School Safety Best Practices:

**Lockdown Drill**

- Try to plan ahead for drills and allow any needed information to be given

**Scheduling**
If a drill is known of in advance, this activity can be added to the individual’s daily schedule. By seeing it as an activity on their schedule, they may be able to prepare themselves for the actual event.

**Social Narrative**
A social story could be created and reviewed regularly to help prepare the individual for the event. This story would tell them why the event will happen, how it might make them feel, and information on how to respond appropriately.

- Help the individual to know what is going to happen

**Mini-schedule**
A mini-schedule would lay out the individual steps that would take place during this event. For example: the alert will be given, we will walk to assigned area, we will sit in position, we will resume the previous activity.

- Make your expectations clear

**Visual rules**
Using pictures or words to define the behavioral expectations of this event will allow the individual time to process during this time of heightened anxiety. They can be used as reminders as needed and can be a point of prompting for the adult to help support. For example: follow instructions, quiet voices, listen to teacher, stay in position.

- Respect sensory issues

**Sensory Kit/Fidget bag**
You may find that many individuals with ASD seek out sensory stimulation to calm themselves or reduce anxiety. By creating a bag filled with sensory materials, you may enable the individual to meet their sensory needs, thus allowing them to feel less anxious and better able to focus on the task at hand.

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Give visual cues for amount of time remaining

Mini-Pulley - Stoplight/Countdown
Helping an individual to understand the amount the time an activity may take will make great strides in lessening their anxiety in that situation. The tools on this pulley are adult manipulated so the time can be estimated by the adult in situations where the time is not set.

Stoplight
Stoplight serves as a visual representation of passing time. Green signifies the beginning of activity, yellow shows that the activity is almost finished, and red lets the individual know the activity is complete.

Countdown board
Countdown board allows for more control over the rate of the activity passing. The numbers 1-5 are taken off or moved as the activity is winding down.

Example: Light shown is green when the alert is given. When you are part way through the waiting, add the yellow light and when you are finished and about to resume previous activity, add the red light.

Use motivation

Mini-Pulley - First/Then Board
Adding motivation to an undesired activity or stressful situation will help the individual work through that activity for their more desired activity/item. Pictures or simple words can be placed on the board depending on the abilities of the individual.

Example: “First” we have a drill, “Then” you can play a game.