

Active Shooter Drills for Staff Using Move Mindfully®



When staff members participate in active shooter drills that involve discharging firearms, nervous system regulation must be taken into consideration. Although the thinking brain will know the events are a drill, the nervous system will still respond as if it were an actual emergency. The amygdala will be hyper alerted and send signals causing stress hormones (like adrenaline and cortisol) to be released. This reaction can feel upsetting, especially for those that have sensory sensitivity or have experienced trauma. Here are tips that will take staff wellness into consideration during an active shooter drill.



BEFORE

- › Review the drill protocol and allow teachers the option to opt out of portions
- › For participating staff, offer choice. For example, choosing their location during drill
- › Review the goals and purpose set out by the safety committee
- › Explain the nervous system response that will occur: heart rate increase, jaw tightens, eyes narrow, shoulders hunch, chest constricts, knees turn in



DURING

- › Offer strategies and body positions that will soothe the nervous system
 - » Pressure point on forehead sends relaxation signal (**Head on Desk**)
 - » Forward folds (**Child's Pose**)
 - » **Deep breathing**



AFTER

- › Discharge excess adrenaline
 - » Walk around the building
 - » Shake off stress (with or without music)
- › Unwind Nervous System (**Back Bends, Lunges**)
- › Provide soothing activities before verbally processing
 - » Drink water
 - » Calm music
 - » Drawing/doodling
- › Reflect



How did this experience influence how you will present information to students?

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