

# Healing & Resilience

## Resources

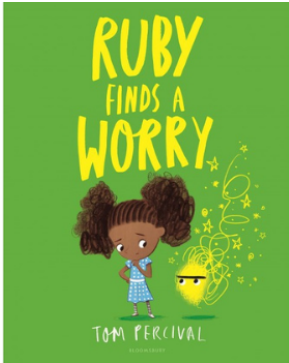


Support for School Communities

### Overview

Comprehensive Resource List for Coping with School Lockdowns

In conjunction with the panel discussion event titled, "Code Red School Lockdowns: What is the toll on students, teachers, staff, families, neighbors and the community, and what can be done to foster healing and resilience during and after a school lockdown?", we have compiled a resource list to cater to all members of the school community. These resources aim to provide support in dealing with the aftermath of a school lockdown.

### Books, Articles & Toolkits

Audience	Resources
Students	<p data-bbox="411 1087 1250 1125"><b>Books as springboards for important conversations.</b></p> <div data-bbox="411 1161 1336 1524"></div> <p data-bbox="411 1549 1148 1581"><b><i>One Thursday Afternoon</i></b> by Barbara D Lorenzo (PS-2) <i>Book</i></p> <p data-bbox="411 1583 1319 1724">A young girl named Ava is picked up by her beloved Granddad after school so they can go to the park and paint together, but Ava is quiet. At the park she confesses she was scared because of a drill at school that made her feel like her school was unsafe, but Granddad helps her see that, while yes, the world is a dangerous place, it is also beautiful.</p> <hr data-bbox="648 1755 1088 1759"/> <p data-bbox="411 1787 1011 1818"><b><i>Ruby Finds a Worry</i></b> by Tom Percival (PS-2) <i>Book</i></p> <p data-bbox="411 1820 1310 1929">A young girl named Ruby discovers a Worry, and while it's small to begin with, over time the Worry grows and grows. Then she meets a young boy and learns that everyone has worries, and with the boy's help, she learns to control her own.</p> <hr data-bbox="648 1961 1088 1965"/>

***Fight and Flight*** by Jules Machias (Gr 5-8) Book

Thirteen-year-old Avery Hart is currently sidelined from her two favorite passions, dirt biking and drumming due to a chronic disease that causes her joints to dislocate. Her classmate and crush Sarah Bell is going through her own difficulties with managing debilitating panic attacks, which she tries to control through a variety of means, including art. When their principal stages a fake active shooter enactment, both girls' anxiety reaches a peak. Avery vows to get even with the principal with a plan of her own, while Sarah works to help heal the trauma experienced by her classmates and stop Avery from making a big

**Educators/  
Administrators**

***Locking Down Without Stressing Out: Ideas for Boosting School Lockdown Protocols*** by Alexander Dwayne Pierce (Article/Thesis & Toolkit) - **\*\*APPENDIX The Keys for Locking Down without Stressing Out Trainer's Manual** - <https://hdl.handle.net/20.500.12741/rep:2094>

**Mitigating Negative Psychological Effects of School Lockdowns: Brief Guidance for Schools**, National Association of School Psychologists (Article) - <https://sccoe.to/MitgatingEffects>

**Creating School Active Shooter/Intruder Drills**, The National Child Traumatic Stress Network (Fact Sheet) - <https://sccoe.to/CreatingDrills>

Provides information to schools about how to create a trauma-informed active shooter/intruder drill. This fact sheet outlines the steps to take before, during, and after for students, school staff, and parents.

**Parents/  
Caregivers**

**School Safety During an Emergency or Crisis: What Parents Need to Know**, American Academy of Pediatrics HealthyChildren.org (Article) <https://sccoe.to/SchoolSafetyforParents>

**Age Related Reactions to a Traumatic Event**, The National Child Traumatic Stress Network (Fact Sheet) - <https://sccoe.to/AgeRelatedReactions>

**What to Do (and Not Do) When Children Are Anxious**, Child Mind Institute (Article) - <https://sccoe.to/WhatToDo>