

## IMPORTANT NOTE

This program is designed to teach **survival skills** as well as **empowerment** and **safe-thinking strategies** simultaneously. The instructor can feel free to modify the guidelines with the **exception** of the lesson and safety portion of the activity. These portions have been carefully crafted with the input of **safety and survival experts**. It is important to teach this part of the program **as scripted**.

**AT NO TIME** should anyone be placed in an area or practice skills where injuries could occur. For instance, hiding in a place near sharp objects or where objects may fall, running through wet grass or mud, throwing real objects, etc.



### 21<sup>st</sup> Century Skills

Safe Thinking Skill: **RUN WITHOUT DELAY!**

1. Problem Solving – When it is best to Danger **RUN** in a zigzag/random way, rather than Fun **Run** in a straight line.
2. Communication – Respond immediately to the instruction to **RUN!**
3. Collaboration – Explore the empowerment strategy: **Heroes know danger running instead of freezing can save your life.**



### Materials Needed

- Print out or project H.E.R.O. Visual Aid (Provided)
- Print out **RUN!** Worksheet (Provided)
- Pens/pencils



### The Lesson

Display the H.E.R.O. Visual Aid or write the following on a board or poster so they can see:

**H** – A hero **HIDES!**

**E** – A hero **ESCAPES!**

**R** – A hero **RUNS!**

**O** – A hero **OVERCOMES!**

“We’ve learned how to **HIDE** and **ESCAPE** when people try to hurt us at school or other places. Today, we are going to learn another H.E.R.O. strategy. Can you guess what it is?”

“Yes! **RUN!**”

Q: “Are there different kinds of running or is all running the same?”

A: “Actually, there are different kinds of running.”

“Fun Running – Doesn’t matter how we **RUN**: You can **RUN** in a straight line, or any way you want. You can **RUN** silly. You can **RUN** slow. You can **RUN** toward people.”

“**Danger Running** – Does matter how we **RUN**: You **MUST NOT RUN** in a straight line. You **MUST RUN** in a zigzag way. You **MUST RUN** as fast as you can. You **MUST RUN** away from strangers unless they are a police officer. When a teacher gives you the signal to **RUN** – you must **RUN** immediately! And most importantly, you must **RUN** until you find a safe place!”



### SAFETY NOTE!

**Danger Running** is meant for open areas, such as recess or play fields, parks, sports fields, or large open spaces where there are no places to **HIDE**. It is **NOT** meant for short distances, such as across a hallway, into a room, or other areas.



**H.E.R.O.**<sup>®</sup>  
HIDE. ESCAPE. RUN. OVERCOME.



**4-5 ACTIVITY 3: RUN!**

©2022 Safe Kids Inc.



## Practice

"Today we are going to go outside and practice **Danger Running** like a hero! I will be watching for three things:"

1. **Rapid Running Start:** "Did you start to **RUN** as soon as I gave the **RUN** signal?"
2. **Zig-Zaggy Running:** "Did you **RUN** in a zig-zaggy way without bumping into others or getting in their way?"
3. **Scatter Running:** "Did you **RUN** and find your own hiding place, or did you follow others in a pack?"

"When I give you the signal, you will **Danger RUN** as fast as you can until you find a **hiding** place. You will wait there quietly until I give the all-clear signal, just like when you practiced **HIDE!**"

"This is your signal **RUN: RUN! RUN! RUN!**"

Q: "Are you ready to practice? Any questions?"

Take them outside to a designated play area where it is safe to **RUN!** Keep in mind if the grass is wet, if there are muddy areas, or other places that make the area unsafe. Give them a safe hiding spot, which could be one of the places they identified in the **ESCAPE** lesson or other areas for the purposes of practicing.

"Before I give you the signal to practice **RUN**, let's take a moment and just practice zigzag running right in front of you."

If one student does really well, have them demonstrate for the others.

"Now, get ready to **RUN!**"

Give the signal. Have them practice **RUN!**



## Assessment/Closing Discussion

"Now let's look at how we did when we were running."

- "Give me a thumbs up if you thought we ran: Zig-zaggy."
- "Give me a thumbs up if you thought we ran: Fast."
- "Give me a thumbs up if you thought we: Started running immediately."

Q: "How is Fun Running different than **Danger Running**?"

Concluding Activity: **RUN!** Worksheet. Compare children's answers to the Answer Key.



**H.E.R.O.**<sup>®</sup>  
HIDE. ESCAPE. RUN. OVERCOME.



**4-5 ACTIVITY 3: RUN!**

©2022 Safe Kids Inc.