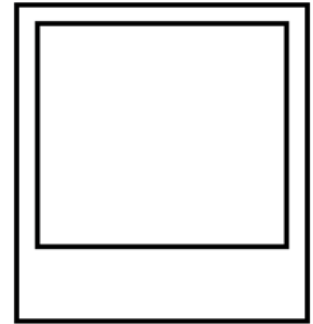
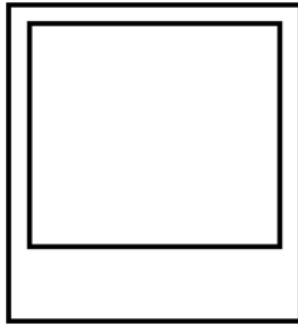
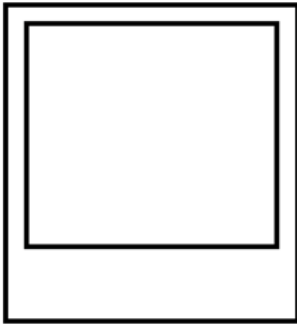


NOT CLUES OF A POSSIBLE
COMMUNITY SAFETY ISSUE

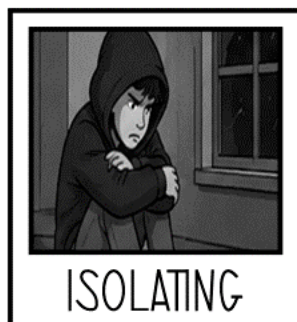
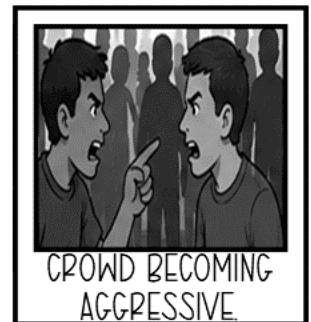
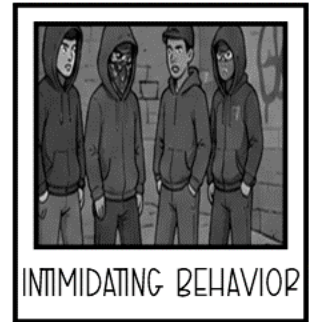
WARNING SIGNS ACTIVITY



CUT AND PASTE THE IMAGES ON THE NEXT PAGE AND GLUE THEM TO THE SPOTS BELOW IF THEY ARE CLUES OR NOT OF A POSSIBLE COMMUNITY SAFETY ISSUE.



CUT AND THESE IMAGES AND PASTE THEM TO THE PREVIOUS PAGE.



DISASTER EDUCATION: COMMUNITY SAFETY

➡ GAIN KNOWLEDGE



PREVENTION: MEDIATING CONFLICTS

MEDIATING CONFLICTS.
BE FAIR, LISTEN, AND FIND SOLUTIONS TOGETHER.

1. GET BOTH SIDES

Invite each person to share their side.



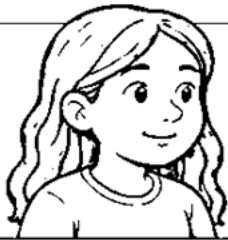
Here's what
happened for me...

Here's what
happened for me...



2. LISTEN AND SHOW RESPECT

Listen carefully and don't interrupt.



I hear what
you're saying.

I understand
how you feel.



3. FIND THE PROBLEM

Identify the real problem together.



What seems to be
the main problem?



4. BRAINSTORM SOLUTIONS

Think of ideas that could work for everyone.



Let's think of some
solutions together.



5. AGREE AND FOLLOW THROUGH

Choose a solution and respect the agreement.



We agree to...
and we'll both do
our part.



DISASTER EDUCATION: COMMUNITY SAFETY

➡ GAIN KNOWLEDGE



PREVENTION: CONFLICT MEDIATION

CONFLICTS HAPPEN. AS A MEDIATOR, YOUR JOB IS TO HELP EVERYONE FEEL HEARD AND FIND A SOLUTION THAT WORKS FOR EVERYONE.



1. PREPARE AND STAY CALM

MAKE SURE EVERYONE IS CALM AND WILLING TO TALK.
FIND A QUIET AND SAFE SPACE.



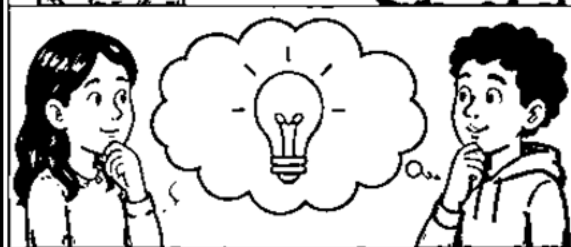
2. HEAR EACH PERSON'S SIDE

LET EACH PERSON SPEAK WITHOUT INTERRUPTIONS.
LISTEN CAREFULLY AND SHOW RESPECT.



3. CLARIFY AND UNDERSTAND

REPEAT BACK WHAT EACH PERSON SAID.
MAKE SURE YOU UNDERSTAND THEIR FEELINGS AND CONCERNS.



4. FIND SOLUTIONS TOGETHER

BRAINSTORM IDEAS THAT COULD WORK FOR EVERYONE.
ENCOURAGE KINDNESS AND CREATIVITY.



5. CHOOSE A SOLUTION

PICK A SOLUTION THAT IS FAIR AND RESPECTFUL.
MAKE SURE EVERYONE AGREES.



6. FOLLOW UP AND CHECK IN

CHECK BACK LATER TO SEE HOW THINGS ARE GOING.
CELEBRATE PROGRESS AND KEEP COMMUNICATING.

DISASTER EDUCATION: COMMUNITY SAFETY

→ GAIN KNOWLEDGE: ACTIVITY

PREVENTION: CONFLICT MEDIATION



DRAW A LINE MATCHING THE CONFLICT MEDIATION IMAGE TO THE CORRECT DESCRIPTION OF THE CONFLICT MEDIATION STEP.



Hear Each Person's Side

LET EACH PERSON SPEAK WITHOUT INTERRUPTIONS. LISTEN CAREFULLY AND SHOW RESPECT.

Find Solutions Together

BRAINSTORM IDEAS THAT COULD WORK FOR EVERYONE. ENCOURAGE KINDNESS AND CREATIVITY.

Choose a Solution

PICK A SOLUTION THAT IS FAIR AND RESPECTFUL. MAKE SURE EVERYONE AGREES.

Follow up and Check in

CHECK BACK LATER TO SEE HOW THINGS ARE GOING. CELEBRATE PROGRESS AND KEEP COMMUNICATING.

Prepare and Stay Calm

MAKE SURE EVERYONE IS CALM AND WILLING TO TALK. FIND A QUIET AND SAFE SPACE.

Clarify and Understand

REPEAT BACK WHAT EACH PERSON SAID. MAKE SURE YOU UNDERSTAND THEIR FEELINGS AND CONCERNS.

THINK BEFORE YOU ACT!

My choices can help keep
our community safe and peaceful.

Pause.
Take a breath.
Think about
what I can do.

THINK:

T



Is it True?
What's really
happening?

H



Is it Helpful?
Will my choice help
me and others?

I



Is it Important?
Does this choice keep
me and others safe?

N



Is it Necessary?
Do I really need to
do or say it?

K



Is it Kind?
Will my choice show
kindness and respect?

Good choices
today make
a better
tomorrow!



Let's work together to prevent violence
and build a community we're proud of!



Name: _____

Date: _____

THINK BEFORE YOU ACT!

My choices can help keep
our community safe and peaceful.

Pause.
Take a breath.
Think about
what I can do.

THINK:

T



Is it True?
What is
happening?

My answer: _____

What is happening? _____

H



Is it Helpful?
Will my choice
help me and
others?

My answer: _____

How will my choice help me and others? _____

I



Is it Important?
Does this choice
keep me and
others safe?

My answer: _____

How will this choice keep me and others safe? _____

N



Is it Necessary?
Do I really need to
do or say it?

My answer: _____

Do I really need to do or say it? _____

K



Is it Kind?
Will my choice
show kindness
and respect?

My answer: _____

How will my choice show kindness and respect? _____

My
choice:

What is the best choice I can make? _____

How will this choice help my community? _____



KEEPING OUR COMMUNITY SAFE

We all play a part in keeping our community safe and caring.



1 GET TO KNOW YOUR NEIGHBORS

- Say hello and be friendly.
- Look out for each other.
- Build strong, trusting relationships.



2 BE AWARE AND REPORT CONCERNS

- If you see something unsafe, say something.
- Report to a trusted adult or call local authorities.
- You can help prevent problems.



SEE SOMETHING
SAY SOMETHING



Report:
Emergency: 911
Non-Emergency:
Local Police Number

3 RESPECT OTHERS AND OUR COMMUNITY

- Treat everyone with kindness and respect.
- Respect property and public spaces.
- Celebrate our differences and work together.



4 STAY SAFE IN PUBLIC PLACES

- Be aware of your surroundings.
- Stick with a friend or group when possible.
- Use well-lit, busy areas and safe routes.



5 WORK TOGETHER TO SOLVE PROBLEMS

- Use calm words, not anger.
- Listen to others.
- Find peaceful solutions to conflicts.



6 SUPPORT LOCAL BUSINESSES AND EVENTS

- Shop local and support our businesses.
- Attend community events.
- Get involved and make our community stronger.



7 KEEP OUR COMMUNITY CLEAN AND SAFE

- Don't litter.
- Keep parks and streets clean.
- Report damage or hazards.



8 LOOK OUT FOR VULNERABLE PEOPLE

- Check on elderly neighbors and those who may need help.
- Offer support and kindness.



9 KNOW SAFETY RESOURCES AND EMERGENCY NUMBERS

- Save important numbers.
- Know where to go for help.
- Have an emergency plan for your family.



IMPORTANT NUMBERS

Emergency: 911

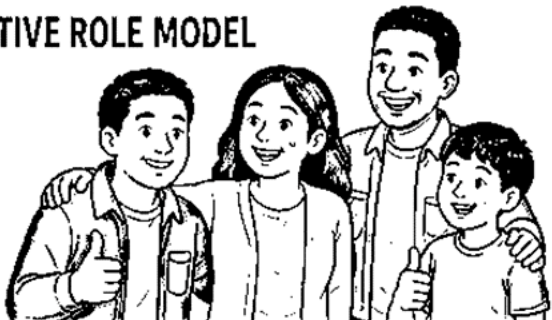
Non-Emergency
Police:

Poison Help: 1-800-222-1222

Crisis Lifeline: 988

10 BE A POSITIVE ROLE MODEL

- Your actions make a difference.
- Show responsibility, honesty, and care.
- Inspire others to do the same.



A SAFE COMMUNITY IS A STRONG COMMUNITY.
We care. We share. We keep each other safe.





KEEPING OUR COMMUNITY SAFE

We all play a part in keeping our community safe and caring.



1 WHAT CAN I DO?

Check the things you can do to help keep our community safe.

- ☐ Be kind and respectful
- ☐ Include others
- ☐ Solve problems the right way
- ☐ Tell a trusted adult if something feels unsafe
- ☐ Follow community rules and laws
- ☐ Help keep our neighborhoods clean and safe
- ☐ Look out for others
- ☐ Use calm-down strategies
- ☐ Be a good neighbor and friend



2 STOP - THINK - CHOOSE

Think about a situation where you had a problem in the community.



STOP: What happened?



THINK: What are 2 safe choices you could make?

1. _____
2. _____



CHOOSE: What is the best choice? Why?

3 WHAT WOULD YOU DO?

You see someone in your community having trouble or feels unsafe.

What should you do?

- ☐ Ignore it
- ☐ Tell a trusted adult
- ☐ Tell a friend only
- ☐ Get help or call for help

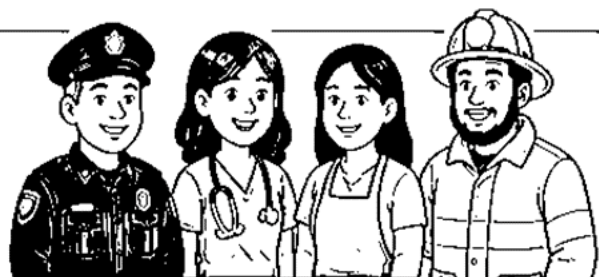
Why is this the best choice?



4 MY SAFE COMMUNITY PROMISE

Finish the sentence:

I will help keep my community safe by...



5 DRAW IT!

Draw a picture of you doing something that helps keep our community safe.





WAYS TO KEEP OUR COMMUNITY SAFE



We all have a part in keeping our community safe and caring for each other.

1 BUILD STRONG RELATIONSHIPS

- Get to know your neighbors.
- Look out for one another.
- Build a sense of trust and belonging.
- Support local schools and youth programs.



2 BE ALERT AND REPORT CONCERNS

- Report suspicious activity or safety concerns.
- Know your local non-emergency number and resources.
- If it's an emergency, call 911.
- Reporting helps prevent problems and keeps everyone safe.



SEE SOMETHING SAY SOMETHING



Report:
Emergency: 911
Non-Emergency:
Local Police
Department

3 RESOLVE CONFLICTS PEACEFULLY

- Use respectful communication.
- Listen and work toward solutions.
- Seek mediation or help when needed.



4 SUPPORT AND INCLUDE EVERYONE

- Treat everyone with respect and dignity.
- Stand up against bullying, discrimination, and hate.
- Celebrate diversity and inclusion.



5 KEEP ENVIRONMENTS CLEAN AND SAFE

- Report hazards like poor lighting, damaged sidewalks, or graffiti.
- Keep homes and properties well-maintained.
- Participate in community cleanups and improvements.



6 SUPPORT YOUTH AND POSITIVE ACTIVITIES

- Encourage education, sports, arts, and mentorship.
- Volunteer your time and skills.
- Help young people build confidence and purpose.



7 PROMOTE MENTAL HEALTH AND WELL-BEING

- Check in on family, friends, and neighbors.
- Encourage open conversations about mental health.
- Connect people with local resources and support.



8 PRACTICE SAFETY EVERY DAY

- Lock doors and windows.
- Secure vehicles and valuables.
- Obey traffic laws and stay aware.
- Follow local safety guidelines and laws.

SAFETY REMINDERS



LOCK IT



LIGHT IT



REPORT IT

9 WORK TOGETHER AS A COMMUNITY

- Join neighborhood or community groups.
- Attend meetings and share ideas.
- Work together to solve problems and build stronger, safer neighborhoods.



10 SUPPORT COMMUNITY HELPERS

- Show appreciation for police, firefighters, healthcare workers, and all who serve.
- Build positive relationships.
- They are here to help keep us safe.



©Heart and Mind Teaching



FAMILY COMMUNITY SAFETY PLAN

A PLAN WE CREATE TOGETHER. A SAFETY WE BUILD TOGETHER.



1 IMPORTANT FAMILY INFORMATION

Family Name: _____

Home Address: _____

Parent/Guardian Names & Phone Numbers: _____

Emergency Contact Outside the Area:

Name: _____

Phone: _____



BEFORE AN EMERGENCY



SAFE ADULTS WE CAN CONTACT

1. _____
2. _____
3. _____



SAFE PLACES WE CAN GO

- ☐ Relative's house
- ☐ Neighbor's house
- ☐ Community center
- ☐ Library
- ☐ Place of worship
- ☐ Other: _____



IMPORTANT PHONE NUMBERS

PERSON/PLACE	PHONE NUMBER
Police/Fire/EMS	911
Parent/Guardian	_____
School	_____
Neighbor	_____
Family Member	_____



IF SOMETHING UNSAFE HAPPENS



OUR FAMILY SAFETY RULES

- ☐ Stay calm and stay together if possible
- ☐ Move away from danger quickly
- ☐ Listen to trusted adults and emergency helpers
- ☐ Do not post unsafe events online while it is happening
- ☐ Call 911 if there is immediate danger
- ☐ Keep phones charged when possible



WHERE WILL WE MEET?

MEETING PLACE
NEAR HOME:



MEETING PLACE OUTSIDE
OUR NEIGHBORHOOD:



COMMUNICATION PLAN

HOW WILL WE CONTACT EACH OTHER?

- ☐ Text message
- ☐ Phone call
- ☐ Family group chat
- ☐ Other: _____



IF PHONES DO NOT WORK, WE WILL:



DISASTER EDUCATION: COMMUNITY SAFETY



➡ BE PREPARED

TABLE OF CONTENTS

➡ WHAT TO DO (SAFETY ACTIONS)

P. 21 INFORMATIVE HANDOUT/POSTER

P. 22-23 ACTIVITY

➡ DRILL

P. 24 SCHOOL SOFT LOCKDOWN DRILL

P. 25 SOFT LOCKDOWN SAFETY POSTER

P. 26 ACTIVITY

DISASTER EDUCATION: COMMUNITY SAFETY

➡ BE PREPARED



WHAT TO DO (SAFETY ACTIONS)

BEFORE AN UNSAFE EVENT



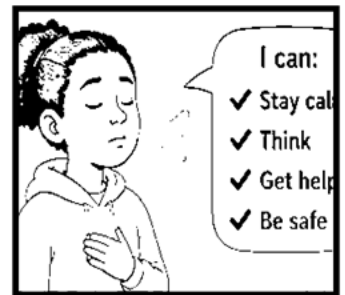
KNOW TRUSTED ADULTS
AND WHERE TO GO



LEARN EMERGENCY
NUMBERS AND PLANS



WATCH FOR WARNING
SIGNS/UNSAFE BEHAVIOR



PRACTICE CALMING
TECHNIQUES

DURING AN UNSAFE EVENT



STAY CALM, DON'T GO
TOWARD THE PROBLEM.



GET TO A SAFE PLACE
RIGHT AWAY



ALERT THE POLICE AND A
SAFE ADULT.



CALL 911 AND GET HELP
FROM AN ADULT

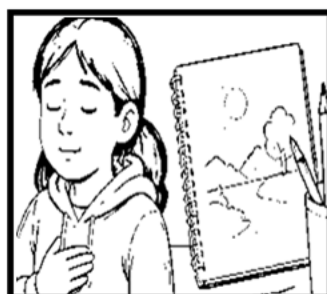
AFTER AN UNSAFE EVENT



TALK TO A TRUSTED
ADULT.



SPEND TIME WITH SAFE,
SUPPORTIVE PEOPLE



USE COPING SKILLS



HELP BUILD SAFETY AND
SUPPORT IN YOUR AREA

DISASTER EDUCATION: COMMUNITY SAFETY

➡ BE PREPARED



WHAT TO DO (SAFETY ACTIONS): ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE SCHOOL SAFETY FACT IS TRUE OR FALSE.



BEFORE AN UNSAFE
EVENT, YOU SHOULD
ALREADY KNOW A SAFE
PLACE TO GO.

TRUE OR FALSE?



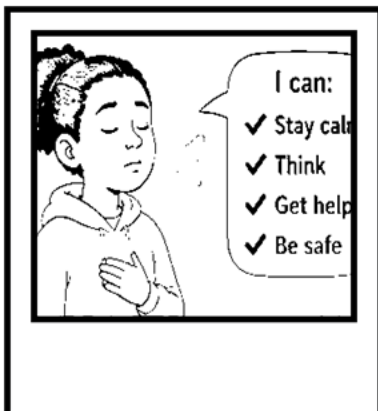
THERE IS NO NEED TO
LEARN EMERGENCY
NUMBERS AND PLANS.

TRUE OR FALSE?



YOU SHOULD ALERT
ADULTS TO POSSIBLE
WARNING SIGNS OF
UNSAFE EVENTS.

TRUE OR FALSE?



THERE IS NO NEED TO
PRACTICE CALMING
TECHNIQUES.

TRUE OR FALSE?



DURING AN UNSAFE
EVENT, YOU SHOULD
GO TOWARDS THE
PROBLEM.

TRUE OR FALSE?



DURING AN UNSAFE
EVENT, YOU SHOULD
GET TO A SAFE PLACE
RIGHT AWAY.

TRUE OR FALSE?

DISASTER EDUCATION: COMMUNITY SAFETY

➡ BE PREPARED



WHAT TO DO (SAFETY ACTIONS): ACTIVITY

READ THE SCENARIOS, WRITE UNDER THE IMAGE IF THE COMMUNITY SAFETY FACT IS TRUE OR FALSE.



DURING AN UNSAFE EVENT,
YOU SHOULD ALERT
POLICE.

TRUE OR FALSE?



DURING AN UNSAFE
EVENT, YOU DON'T NEED
TO CALL 911.

TRUE OR FALSE?



AFTER AN UNSAFE EVENT,
YOU SHOULD TALK TO A
TRUSTED ADULT ABOUT
WHAT HAPPENED.

TRUE OR FALSE?



AFTER AN UNSAFE EVENT,
YOU SHOULD IGNORE
FRIENDS AND ISOLATE.

TRUE OR FALSE?



AFTER AN UNSAFE EVENT,
YOU SHOULD TAKE CARE
OF YOURSELF USING
COPING SKILLS.

TRUE OR FALSE?



AFTER AN UNSAFE
EVENT, YOU SHOULD
HELP OTHERS FEEL
SAFE.

TRUE OR FALSE?

SOFT LOCKDOWN DRILL



1



BE AWARE AND LISTEN
TO ADULTS.

2



NO MOVEMENT BETWEEN
BUILDINGS OR IN HALLWAYS

3



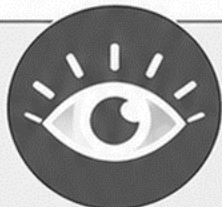
NO ONE ENTERS OR LEAVES
SCHOOL. CLASSES RESUME.

SOFT LOCKDOWN SAFETY

WE LOOK
OUT FOR
EACH OTHER



A soft lockdown helps keep everyone safe.
We continue learning while staying in our classrooms.



BE AWARE



Be aware of your surroundings and listen to adults.

If you see or hear something, tell a teacher.



MOVEMENT BETWEEN BUILDINGS OR IN HALLWAYS IS RESTRICTED



Stay in your classroom.

Do not go to other buildings or walk in the hallways.

We keep hallways clear and quiet.



CLASSES CONTINUE

NO ONE ENTERS OR LEAVES SCHOOL



All outside doors are locked.

No one enters or leaves the school.

Classes continue as normal.



**WE LOOK OUT FOR EACH OTHER.
WE STAY CALM. WE STAY SAFE.**



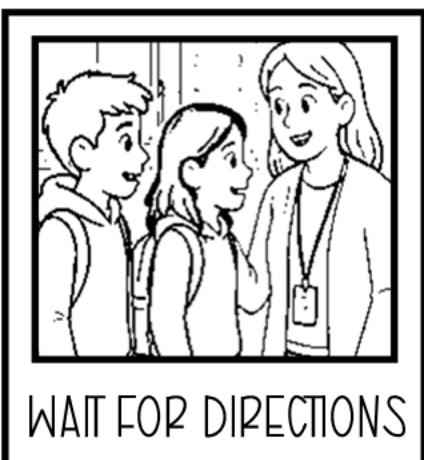
DISASTER EDUCATION: COMMUNITY SAFETY

➡ BE PREPARED



PREPARATION: SOFT LOCKDOWN DRILL ACTIVITY

WHAT SHOULD YOU DO IN A SOFT LOCKDOWN DRILL? CIRCLE THE CORRECT ANSWERS AND CROSS OUT THE WRONG ONES.



DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH/COPING

TABLE OF CONTENTS

➡ PROCESSING AFTER UNSAFE EVENT P. 28-32 REFLECTION PAGES

➡ FEELINGS & COPING SKILLS

P. 33-37 FEELINGS ACTIVITY

P. 38 COPING AFFIRMATIONS

P. 39-40 BREATHING EXERCISES

P. 41 GRATITUDE ACTIVITY

P. 42 GUIDED VISUALIZATION

➡ LOOK FOR THE HELPERS

P. 43-44 ACTIVITY

P. 45-46 THANK YOU LETTER TO A HELPER

P. 47 COPING TIPS FOR PARENTS

P. 48 STRESS ASSESSMENT

DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH / COPING

AFTER THE UNSAFE EVENT: PROCESSING FEAR & SAFETY

I FELT SAFE
WHEN...

A large, empty, rounded rectangular box intended for a child to draw a picture of what made them feel safe.

THE PEOPLE, PLACES, OR THINGS
THAT HELPED ME FEEL SAFE.

I FELT SCARED
WHEN...

A large, empty, rounded rectangular box intended for a child to draw a picture of what made them feel scared.

THE MOMENTS, PLACES, OR
THINGS THAT MADE ME FEEL SCARED.

THE SOUND THAT
FRIGHTENED ME
THE MOST WAS...

A large, empty, rounded rectangular box intended for a child to draw a picture of the sound that frightened them the most.

DRAW A PICTURE OF THE PEOPLE
OR THINGS THAT HELP YOU
FEEL SAFE AND CALM.

A large, empty, rounded rectangular box intended for a child to draw a picture of things that help them feel safe and calm.

DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH / COPING

AFTER THE UNSAFE EVENT: COPING WITH CHANGE

SOMETHING THAT IS DIFFERENT
IN MY LIFE NOW IS...



ONE THING THAT HAS
STAYED THE SAME IS...



DRAW WHAT YOUR SAFE ROUTINE LOOKS LIKE:
(MORNING, BEDTIME, SCHOOL, OR OTHER HELPFUL THINGS YOU DO)



DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH / COPING

AFTER THE UNSAFE EVENT : EXPRESSING LOSS

DRAW A PICTURE OF SOMEONE OR SOMETHING THAT BRINGS YOU COMFORT.

A MEMORY THAT MAKES ME SMILE IS...



SOMETHING I MISS IS...



WHEN I FEEL SAD,
I CAN...



THINGS THAT CAN HELP ME
FEEL BETTER...



DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH / COPING

AFTER THE UNSAFE EVENT: BUILDING HOPE

ONE THING I'M LOOKING FORWARD TO IS...



KINDNESS
RESPECT
SAFETY
TOGETHER

DRAW A SYMBOL OR PICTURE
OF HOPE FOR YOUR FUTURE. ♥



A HELPER I CAN COUNT ON IS...



DRAW YOURSELF BEING BRAVE.



I WAS BRAVE WHEN I...



DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH / COPING

AFTER THE UNSAFE EVENT: MY STRENGTHS

SOMETHING I CAN DO TO
HELP MYSELF IS...



SOMETHING I CAN DO TO
HELP OTHERS IS...



DRAW YOURSELF BEING BRAVE.



I WAS BRAVE WHEN I...



UNSAFE FEELINGS

DURING AN UNSAFE SITUATION IN THE COMMUNITY, OUR FEELINGS CAN FEEL BIG AND ALL OVER THE PLACE. THEY MIGHT START OUT STRONG—SCARY, CONFUSING, OR OVERWHELMING. BUT WHEN WE USE CALMING STRATEGIES, THOSE FEELINGS CAN SLOWLY SETTLE DOWN AND BECOME SMALLER AND EASIER TO HANDLE.

COFFEE CORNER



BOOKS & MORE

COMMUNITY MARKET



Sadness



Anger



Fear



Worry



Safe



Relieved

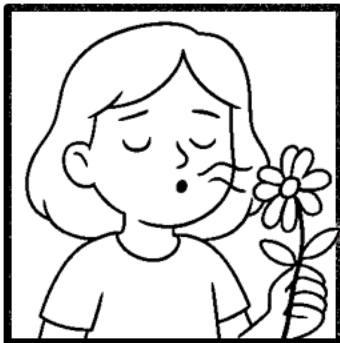


Resilient



Hopeful

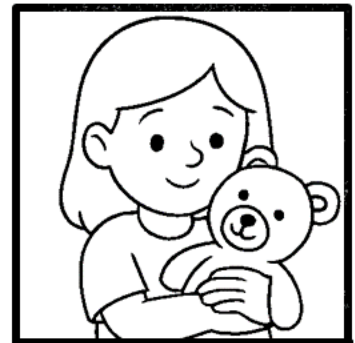
COPING SKILLS



DEEP BREATHING



USE SAFE TALK



HOLD A COMFORT ITEM



USE GROUNDING



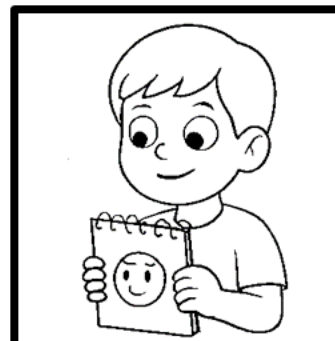
MOVE YOUR BODY



TALK TO A HELPER



PRACTICE GRATITUDE



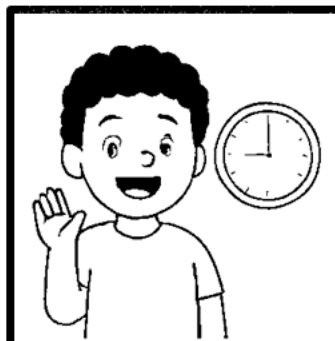
DRAW PICTURES



WRITE IN A JOURNAL



IMAGINE A CALM
SAFE PLACE



GO BACK TO NORMAL
ROUTINES



LISTEN TO CALMING
MUSIC

DISASTER EDUCATION: COMMUNITY SAFETY



➡ AFTERMATH / COPING

COPING WITH AN UNSAFE EVENT: ACTIVITY

BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. WRITE YOUR ANSWER AND DRAW THE COPING SKILL.

I AM FEELING...



Panic



Anger



Overwhelmed

I CAN DO THIS TO HELP...

DISASTER EDUCATION: COMMUNITY SAFETY

➡ AFTERMATH / COPING

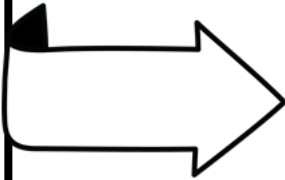


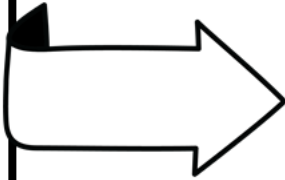
COPING WITH AN UNSAFE EVENT: ACTIVITY

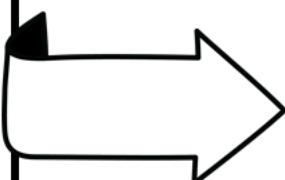
BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. WRITE YOUR ANSWER AND DRAW THE COPING SKILL.

I AM FEELING...

I CAN DO THIS TO HELP...







DISASTER EDUCATION: COMMUNITY SAFETY

➡ AFTERMATH / COPING



COPING WITH AN UNSAFE EVENT: ACTIVITY

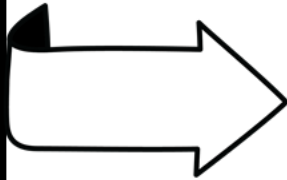
BASED ON THE FEELING SHOWN, DECIDE ON A COPING SKILL TO HELP GET THAT FEELING IN CONTROL. WRITE YOUR ANSWER AND DRAW THE COPING SKILL.

I AM FEELING...

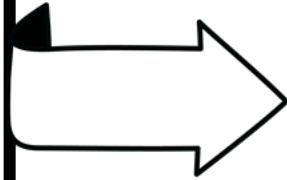
I CAN DO THIS TO HELP...



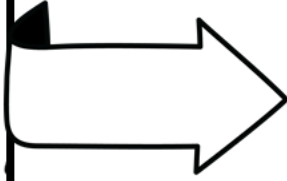
Restless



Confused



Safe



COPING AFFIRMATIONS



I AM SAFE RIGHT NOW.

I am in this moment, and I am okay.



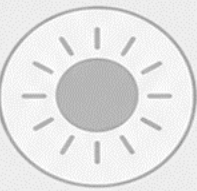
I AM NOT ALONE.

There are people who care about me and are here to help.



MY FEELINGS ARE OKAY.

It's okay to feel sad, scared, angry, or worried. My feelings are valid.



I AM STRONG AND BRAVE.

I have made it through hard things before, and I can get through this too.



I CHOOSE HOPE.

I believe that better days are ahead. Hope helps me heal.



I TAKE CARE OF MYSELF.

I can take deep breaths, talk to someone, and do things that help me feel better.



I MATTER.

I am important, I am loved, and I have a bright future.



I CAN MAKE A DIFFERENCE.

I can be kind, help others, and help make my community stronger.

STRONG
COMMUNITY
BRIGHT
FUTURE

TOGETHER
WE HEAL

BREATHING EXERCISES



1. HEART & HEAL BREATHING

A gentle breath to bring comfort and safety.

- ♥ BREATHE IN SLOWLY through your nose for 4 counts.
- ♥ HOLD for 4 counts. Feel kindness in your heart.
- ♥ BREATHE OUT SLOWLY through your mouth for 6 counts.
- ♥ REPEAT 4 times. I am healing. I am not alone.



2. RELEASE & RENEW BREATHING

A breath to release stress and tension.

- ☞ BREATHE IN for 4 counts. Imagine peace coming in.
- ☞ HOLD for 4 counts. Let it fill your body.
- ☞ BREATHE OUT for 6 counts. Let go of fear and worry.
- ☞ REPEAT 4 times. I am letting go. I am growing stronger.



3. TOGETHER WE HEAL BREATHING

A breath to feel supported and connected.

- ♥ BREATHE IN for 4 counts. Think of people who care about you.
- ♥ HOLD for 4 counts. Feel their support around you.
- ♥ BREATHE OUT for 6 counts. Share kindness and care.
- ♥ REPEAT 4 times. We are stronger together.



4. HOPE & MOVE FORWARD BREATHING

A breath to build hope and keep moving forward.

- ☞ BREATHE IN for 4 counts. Imagine a brighter future.
- ☞ HOLD for 4 counts. Believe in yourself.
- ☞ BREATHE OUT for 6 counts. You are ready for what's next.
- ☞ REPEAT 4 times. I have hope. I keep moving forward.

RIDE THE SAFE COMMUNITY SPIRAL



Follow the spiral with your finger. Breathe in slowly as you trace the spiral inward. Breathe out slowly as you trace the spiral outward.







GRATITUDE




♥ I am grateful for... ♥




My community
because...




The people
who support me
because...




Things I
learned about
my strength because...



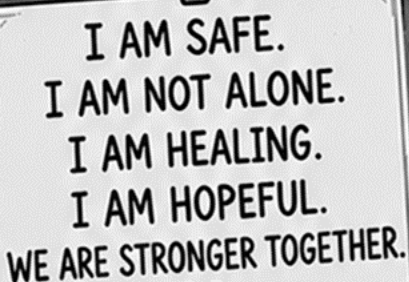



Things that
gave me hope
because...




My friends and
neighbors because...



My future
because...



I AM SAFE.
I AM NOT ALONE.
I AM HEALING.
I AM HOPEFUL.
WE ARE STRONGER TOGETHER.



HOPE
SUPPORT
KINDNESS
HEALING



STRONGER
♥
TOGETHER



GUIDED VISUALIZATION: FINDING CALM AND SAFETY AGAIN

1

GET READY:

Sit in a comfortable position. Take a slow, deep breath in... and gently breathe out. Again... breathe in slowly... and breathe out slowly.

2

IMAGINE YOUR SAFE PLACE:

Imagine you are standing in a calm, safe place. Look around your safe place. Notice the colors, the sounds, the smells, and the feeling of safety around you.

3

BREATHE IN CALM, BREATHE OUT STRESS:

As you breathe in, imagine calm filling your body. As you breathe out, imagine stress and fear slowly floating away.

4

IMAGINE A WARM, SAFE LIGHT:

Now imagine a warm, glowing light around you. This light is made of safety, support, and care. It reminds you that there are people who want to help and protect you.

5

THINK ABOUT YOUR HELPERS:

Think about the helpers in your life. Picture those helpers standing beside you. You are not alone. You are supported.

6

LET GO AND GROW HOPE:

Let go of scary thoughts by imagining them on a cloud and letting them float away. Now picture yourself doing something hopeful. Even after hard things happen, hope, kindness, and healing can still grow.

7

SAY THESE TO YOURSELF:

- I am safe right now.
- I can ask for help.
- There are people who care about me.
- I am strong, supported, and healing.

Take one more deep breath in... and slowly breathe out.



LOOK FOR THE HELPERS

UNSAFE SITUATIONS IN THE COMMUNITY CAN FEEL SCARY. BUT DO YOU KNOW WHAT MR. ROGERS ALWAYS SAID? *'LOOK FOR THE HELPERS'*. THERE ARE ALWAYS PEOPLE HELPING."

HOW DO HELPERS MAKE US FEEL AFTER SOMETHING SCARY?



WHO ARE HELPERS YOU KNOW IN OUR COMMUNITY?



WHAT DO THEY DO TO HELP?



LOOK FOR THE HELPERS

UNSAFE SITUATIONS IN THE COMMUNITY CAN FEEL SCARY. BUT DO YOU KNOW WHAT MR. ROGERS ALWAYS SAID? *'LOOK FOR THE HELPERS'*. THERE ARE ALWAYS PEOPLE HELPING."

ONE HELPER I SAW ASSISTING OTHERS WAS:



SEEING OTHERS HELPING PEOPLE MADE ME FEEL:



CAN KIDS BE HELPERS TOO? WHAT SMALL WAYS CAN WE HELP OTHERS?



THANK YOU, HELPERS!

TOGETHER
WE HEAL.
TOGETHER
WE RISE.



Thank you for helping our
community during a difficult time.

Your care, courage, and kindness
make a difference.



Thank you for _____.



You helped our community by _____.

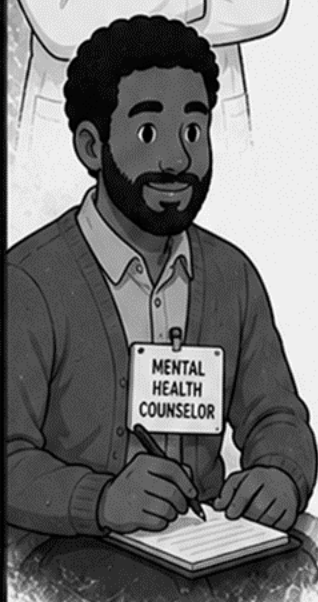


You made a difference because _____.

_____.



Draw a picture of the people who helped
our community during this difficult time.



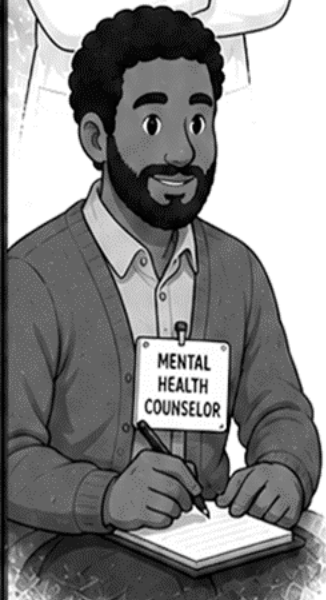
THANK YOU, HELPERS!

TOGETHER
WE HEAL.
TOGETHER
WE RISE.

Thank you for helping our
community during a difficult time.

COMMUNITY
CENTER

STRONGER
TOGETHER



COPING TIPS FOR PARENTS



EXPERIENCING AN UNSAFE SITUATION IN THE COMMUNITY CAN BE FRIGHTENING FOR CHILDREN AND FAMILIES. HERE ARE SOME SIMPLE WAYS TO SUPPORT YOUR CHILD AS THEY COPE WITH THE AFTERMATH.

➡ SUPPORTING YOUR CHILD EMOTIONALLY

- LISTEN AND REASSURE – ALLOW YOUR CHILD TO SHARE FEELINGS AND REMIND THEM THEY ARE SAFE.
- MAINTAIN ROUTINES – KEEP MEAL, BEDTIME, AND SCHOOL SCHEDULES CONSISTENT.
- ENCOURAGE EXPRESSION – LET CHILDREN DRAW, PLAY, OR TELL STORIES TO PROCESS FEELINGS.

➡ COPING STRATEGIES TO PRACTICE TOGETHER

- BREATHING – TRY 'SMELL THE FLOWER, BLOW OUT THE CANDLE' TOGETHER.
- GROUNDING – NOTICE 5 THINGS TO SEE, 4 TO TOUCH, 3 TO HEAR, 2 TO SMELL, 1 TO TASTE.
- POSITIVE AFFIRMATIONS – REPEAT CALMING WORDS LIKE 'I AM SAFE' AND 'I AM STRONG.'

➡ WHEN TO SEEK EXTRA SUPPORT

- FREQUENT NIGHTMARES OR TROUBLE SLEEPING.
- ONGOING FEAR, CLINGINESS, OR WITHDRAWAL.
- FREQUENT HEADACHES, STOMACHACHES, OR APPETITE CHANGES.

➡ SCHOOL SUPPORT

OUR STAFF ARE HERE TO HELP. WE WILL PROVIDE EXTRA EMOTIONAL SUPPORT IN THE COMING DAYS. IF YOU HAVE CONCERNS, PLEASE CONTACT:

TYPE HERE THE PERSON THEY SHOULD CONTACT.

DISASTER EDUCATION: COMMUNITY SAFETY



STRESS ASSESSMENT

	NONE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME
1. DO YOU GET SCARED, AFRAID OR UPSET WHEN YOU THINK ABOUT THE UNSAFE EVENT?			
2. DO YOU GO OVER IN YOUR MIND WHAT HAPPENED, SEEING PICTURES OR SOUNDS IN YOUR MIND ABOUT WHAT HAPPENED?			
3. DO THOUGHTS ABOUT IT COME BACK TO YOU EVEN WHEN YOU DON'T WANT THEM TO?			
4. DO YOU HAVE DREAMS ABOUT THE UNSAFE EVENT OR HAVE TROUBLE SLEEPING?			
5. DO YOU WORRY THAT IT WILL HAPPEN AGAIN?			
6. WHEN SOMETHING REMINDS YOU OF WHAT HAPPENED, DO YOU GET TENSE OR UPSET?			
7. IS IT AS EASY TO PAY ATTENTION (CONCENTRATE) AS BEFORE?			
8. DO YOU GET MORE STOMACH ACHES, HEADACHES, OR OTHER SICK FEELINGS THAN YOU DID BEFORE?			

counseling

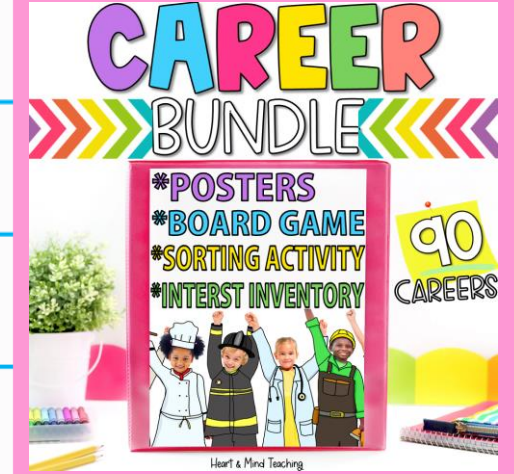
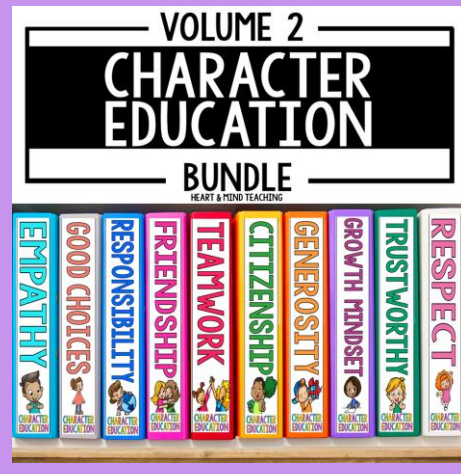
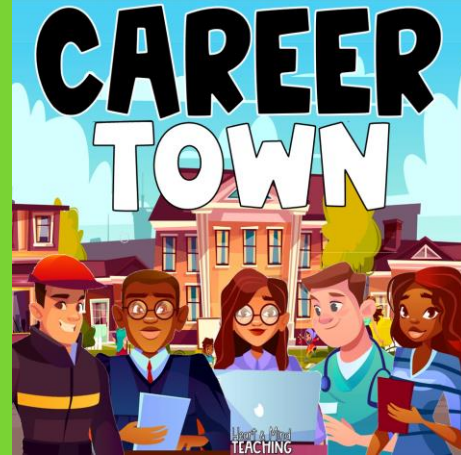
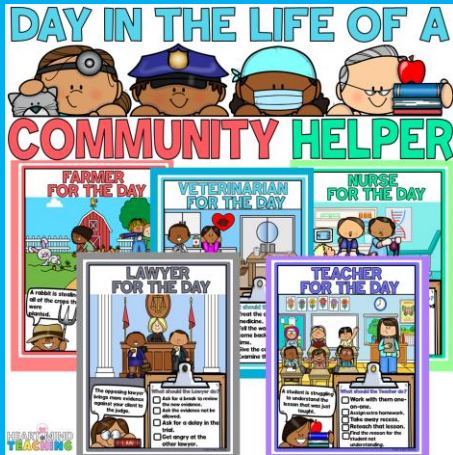
sel

small groups

book companions

behavior

♡♡ Best Selling Resources ♡



COUNSELOR COLLAB MEMBERSHIP

The Must-have resource membership:

www.counselorcollab.com

♡ **WANT A PEEK INTO MY CLASSROOM?**

Check out my website:

www.heartandmindteaching.com



TERMS OF USE

By purchasing this product, you, the purchaser, are granted the right to reproduce pages for ONE classroom only. Duplication for more than one classroom or teacher is strictly forbidden. Doing so is a violation of the Digital Millennium Copyright Act (DMCA). This resource may not be uploaded or distributed online for free (even if it is a free resource) – on a district or outside site. Thank you for respecting my work!

You may:

- ✓ Use items for your personal use.
- ✓ Make copies for your classroom or your own student's families.
- ✓ Reference (without distribution) this product in blog posts, seminars, PD workshops, provided there is credit given to myself as the author and a link back to my TPT store included.

You may not:

- ✗ Claim this work as your own, alter the files in any way, or remove the copyright.
- ✗ Repackage, sell, or giveaway this product to others.
- ✗ Offer to share this product anywhere on the internet as a download or copy.

A special thanks to these authors:

THIS RESOURCE WAS CREATED WITH ELEMENTS FROM THESE AUTHORS.

