

Cool Tool

Eagle Expectation: Act Responsibly

Name of the Setting/Skill: Emergencies – Remain Calm

SEL Standard: 1A.1b. Demonstrate control of impulsive behavior.

Purpose of the Lesson:

1. To make sure that everyone can hear and follow the directions given during an emergency
2. To maintain safety during an emergency

Teaching Examples:

1. An emergency occurs and you become very scared. You feel the urge to cry and have a breakdown. You remember that you have practiced this drill before. It is important for you to remain calm and listen to the directions that are being given. You decide to pull yourself together and trust in your training and in your teacher.
2. An emergency has occurred. One of your classmates is hysterical. You cannot hear the directions being given by your teacher. You go to your classmate and comfort him/her. You remind him/her about the importance of remaining calm. Your classmate quiets down, and everyone gets out of the building safely.

Kids Activities/Role Play:

1. Role-play remaining calm during an emergency.
2. Encourage and support appropriate responses during emergency situations and/or drills.

Follow-up Reinforcement Activities:

1. Reward students who remain calm with Eagle Eyes.
2. Praise appropriate behavior during emergency situations.