



## A Guide to Navigating Lockdowns

**This printable provides step-by-step directions for before, during and after a lockdown. These steps are designed to minimize trauma and anxiety and help students integrate the experience.**

Although many schools require lockdowns as a safety measure, these drills often trigger anxiety and even trauma for students. Children who are regularly exposed to frightening circumstances may experience depression, poor sleep, ongoing anxiety and worsening academic performance.

As educators, how can we prepare children for a life or death scenario and optimal learning at the same time? This printable provides trauma-informed, step-by-step directions for before, during and after a lockdown. Print a copy for your classroom for reminders on how to establish safety, reduce anxiety, and help students integrate the potentially frightening experience of a lockdown or lockdown drill.

The printable accompanies Dr. Becky Bailey's article, [Navigating Lockdowns: How to Reduce Anxiety](#) and Restore Safety. You can also read key takeaways on effectively managing lockdowns for [administrators](#), [teachers](#) and [parents](#).

### **Conscious Discipline Glossary:**

- **S.T.A.R.:** One of Conscious Discipline's four core breathing techniques, S.T.A.R. stands for Smile, Take a deep breath, And Relax. Breathe in through the nose with the belly going out, then out through the mouth with the belly going in. Exhale longer than you inhale. Three deep belly breaths shut off the body's "fight or flight" response, allowing us to access our executive state and its brilliance.
- **Wish Well:** Wishing well provides children and adults with a way to support one another and calm themselves. The process for wishing well includes taking three deep breaths, filling your heart with love, and then sending that love to another person. Wishing well generates an internal cascade of feel-good neurochemicals and hormones that boost positive feelings.

# A GUIDE TO NAVIGATING LOCKDOWNS

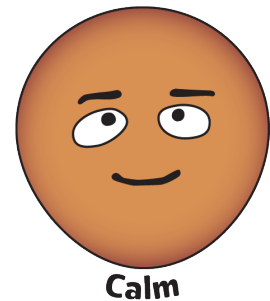
## BEFORE A LOCKDOWN

1. Create and share a visual routine for lockdown procedures.
2. Infuse self-regulation into school culture by practicing S.T.A.R. and Wishing Well.
3. Practice, practice, practice procedures.



## DURING A LOCKDOWN

1. Remain calm. Your state dictates their state.
2. Coach students in self-regulation.
3. Keep an eye on children who may need extra assistance. Move closer or put them near peers who self-regulate well.
4. Communicate as much information as possible.



## AFTER A LOCKDOWN

1. Breathe. "It's over. That was scary, but we can get through this day. Let's take some deep breaths."
2. Debrief. Ask how children felt and what their experience was like. Share your feelings and experience too.
3. Share gratitude (e.g., I'm grateful that was a drill. I'm grateful Robert helped me stay calm).
4. Get moving. Sing, dance, incorporate face-to-face interaction, reconnect.
5. Breathe again and transition back to learning. Try reviewing previous content rather than teaching something new.

