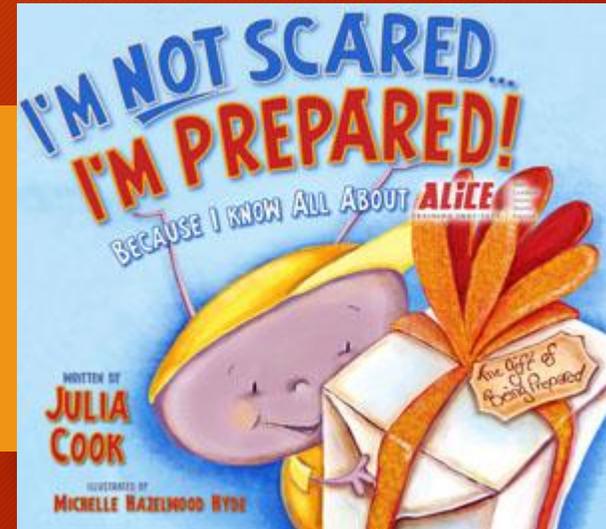


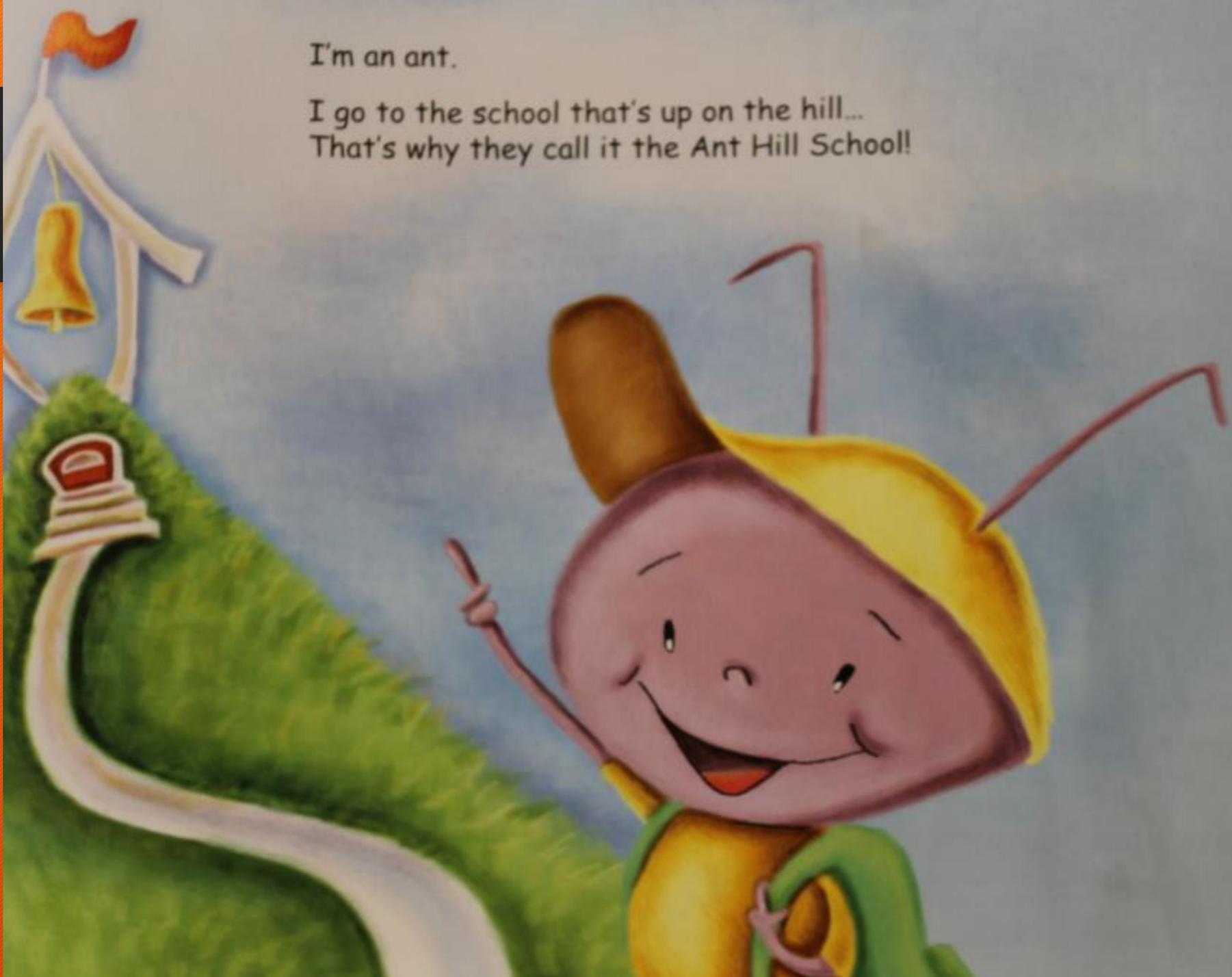
I'm NOT Scared, I'm Prepared!

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!





BE PREPARED FOR EVERYTHING

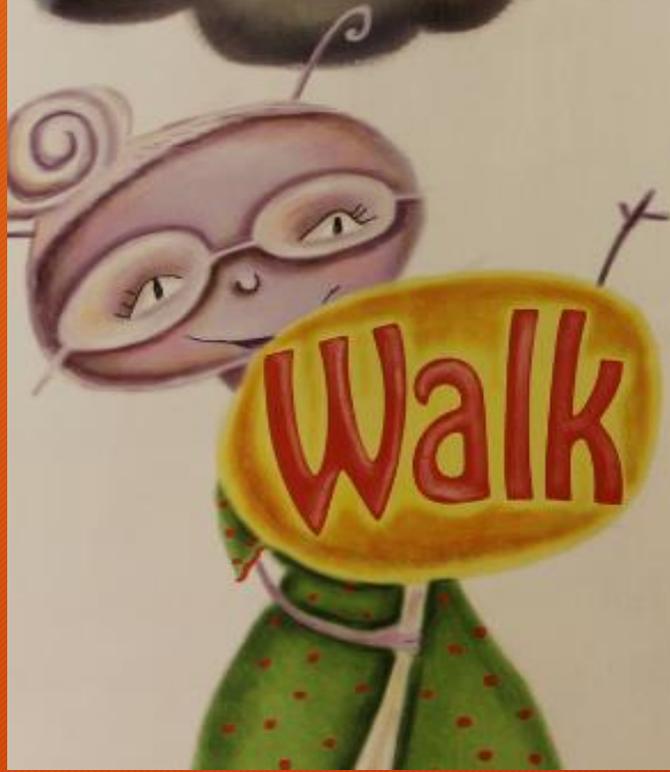


My teacher's the BEST! She cares about every single ant in my class! She always says: "The very best gifts that I can give to each and every one of you, are the gifts of being prepared...for EVERYTHING!"

BE PREPARED FOR EVERYTHING



WHAT ARE THE BEST WAYS TO STAY SAFE?



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!"

WHAT ARE THE BEST WAYS TO STAY SAFER?

THE SHEEP, THE SHEPHERD, & THE WOLF DRILL

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.



THE SHEEP, THE SHEPHERD, & THE WOLF DRILL



ALICE

Great plan of action = **ALICE**



"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."

ALICE





ALERT, LOCK DOWN

The

"



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



says we need to **LOCK DOWN**.



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



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



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



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

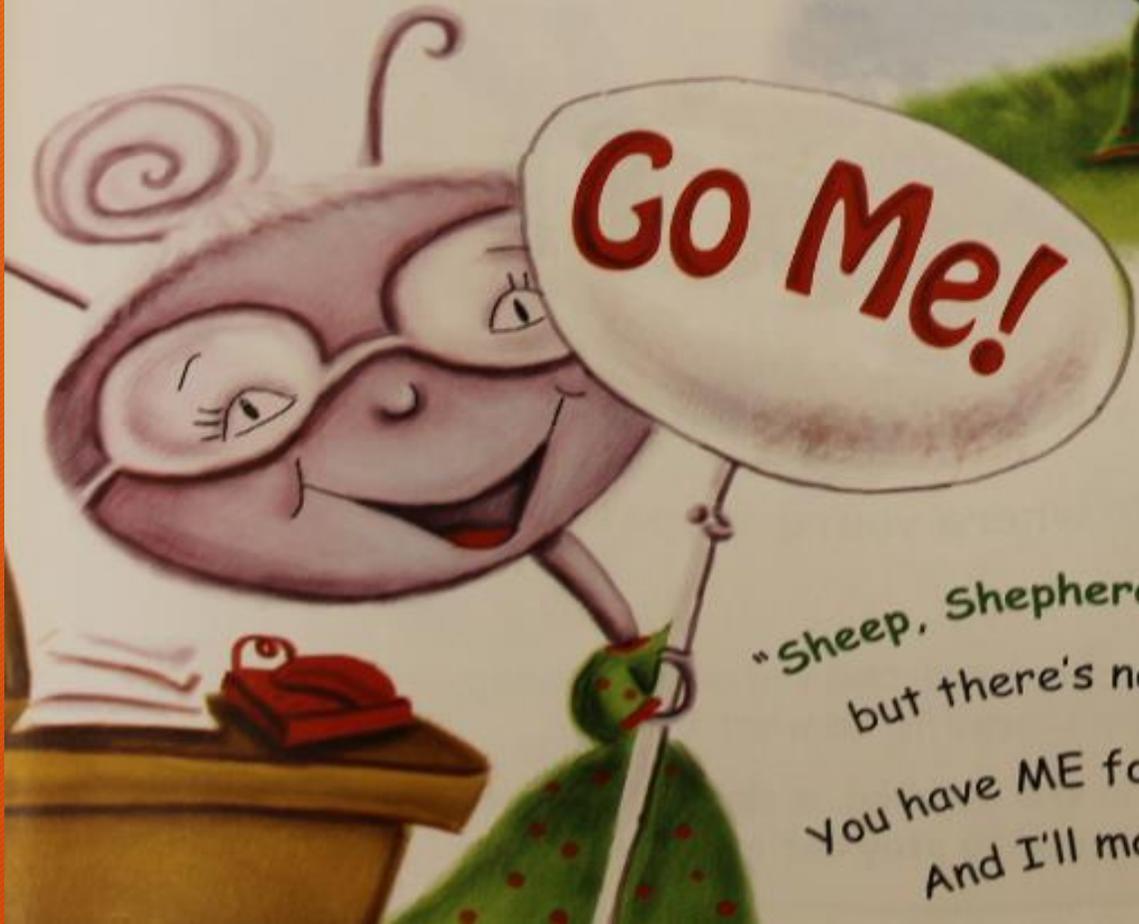
"Excellent question, my teacher said. Let's all take a walk and I'll show you."

Evacuate

Inform, Counter,

Don't be Scared!

"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!"



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."

are prepped!

We'll make sure you

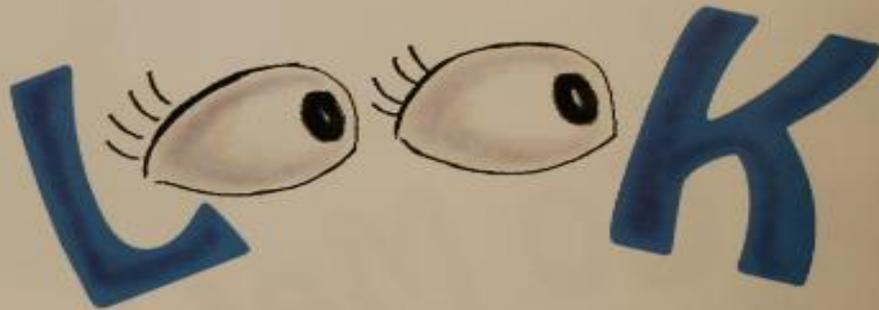




Stop, Look, & Listen

"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!"

Stop, Look, & Listen



SPREAD OUT AND BE
READY TO JUMP!

"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!**"



SPREAD OUT AND BE
READY TO JUMP!



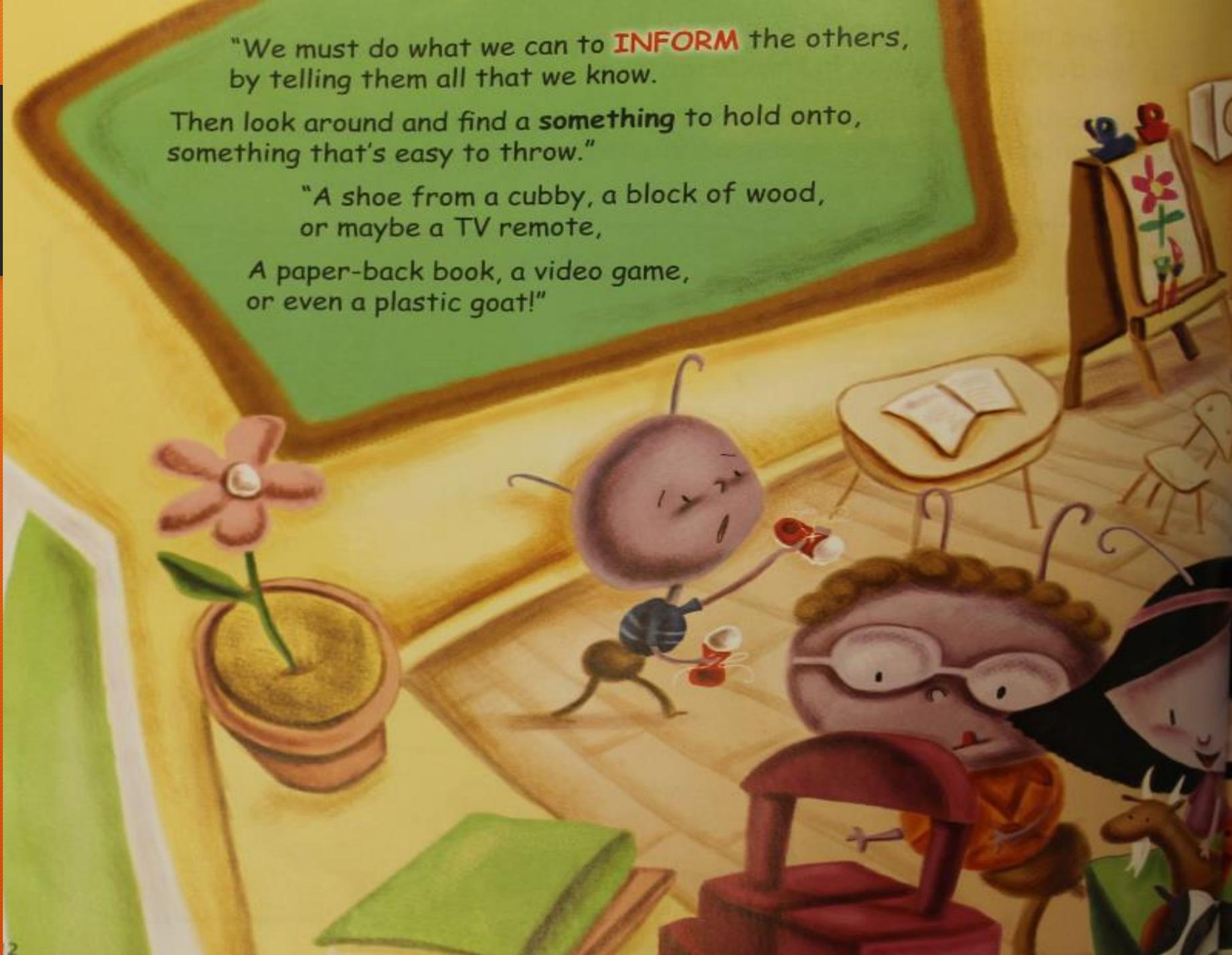
INFORM

"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!"



INFORM

 MAKE NOISE, THROW THINGS, RUN ZIG-ZAGGY!

"If the wolf gets into our classroom,
we'll know just what to do.

Make noise, run around and
throw our **some things** 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!



MAKE NOISE, THROW THINGS, RUN ZIG-ZAGGY!

SHEEP, SHEPHERD, WOLF

DREILL!



"You want us to RUN in the HALLWAY?"
I asked.

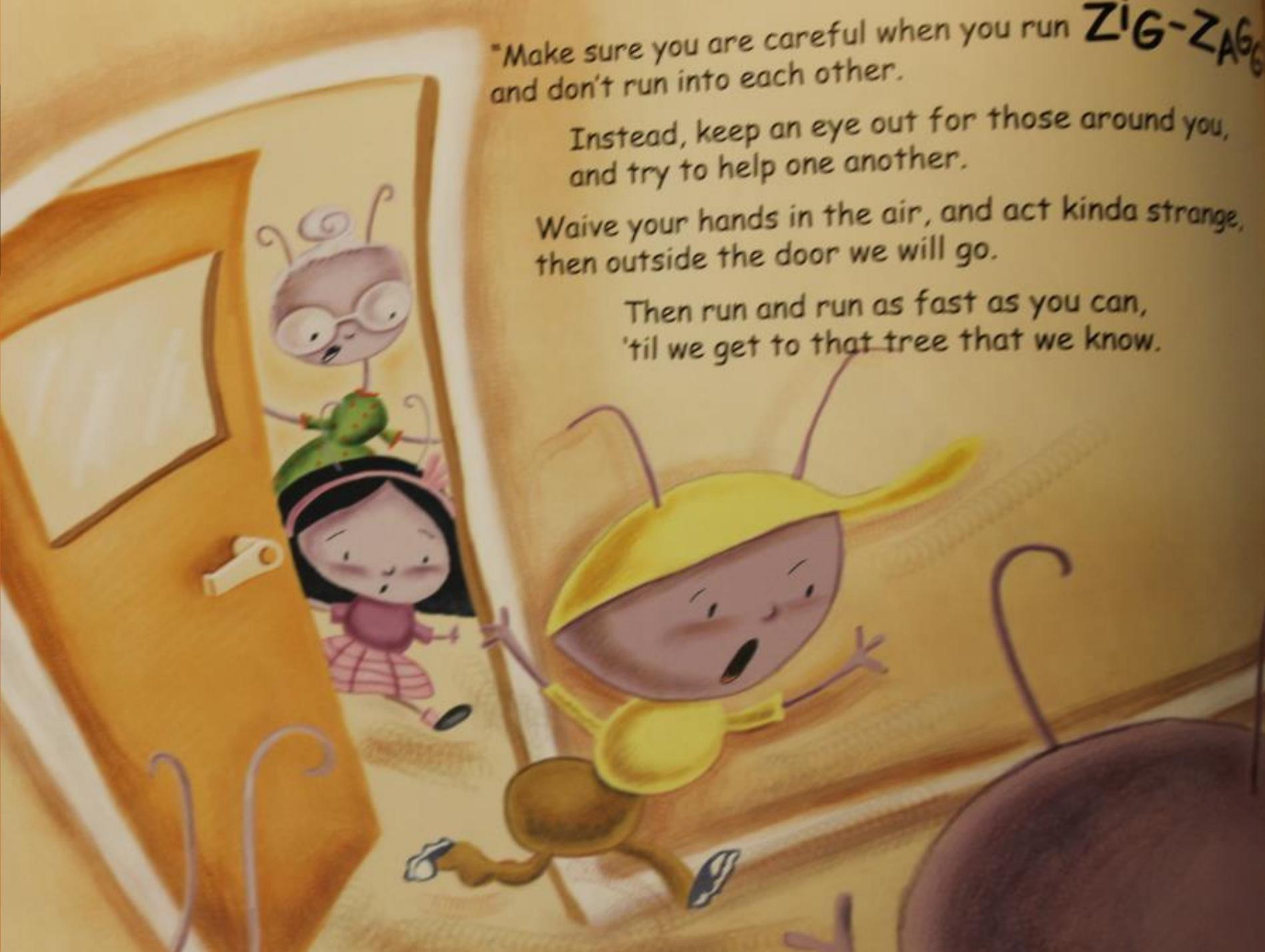
"It's always OK to run in halls when you
are practicing the SHEEP, SHEPHERD,
WOLF drill....but,

DREILL!

SHEEP, SHEPHERD, WOLF

RUN TO THE TREE THAT

WE KNOW!



*Make sure you are careful when you run **ZIG-ZAGG** 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.

WE KNOW!

RUN TO THE TREE THAT

STOP, LOOK, LISTEN



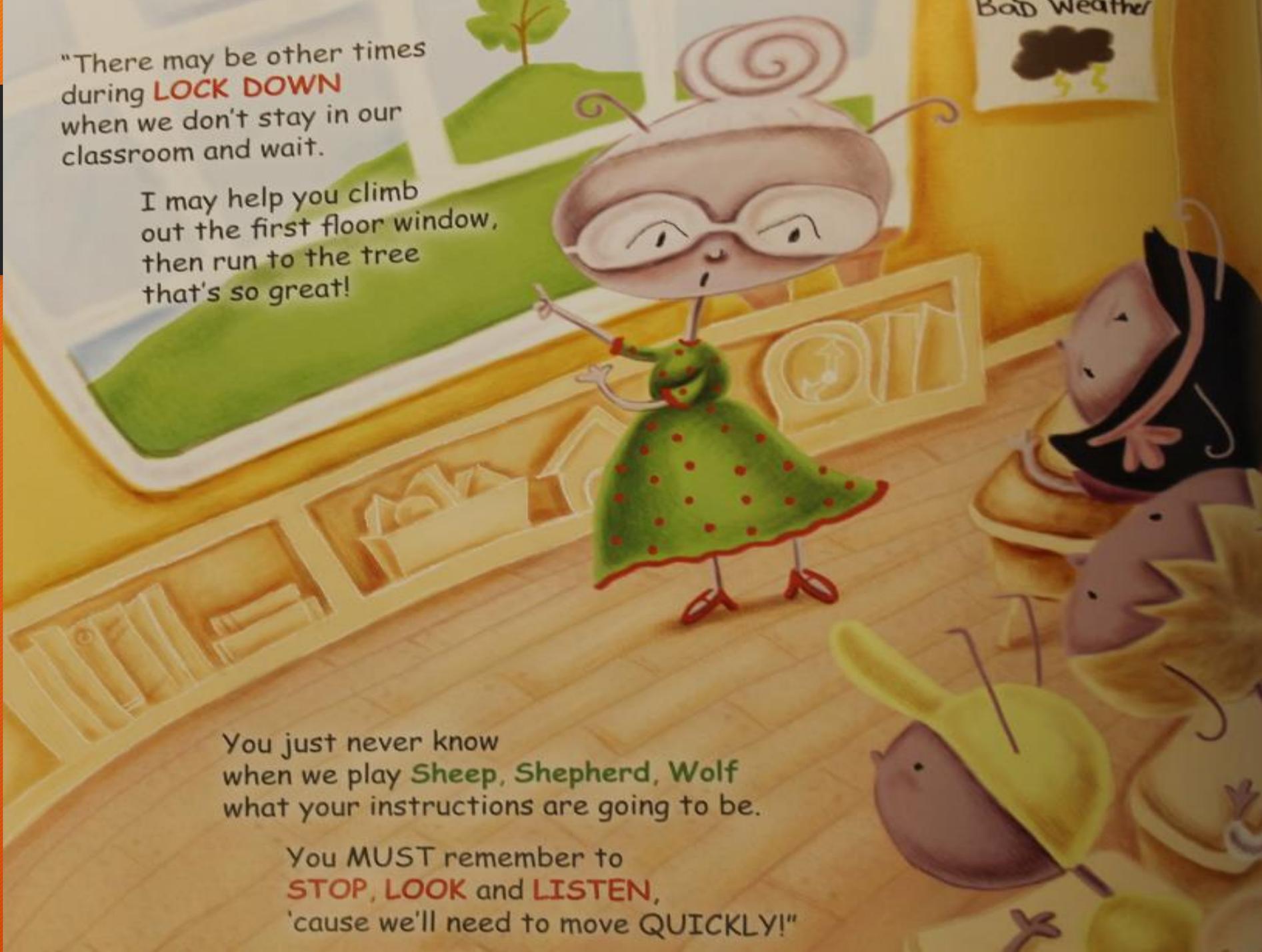
"There may be other times during **LOCK DOWN** when we don't stay in our classroom and wait.

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!**"

STOP, LOOK, LISTEN





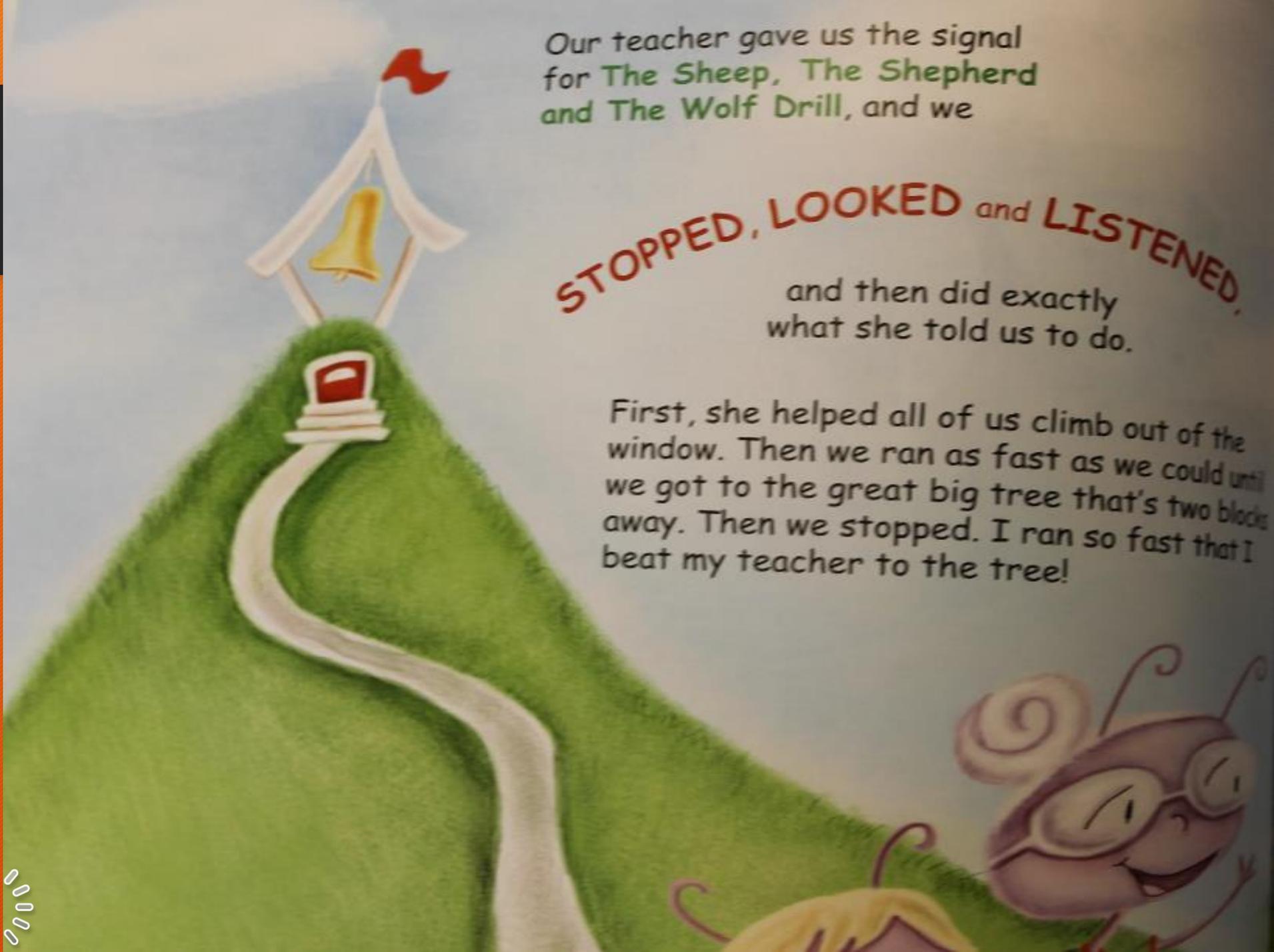
Let's PRACTICE



"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!"

Let's PRACTICE



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!

PRACTICE, PRACTICE,
PRACTICE!

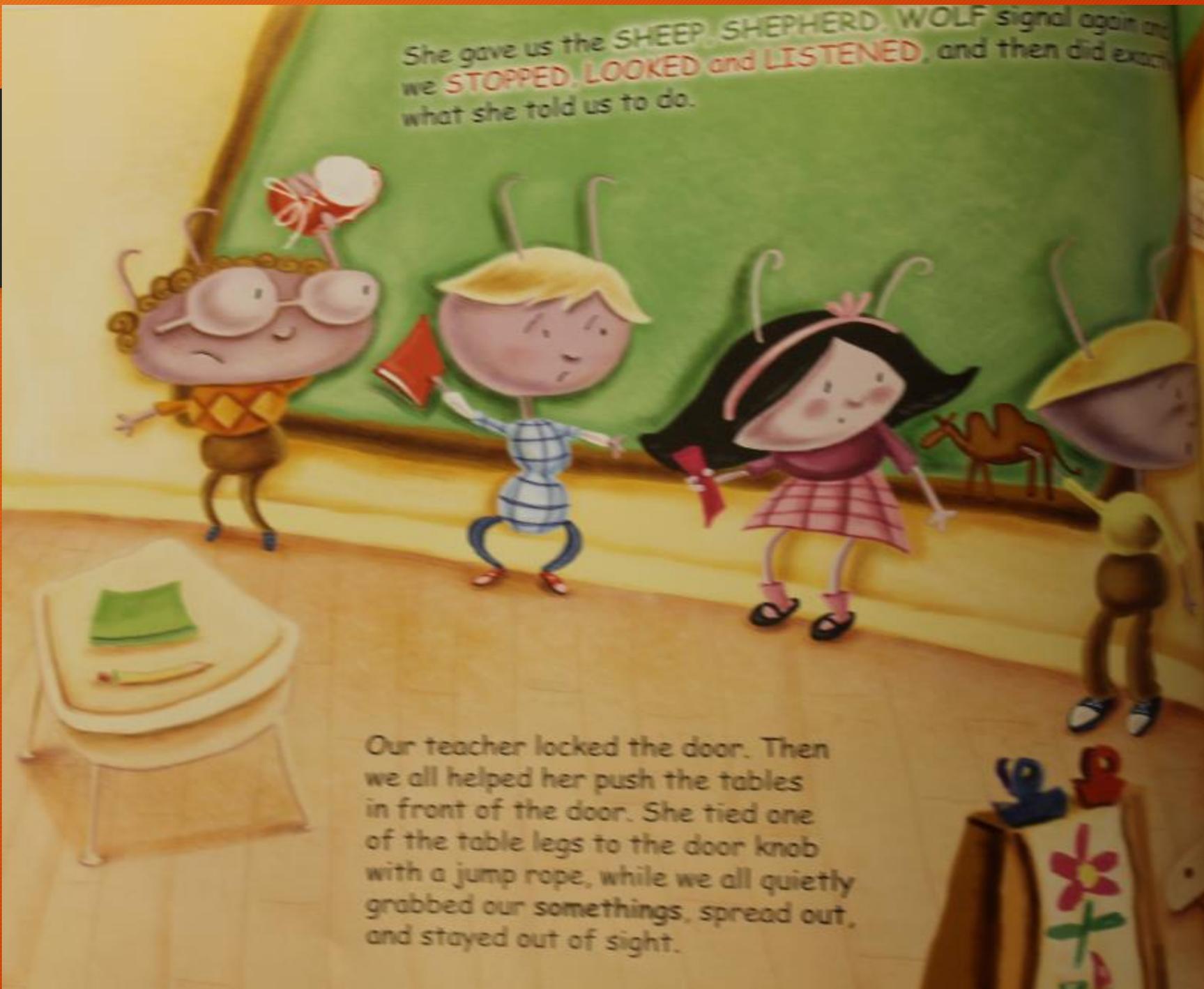


Then, we all walked back
to school, went back
into our classrooms and
practiced some more.



PRACTICE, PRACTICE,
PRACTICE!

PRACTICE, PRACTICE,
PRACTICE!



She gave us the SHEEP, 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.

PRACTICE, PRACTICE,
PRACTICE!

PRACTICE, PRACTICE,
PRACTICE!



PRACTICE, PRACTICE,
PRACTICE!

PRACTICE, PRACTICE,
PRACTICE!



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!**

PRACTICE, PRACTICE,
PRACTICE!

PRACTICE, PRACTICE, PRACTICE!



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.

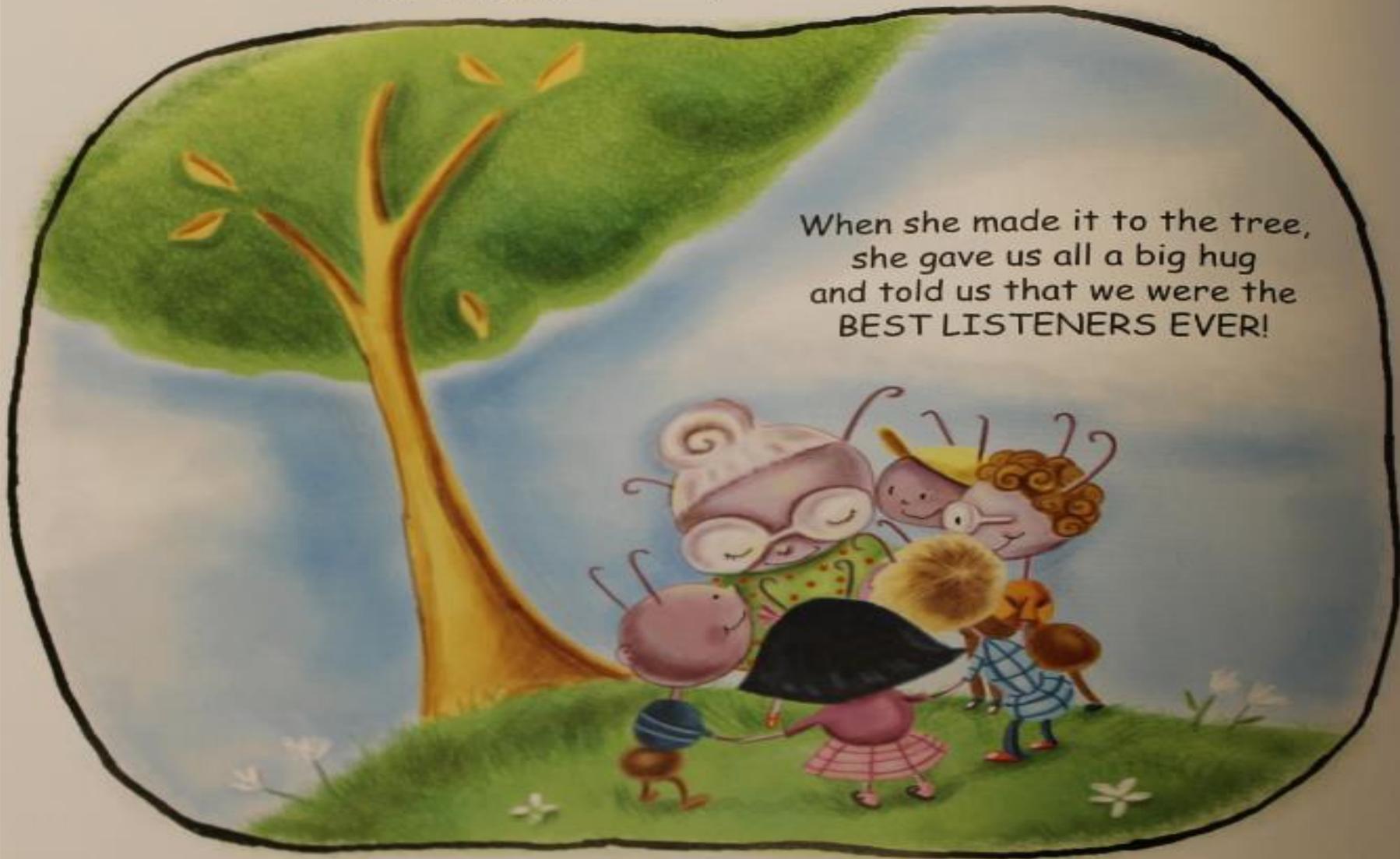


PRACTICE, PRACTICE, PRACTICE!



BE THE BEST
LISTENERS EVER!

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."

BE THE BEST
LISTENERS EVER!

PRACTICE, PRACTICE,
PRACTICE!



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!**"

PRACTICE, PRACTICE,
PRACTICE!

PRACTICE, PRACTICE, PRACTICE!



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**,
climbed out of a window and
ran to the great, big tree twice.

I threw paper wad balls at Mr. Olsen
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.

PRACTICE, PRACTICE, PRACTICE!

PRACTICE, PRACTICE, PRACTICE!



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**, 'cause 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.

E

stands for **EVACUATE**, which means

PRACTICE, PRACTICE, PRACTICE!

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 says **INFORM**, cause 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.

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



ALICE

ALICE