

*ALICE Training Institute*

**ALICE**®

**TRAINING INSTITUTE**

**K-3 Lesson Plans**

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# Information

## Summary

This lesson plan book is designed to help you teach the ALICE strategies to students in Kindergarten through 3rd grade. Each grade level has a dedicated section with a sample lesson plan on how to teach the ALICE strategies. Many grade levels also have additional resources in the Appendix.

All of the lessons in this book utilize the *I'm Not Scared... I'm Prepared, Because I Know All About ALICE* book and accompanying Activity & Idea book. While we recommend which activities to use per grade level, please note all activities listed in the book can be used.

You also have the following resources available in the portal:

- K-12 e-Learning
- Considerations for Students with Disabilities Module

## Purpose

These lesson plans will teach age-appropriate ALICE strategies to Kindergarten - 3rd grade students.

## Course Timing

These lessons are designed to be an hour long. Please break up the lessons according to your students' needs and ability levels.

## Quick Guide

Age Range	Training Concepts	ALICE Strategies	Product/Material
K-3	<ul style="list-style-type: none"> <li>• Start reading the <i>I'm Not Scared...I'm Prepared, Because I Know All About ALICE</i> book to teach the students about the Sheep, Shepherd, and Wolf story</li> <li>• Reinforce to the students to follow the directions quickly, STOP, LOOK, LISTEN</li> <li>• Use game play the students already know to reinforce the option-based responses</li> <li>• Students participate in hands-on training and drills</li> <li>• Students learn to go to the rally point</li> </ul>	Alert Lockdown Inform Counter Evacuate	<b>Products:</b> <ul style="list-style-type: none"> <li>• <i>I'm Not Scared...I'm Prepared, Because I Know All About ALICE</i> book</li> <li>• <i>I'm Not Scared...I'm Prepared, Because I Know All About ALICE Activity and Idea Book</i></li> </ul> <b>Materials:</b> <ul style="list-style-type: none"> <li>• Detailed in lesson plan booklet</li> </ul>

## Kindergarten Lesson Plan

**Lesson Title:**

ALICE Strategies

**Subject Area:**

ALICE Concepts - Lockdown, Evacuate, and Counter

**Time Allocation:**

60 minutes

**Objectives:**

- The students will demonstrate understanding of what to do if an intruder comes into the building.
- The students will walk quietly to the rally point.
- The students will throw objects at a fixed target in the room which mimics an intruder.
- The students will run in a zig-zag motion around the room and then out of the room.

**Materials:**

- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE* book
- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE Activity & Idea Book*
- Soft objects to throw

**Modifications for Students with Disabilities:**

- Refer to the Considerations for Students with Disabilities Module

**Prior Knowledge Needed:**

- Adult educators should have taken ALICE e-Learning for K-12
- Students - none

*My Notes:*

Outline of Course & Activities:	Notes:
<p><b>Introduction (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Play a game of Shepherd May I (based on the game of Mother May I).</li> <li>• Ask the students what kind of safety drills we practice. (Correct responses can include - Fire, Evacuation, Tornado, etc.)</li> <li>• Tell the students today we are going to learn a new drill called "Sheep, Shepherd, and Wolf."</li> </ul> <p><b>Instruction (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Read the book <i>I'm Not Scared... I'm Prepared, Because I Know All About ALICE</i> to the students.</li> <li>• At the end of the story, review who each of the characters are (Sheep = Students, Shepherd = Teacher, Wolf = attacker/bad guy.)</li> <li>• Have the students recite what to do when the teacher gives the signal (Stop, Look, and Listen.)</li> </ul> <p><b>Guided Practices (10 minutes per activity)</b></p> <ul style="list-style-type: none"> <li>• Complete activity "Just Do It".</li> <li>• Complete activity "Let's Take a Walk".</li> <li>• Complete activity "If The Wolf Gets Into Our Classroom".</li> <li>• Complete activity "Run In A Funny Zig-Zaggy!".</li> </ul> <p><b>Independent Working (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have each child draw a picture of their favorite part of the book.</li> </ul>	<p>Game Instructions, Appendix page 13</p> <p><i>I'm Not Scared... I'm Prepared, Because I Know All About ALICE</i> book</p> <p>Activity &amp; Idea book, page 9 Activity &amp; Idea book, page 11 Activity &amp; Idea book, page 15 Activity &amp; Idea book, page 16</p>
<p><b>Assessment: (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have students complete "What do you do when you hear the signal?"</li> <li>• Have students complete "Who is each person?"</li> <li>• Students are quiet while walking to the rally point and can explain where the rally point is.</li> <li>• Students stop, look, and listen in a timely manner when the teacher gives the signal.</li> <li>• Students run in a zig-zag motion instead of a straight line.</li> <li>• Students throw objects at the correct "target" during the drill.</li> </ul>	<p>Worksheet 1, Appendix page 14</p> <p>Worksheet 2, Appendix page 15</p>

## 1st Grade Lesson Plan

**Lesson Title:**

ALICE Strategies

**Subject Area:**

ALICE Concepts - Lockdown, Evacuate, and Counter

**Time Allocation:**

60 minutes

**Objectives:**

- The students will demonstrate understanding of what to do if an intruder comes into the building.
- The students will walk quietly to the rally point.
- The students will throw objects at a fixed target in the room which mimics an intruder.
- The students will run in a zig-zag motion around the room and then out of the room.

**Materials:**

- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE* book
- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE Activity & Idea Book*
- Soft objects to throw

**Modifications for Students with Disabilities:**

- Refer to the Considerations for Students with Disabilities Module

**Prior Knowledge Needed:**

- Adult educators should have taken ALICE e-Learning for K-12
- Students - none

*My Notes:*

<p><b>Outline of Course &amp; Activities:</b></p> <p><b>Introduction (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Play a game of Shepherd May I (based on the game of Mother May I.)</li> <li>• Ask the students what kind of safety drills we practice. (Correct responses can include - Fire, Evacuation, Tornado, etc.)</li> <li>• Tell the students today we are going to learn a new drill called “Sheep, Shepherd, and Wolf.”</li> </ul> <p><b>Instruction (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Read the book <i>I’m Not Scared... I’m Prepared, Because I Know All About ALICE</i> to the students.</li> <li>• At the end of the story, review who each of the characters are (Sheep = Students, Shepherd = Teacher, Wolf = attacker/bad guy.)</li> <li>• Have the students recite what to do when the teacher gives the signal (Stop, Look, and Listen.)</li> </ul> <p><b>Guided Practices (10 minutes per activity)</b></p> <ul style="list-style-type: none"> <li>• Complete activity “Just Do It”.</li> <li>• Complete activity “Let’s Take a Walk”.</li> <li>• Complete activity “If The Wolf Gets Into Our Classroom”.</li> <li>• Complete activity “Run In A Funny Zig-Zaggy!”</li> </ul> <p><b>Independent Working (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have each child draw a picture of their favorite part of the book</li> </ul>	<p><b>Notes:</b></p> <p>Additionally, Sheep &amp; Wolf (based on the game of Sharks &amp; Minnows) can be used to show avoid and run away.</p> <p>Game Instructions, Appendix page 13</p> <p><i>I’m Not Scared... I’m Prepared, Because I Know All About ALICE</i> book</p> <p>Activity &amp; Idea book, page 9 Activity &amp; Idea book, page 11 Activity &amp; Idea book, page 15 Activity &amp; Idea book, page 16</p>
<p><b>Assessment: (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have students complete “What do you do when you hear the signal?”</li> <li>• Have students complete “Who is each person?”</li> <li>• Students are quiet while walking to the rally point and can explain where the rally point is.</li> <li>• Students stop, look, and listen in a timely manner when the teacher gives the signal.</li> <li>• Students run in a zig-zag motion instead of a straight line.</li> <li>• Students throw objects at the correct “target” during the drill.</li> </ul>	<p>Worksheet 1, Appendix page 14</p> <p>Worksheet 2, Appendix page 15</p>

## 2nd Grade Lesson Plan

**Lesson Title:**

ALICE Strategies

**Subject Area:**

ALICE Concepts - Lockdown, Evacuate, and Counter

**Time Allocation:**

60 minutes

**Objectives:**

- The students will demonstrate understanding of what to do if an intruder comes into the building.
- The students will walk quietly to the rally point.
- The students will throw objects at a fixed target in the room which mimics an intruder.
- The students will run in a zig-zag motion around the room and then out of the room.

**Materials:**

- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE* book
- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE Activity & Idea Book*
- Soft objects to throw

**Modifications for Students with Disabilities:**

- Refer to the Considerations for Students with Disabilities Module

**Prior Knowledge Needed:**

- Adult educators should have taken ALICE e-Learning for K-12
- Students - none

*My Notes:*

<p><b>Outline of Course &amp; Activities:</b></p> <p><b>Introduction (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Play a game of Shepherd May I (based on the game of Mother May I.)</li> <li>• Ask the students what kind of safety drills we practice. (Correct responses can include - Fire, Evacuation, Tornado, etc.)</li> <li>• Tell the students today we are going to learn a new drill called “Sheep, Shepherd, and Wolf.”</li> </ul> <p><b>Instruction (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Read the book <i>“I’m Not Scared... I’m Prepared, Because I Know All About ALICE</i> to the students.</li> <li>• At the end of the story, review who each of the characters are (Sheep = Students, Shepherd = Teacher, Wolf = attacker/bad guy.)</li> <li>• Have the students recite what to do when the teacher gives the signal (Stop, Look, and Listen.)</li> </ul> <p><b>Guided Practices (10 minutes per activity)</b></p> <ul style="list-style-type: none"> <li>• Complete activity “Just Do It”.</li> <li>• Complete activity “Let’s Take a Walk”.</li> <li>• Complete activity “If The Wolf Gets Into Our Classroom”.</li> <li>• Complete activity “Run In A Funny Zig-Zaggy!”</li> </ul> <p><b>Independent Working (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have each child draw a picture of their favorite part of the book.</li> </ul>	<p><b>Notes:</b></p> <p>Additionally, Sheep &amp; Wolf (based on the game of Sharks &amp; Minnows) can be used to show avoid and run away.</p> <p>Game Instructions, Appendix page 13</p> <p><i>I’m Not Scared... I’m Prepared, Because I Know All About ALICE</i> book</p> <p>Activity &amp; Idea book, page 9 Activity &amp; Idea book, page 11 Activity &amp; Idea book, page 15 Activity &amp; Idea book, page 16</p>
<p><b>Assessment: (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have students complete “MatchGame”.</li> <li>• Students are quiet while walking to the rally point and can explain where the rally point is.</li> <li>• Students stop, look, and listen in a timely manner when the teacher gives the signal.</li> <li>• Students run in a zig-zag motion instead of a straight line.</li> <li>• Students throw objects at the correct “target” during the drill.</li> </ul>	<p>Activity &amp; Idea book, pages 17-18</p>

## 3rd Grade Lesson Plan

**Lesson Title:**

ALICE Strategies

**Subject Area:**

ALICE Concepts - Lockdown, Evacuate, and Counter

**Time Allocation:**

60 minutes

**Objectives:**

- The students will demonstrate understanding of what to do in an intruder comes into the building.
- The students will walk quietly to the rally point.
- The students will throw objects at a fixed target in the room which mimics an intruder.
- The students will run in a zig-zag motion around the room and then out of the room.

**Materials:**

- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE* book
- *I'm Not Scared... I'm Prepared, Because I Know All About ALICE Activity & Idea Book*
- Soft objects to throw

**Modifications for Students with Disabilities:**

- Refer to the Considerations for Students with Disabilities Module

**Prior Knowledge Needed:**

- Adult educators should have taken ALICE e-Learning for K-12
- Students - none

*My Notes:*

<p><b>Outline of Course &amp; Activities:</b></p> <p><b>Introduction (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Play a game of Sheep &amp; Wolf (based on the game of Sharks &amp; Minnows.)</li> <li>• Ask the students what kind of safety drills we practice? (Correct responses can include - Fire, Evacuation, Tornado, etc.)</li> <li>• Tell the students today we are going to learn a new drill called "Sheep, Shepherd, and Wolf."</li> </ul> <p><b>Instruction (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Read the book <i>I'm Not Scared... I'm Prepared, Because I Know All About ALICE</i> to the students.</li> <li>• At the end of the story, review who each of the characters are (Sheep = Students, Shepherd = Teacher, Wolf = attacker/bad guy).</li> <li>• Have the students recite what to do when the teacher gives the signal (Stop, Look, and Listen.)</li> </ul> <p><b>Guided Practices (10 minutes per activity)</b></p> <ul style="list-style-type: none"> <li>• Complete activity "Stick'er With Doing the Right Thing!"</li> <li>• Complete activity "Let's Take a Walk".</li> <li>• Complete activity "If The Wolf Gets Into Our Classroom".</li> <li>• Complete activity "Run In A Funny Zig-Zaggy!"</li> </ul> <p><b>Independent Working (10 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have each student complete "Match Game".</li> </ul>	<p><b>Notes:</b></p> <p>Game Instructions, Appendix page 13</p> <p><i>I'm Not Scared... I'm Prepared, Because I Know All About ALICE</i> book</p> <p>Activity &amp; Idea book, page 10 Activity &amp; Idea book, page 11 Activity &amp; Idea book, page 15 Activity &amp; Idea book, page 16</p>
<p><b>Assessment: (15 minutes)</b></p> <ul style="list-style-type: none"> <li>• Have each student complete the questions about the story.</li> <li>• Students are quiet while walking to the rally point and can explain where the rally point is.</li> <li>• Students stop, look, and listen in a timely manner when the teacher gives the signal.</li> <li>• Students run in a zig-zag motion instead of a straight line.</li> <li>• Students throw objects at the correct "target" during the drill.</li> </ul>	<p>Worksheet 3, Appendix page 16. Answers on page 8 of Activity &amp; Idea book</p>

# English Appendix

# Game Instructions

## Shepherd May I (Mother May I)

Play this game to reinforce listening to the teacher, the Shepherd in the story. To play, have the students line up at the back of the classroom. The teacher will stand at the front of the classroom. The teacher will call on each student when it is their turn to ask "Shepherd may I take X kind of steps?" The teacher responds "yes", "no", or "no, but you may take X." Some example steps include:

- Bunny hops: hopping like a bunny.
- Frog hops: going down on all fours and hopping up like a frog.
- Scissors steps: jump while crossing your feet, then jump while uncrossing them was one step.
- Skip steps: steps as though one is skipping.
- Banana step: the child lies down with his or her feet at current spot, noting where the top of his or her head is, and standing up there for the new spot.

## Sheep & Wolf (Sharks & Minnows)

### Before you Play:

- Explain to players that the wolf will say "sheep, sheep come out and play," and all sheep will begin walking across the play area.
- Be sure all players know sheep will run to the other side when the wolf says, "Wolf attack!"
- Remind all players to be aware of their surroundings so that they do not run into others.
- Remind players that all taggers will use safe, light-touch tags, or butterfly tags.

### How to Play:

- Identify who will be the wolf, either a player or the teacher. Everyone else will be sheep.
- The wolf stands in the middle of the play area and says, "Sheep, sheep, come out and play." The sheep slowly walk toward the wolf.
- At any time, the wolf can yell, "Wolf attack!" At which point, the sheep must run to the opposite boundary line without being tagged.
- If a sheep is tagged, s/he also must sit when s/he got tagged.
- When there is only one sheep left, s/he becomes the wolf in the next round.

*Note, this game is best played in a gym or outside.*

Name \_\_\_\_\_ Date \_\_\_\_\_

What do you do when you hear the signal?



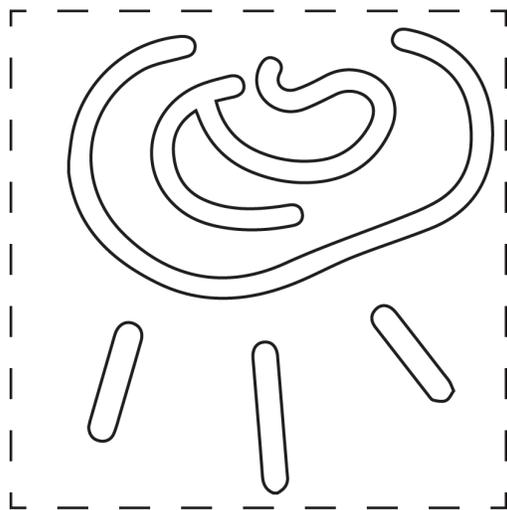
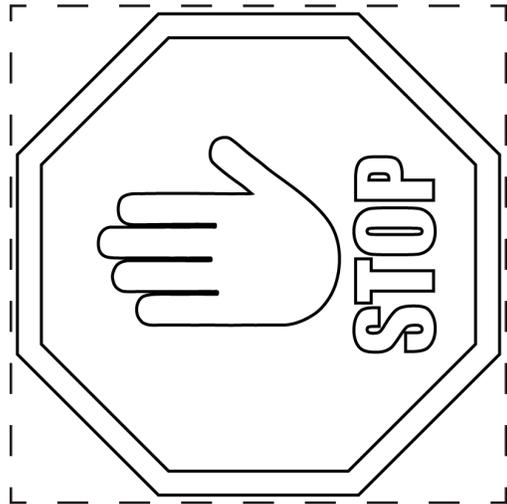
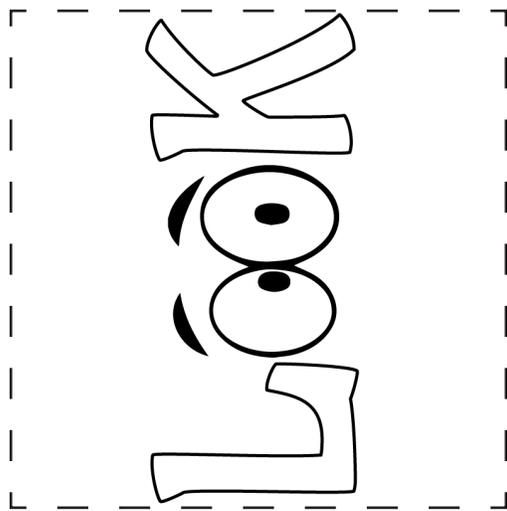
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Name \_\_\_\_\_ Date \_\_\_\_\_

Who is each person?



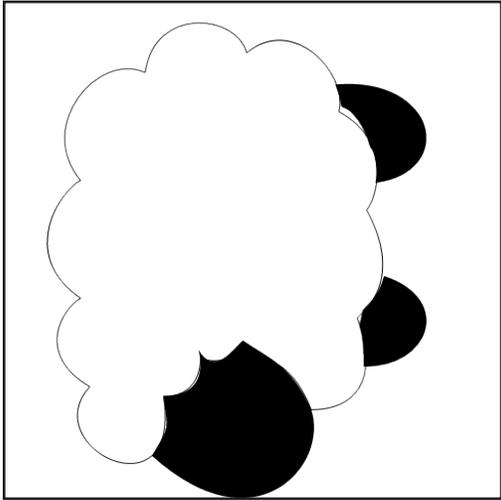
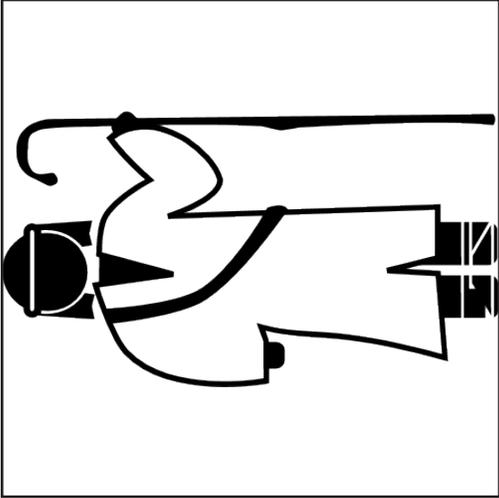
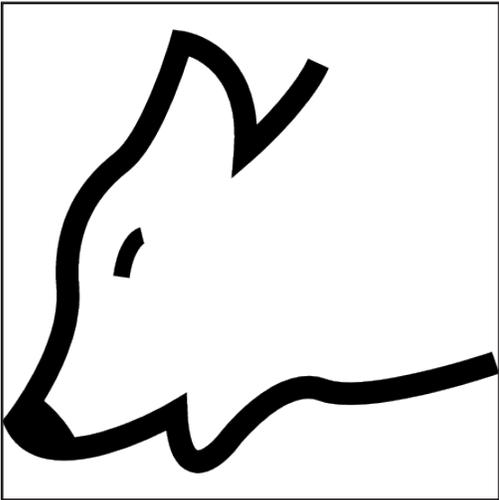
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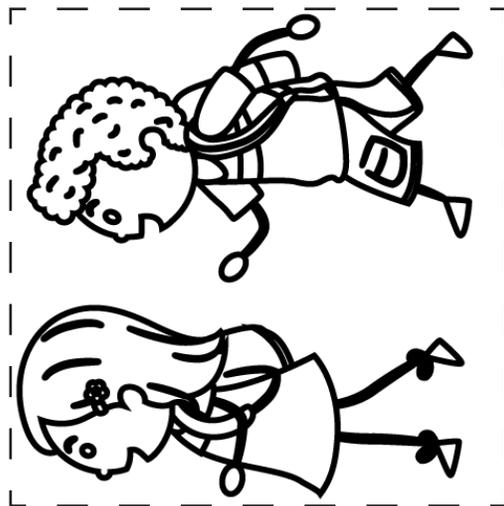
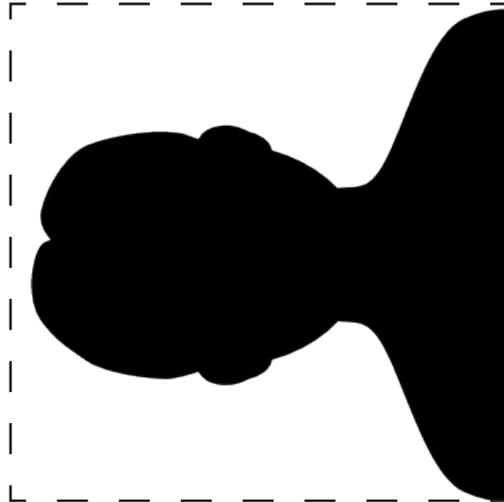
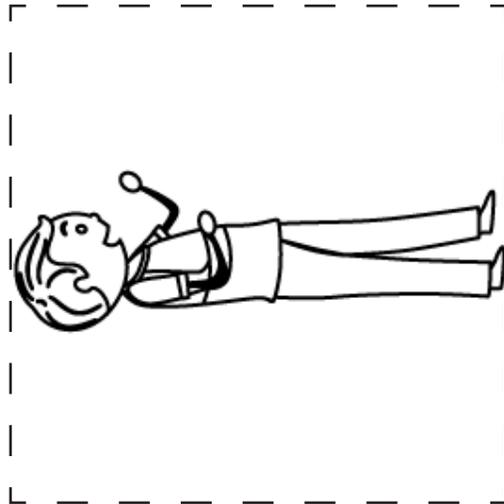


2. Cut



3. Paste

		
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Name \_\_\_\_\_

Date \_\_\_\_\_

Directions: Answer each question using a complete sentence.

1. What are some things the teacher prepared her ants for at the Ant Hill School?

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2. What was the name of the new drill the teacher taught them?

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3. Why did the teacher teach her ants The Sheep, The Shepherd, and the Wolf Drill?

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4. Who is a "dangerous someone?"

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5. Where was the ant's "Special Meeting Place?"

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6. Where is our "Special Meeting Place" or "Rally Point?"

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7. What did the teacher mean when she said, "I am your shepherd and you are my sheep, and sheep always do what the shepherd says?"

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8. When announcements come on, what should all students do?

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9. What does the ALICE acronym stand for?

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10. Describe what students should do during Lockdown.

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# Spanish Appendix

## Game Instructions

### Shepherd May I (Mother May I)

Play this game to reinforce listening to the teacher, the Shepherd in the story. To play, have the students line up at the back of the classroom. The teacher will stand at the front of the classroom. The teacher will call on each student when it is their turn to ask "Shepherd may I take X kind of steps?" The teacher responds "yes", "no", or "no, but you may take X." Some example steps include:

- Bunny hops: hopping like a bunny.
- Frog hops: going down on all fours and hopping up like a frog.
- Scissors steps: jump while crossing your feet, then jump while uncrossing them was one step.
- Skip steps: steps as though one is skipping.
- Banana step: the child lies down with his or her feet at current spot, noting where the top of his or her head is, and standing up there for the new spot.

### Sheep & Wolf (Sharks & Minnows)

#### Before you Play:

- Explain to players that the wolf will say "sheep, sheep come out and play," and all sheep will begin walking across the play area.
- Be sure all players know sheep will run to the other side when the wolf says, "Wolf attack!"
- Remind all players to be aware of their surroundings so that they do not run into others.
- Remind players that all taggers will use safe, light-touch tags, or butterfly tags.

#### How to Play:

- Identify who will be the wolf, either a player or the teacher. Everyone else will be sheep.
- The wolf stands in the middle of the play area and says, "Sheep, sheep, come out and play." The sheep slowly walk toward the wolf.
- At any time, the wolf can yell, "Wolf attack!" At which point, the sheep must run to the opposite boundary line without being tagged.
- If a sheep is tagged, s/he also must sit when s/he got tagged.
- When there is only one sheep left, s/he becomes the wolf in the next round.

*Note, this game is best played in a gym or outside.*

El Nombre \_\_\_\_\_ La Fecha \_\_\_\_\_

19

¿Qué haces cuando escuchas la señal?



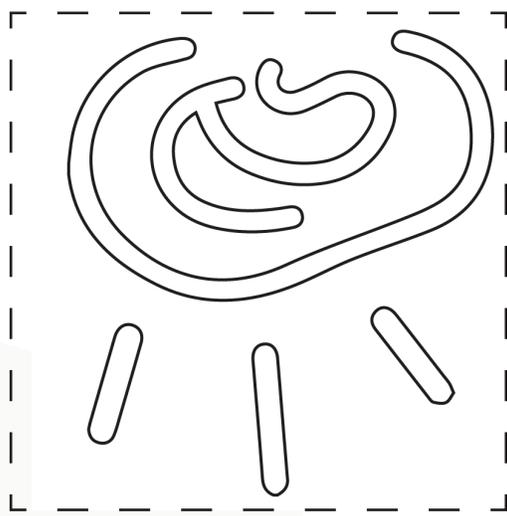
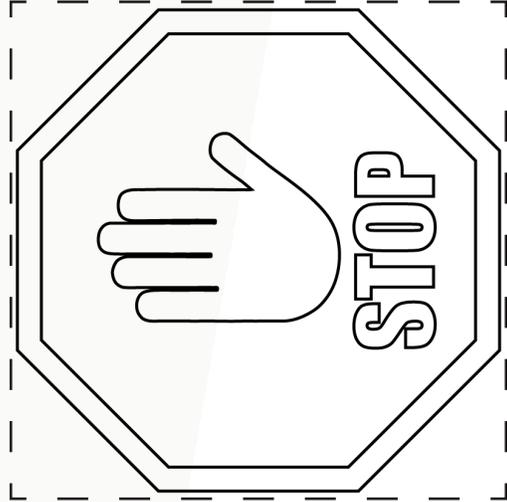
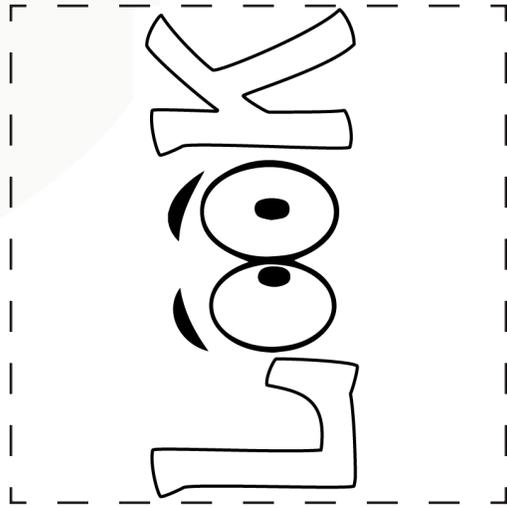
1. Colorea



2. Corta



3. Pega

El Nombre \_\_\_\_\_ La Fecha \_\_\_\_\_

¿Quién es esta persona?



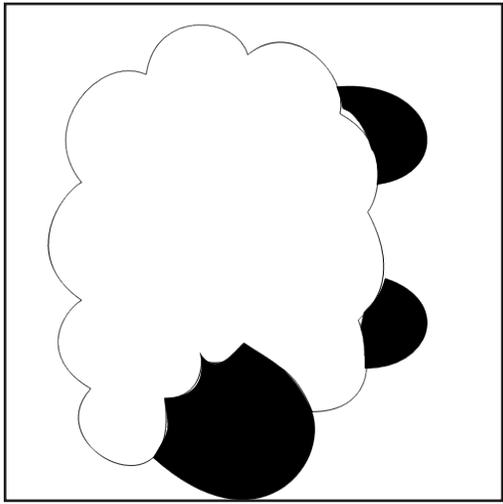
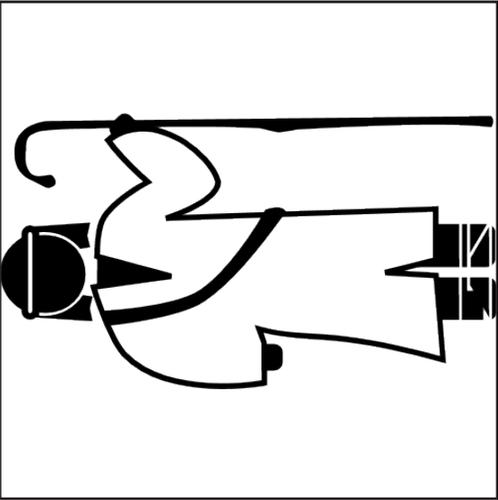
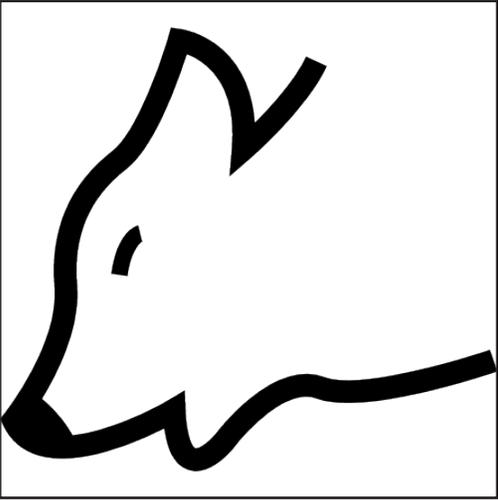
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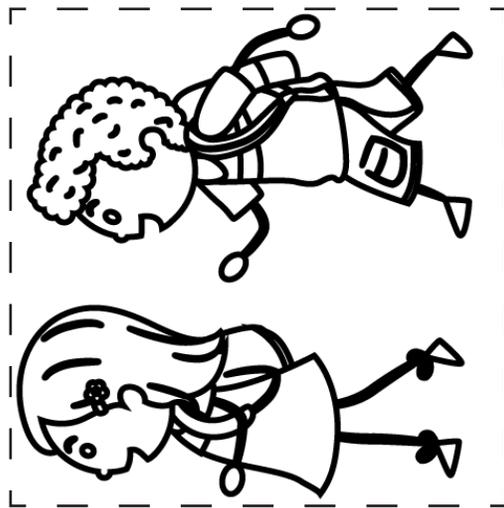
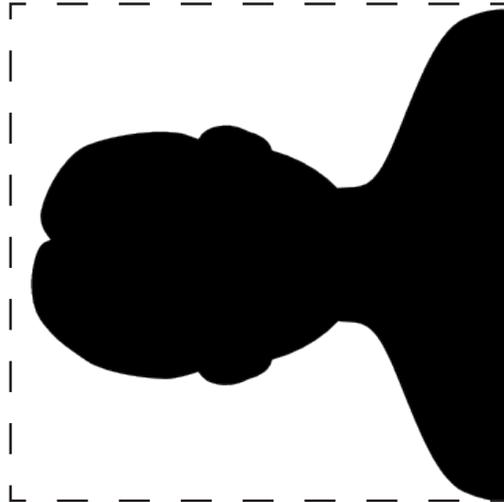
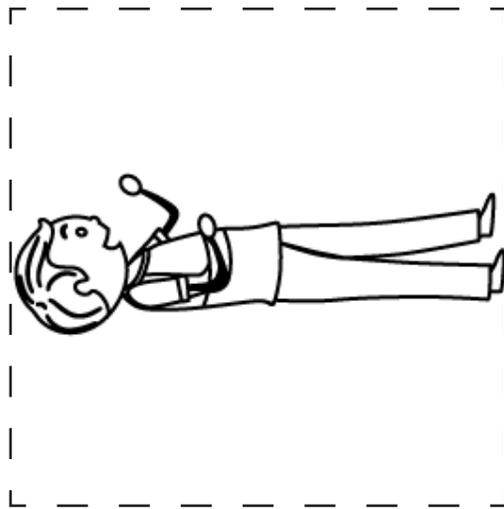


2. Corta



3. Pega

		
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El Nombre \_\_\_\_\_

La Fecha \_\_\_\_\_

Instrucciones: Responda en frases completas.

1. ¿Qué son cosas la maestra preparó sus hormigas para a la hormiga colina escuela?

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-----

2. ¿Qué era el nombre del ejercicio nuevo la maestra se enseñar?

-----

3. ¿Por qué la maestra se enseñó sus hormigas el ejercicio de la oveja, el pastor y el lobo?

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4. ¿Quiénes una "persona peligrosa"?

-----  
-----

5. ¿Dónde estaba el "lugar especial" de las hormigas?

-----

6. ¿Dónde está el "lugar especial" o punta de reunificación de nuestros?

-----  
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7. ¿Qué significa cuando la maestra dije "Soy tu pastor y eres mis ovejas y ovejas hacen lo que dice el pastor"?

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-----

8. ¿Cuándo escuchamos al aviso, que hacen los estudiantes?

-----

9. ¿Que es ALICE?

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10. Describe qué los estudiantes deberían hacer durante de una situación cuando los estudiantes necesitan cerrar las puertas.

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# ALICE<sup>®</sup>

## TRAINING INSTITUTE

### Contact Information

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[linkedin.com/in/alice-training-institute-8a3066155/](https://linkedin.com/in/alice-training-institute-8a3066155/)

*Empowering individuals to participate in their own survival*