

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.



21st Century Skills

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

1. Problem Solving – Identifying objects and noises as a means of self-defense.
2. Critical Thinking – Evaluating the various objects and noises of self-empowerment.
3. Communication – Respond immediately to the instruction to **OVERCOME!**
4. Collaboration – Explore the Empowerment Strategy: **A hero doesn't want anyone to be hurt! BUT - a hero will OVERCOME to stop from getting hurt!**
5. Leadership and Responsibility – Recognizing each student's role and effort in self-empowerment.
6. Compare/contrast: Fighting vs. Overcoming



Materials Needed

- Print out or project H.E.R.O. Visual Aid (Provided)
- Print out **OVERCOME!** Worksheet (Provided)
- **OVERCOME!** Target (Provided)
- A bucket of objects which can be thrown that are soft and affordable. There should be enough for each student to have one. Suggested items are ping-pong balls, plastic golf balls/whiffle balls, wadded-up pieces of paper, etc.
- 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!

*"Sometimes we will be places where we won't be able to **HIDE** or **ESCAPE** or **RUN**. In those cases, we will need to **OVERCOME**. Before we learn this important H.E.R.O. skill, it is important to learn the difference between overcoming and fighting."*

"Fighting tries to hurt someone else. **Overcoming** tries to prevent yourself and others from being hurt."

Think-Pair-Share: *"Look around the room (or area if outside). If someone was trying to hurt you, what could you throw at that person to distract them?"*

Have children yell out things they see around the room or in arms reach. This can include personal objects, even objects in their backpacks. The idea is to find the nearest objects they can find as quickly as they can. If outside, consider objects such as sticks, a handful of sand, rocks, etc.

"As you can see there are a LOT of objects we can use to throw and distract someone who is trying to hurt us. You would throw that object at an invader if I gave you a signal. AND you would keep throwing as many things as you could until the invader goes away. You would ALL throw at the same time, AND yell AND scream at the invader!"



H.E.R.O.®
HIDE. ESCAPE. RUN. OVERCOME.



4-5 ACTIVITY 4: OVERCOME!

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*"A hero doesn't want anyone to be hurt! BUT – a hero will **OVERCOME** to stop from getting hurt!"*



Practice

*"Today we are going to practice learning how to **OVERCOME**. We are going to throw. Yes, you heard me correctly. We are going to throw objects!"*

*"We **ONLY** practice **OVERCOME** when the teacher gives us the signal. Otherwise, we never throw things at someone! We are going to practice throwing objects because that is part of **OVERCOME**! But when we practice, we only throw objects that won't hurt. We are going to be in teams."*

Rules:

1. *"DO NOT THROW! ONLY SHOW! until the signal is given."*
2. *"When the signal is given – the entire team will throw at the target at the same time."*
3. *"You get 3 points if you are able to hit the target."*
4. *"You lose 2 points if you hit anyone or the teacher."*

Show them the bucket of objects and the target:

*"You are going to throw these – **ONLY** when the signal is given – otherwise your team will lose points! Here is your target!"*

Divide the children into teams. The number of teams will depend on the number of objects you are able to obtain, as well as how much time you have to spend on this lesson. Depending on the setting, this activity can be conducted outside so as not to damage objects inside of a room. The printed target can be taped to a door, wall, tree, or other objects in a safe area.

Assign someone on the team to be point monitor. Expect this activity to be LOUD!

*"Each team will take a turn practicing **OVERCOME**! When I give your team your objects – you **MUST NOT** throw them until you hear the signal! When you hear the signal – throw as many as you can at the target at the same time! **ALSO**, scream and yell as loud as you can!"*

Have the students stay wherever they are – seats, sitting on the ground, etc. The instructor will hand each student one ball/object.

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

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

Give the signal. Have them practice **OVERCOME**! At the end, have everyone throw objects at the same time and be as loud as they can.



Assessment/Closing Discussion

"Did you see how distracting this would be for someone if they were trying to hurt us? And, if we were throwing harder objects, we would probably chase them away."

- *"Give me a thumbs up if you: Threw objects immediately when the signal was given."*
- *"Give me a thumbs up if you: Hit the target."*
- *"Give me a thumbs up if you: Roared loud enough for the whole school to hear."*

Q: *"When is the only time we should **OVERCOME**?"*

A: *"When we have no other option or when a teacher tells us!"*

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



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