

I CAN BE A SUPERHERO DURING A LOCKDOWN



A SOCIAL STORY BY
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This book is dedicated to my men.

To my sons—
The world is a better place with both of you in it.
You are exactly the boys I always wanted.

To my husband—
There is no one I would rather share my life with than you.
I love you all more than the world.

I Can Be A Superhero During A Lockdown: A Social Story

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Authors Acknowledgements: A special thank you to the three wonderful women who dedicated hours of their time and talent in the creation of this book: My illustrator Lhavanya M., my editor Lori Blank, and Praise Design Services for formatting and design.

I want to shout from the rooftops a gigantic thank you to my husband and my parents. Without each of you, this book would not have been possible. Thank you so very much for all of your help and support, for believing in my dream and for making it a reality.

Thank you to Reba, Reid and G for your help and support.

And finally, thank you MR and GS for being my inspiration and my own personal Superheroes.

ISBN: 978-0-9600653-0-1
Library of Congress Control Number: 2018914340
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Published by Mighty Me Publishing
RachelTepferCopeland.com

A LETTER TO PARENTS AND EDUCATORS:

We love social stories in our home. Preparing our children is key to empowering and supporting them to become successful in everyday life experiences. Our family uses social stories for a variety of situations- from the mundane everyday life experiences and day to day expectations, to the new and potentially frightening. Social stories are an amazing tool for children of all abilities because these stories are written in a positive, self-affirming, first person account that helps a child visualize a positive ending to a potentially difficult situation.

I Can Be A Superhero During A Lockdown was born out of necessity for my own family. However, once I realized the importance, I decided to publish it to make it available to everyone. One afternoon I went to pick up my son from preschool and he was very obviously shaken and upset. He had a difficult time telling me what had happened. The most I could gather was that the class had played a strange game where the children had hidden in the dark behind backpacks. Hide and seek, I wondered? He shook his head no. Then it dawned on me, it was a Lockdown Drill. The more questions I asked, the more concerned I became. We quickly turned the car around and headed back to speak with the preschool director. After further conversation, we found that my son had become scared, overwhelmed and upset, because he did not know or understand what was happening. He did not feel comfortable hiding with the class in tight quarters. Because of this, he was asked to hide in a different area, away from the rest of the children, to help "decrease his anxiety." I was furious. I was heartbroken. But more than anything, I was scared.

I decided to find a social story that could help him prepare for future Lockdown Drills. However, no matter where I looked, I could only find books for much older children. There was nothing age appropriate or all-encompassing, in a social story format. Additionally, all of the resources I found discussed option based teaching (i.e. run, hide, fight). While these options are incredibly important and frequently successful with adults and teens, many young children and children with special needs become overwhelmed when faced with choices, especially in an active situation. I wanted a book for my son that focused on easy, important skills and, additionally, discussed hiding in depth, as I felt hiding appropriately is very difficult for many young children, including my own. I scoured the internet for a resource fitting these needs, but my search turned up empty. I couldn't stop wonder why, if we prepare our kids for everyday occurrences using social stories, wouldn't we also prepare them for emergency situations? After searching everywhere and finding nothing appropriate, I decided to write my own social story.

I believe that this book will be useful for young children of any ability ages pre k and up, but additionally serve as a valuable tool for children with special needs. It will help them to understand how to handle a Lockdown, what to expect and how to keep themselves safe. My goal was to create a tool for teachers and staff to use to make their days easier and for parents to use for both discussion and preparation at home.

I hope one day this book will be irrelevant and will no longer be needed. Nothing would make me happier than for it to be useless, a thing of the past. It's hard enough sending a young child to school, let alone sending them to school in this scary world. But until that day comes, I hope that this book can help keep our children safe.

Please check out my website RachelTepferCopeland.com for more ways to reinforce the lessons in this book. Also check out Author Rachel Tepfer Copeland on Facebook, Instagram and Pinterest as well for more information. I can be reached by email at RachelTepferCopeland@gmail.com regarding questions, comments, and to request speaking engagements.

Thank you for your purchase. Your support is greatly appreciated. Additionally, I want to thank the true superheroes that keep our kids safe every day, our teachers. You are appreciated more than you know.

Be Safe,
Rachel Copeland

Everywhere we go there are rules. Rules are used to help keep me safe.



When I am at home, some rules that I follow are that I do not touch the oven knobs or answer the door if someone I don't know knocks.



When I ride in the car, a rule that I follow is that I always wear my seatbelt.

When I ride my bike, I wear my helmet. These rules help to keep me safe.



My school has rules too. Some rules at school are that I keep my hands and feet to myself and that I raise my hand when I have something to say.



Another school rule is that we practice fire drills. Fire drills are done to make sure that we will be safe if there is a fire at school. I know that when there is a fire drill, I will listen to my teacher and do exactly what she says when the alarm rings. This is an important rule that keeps me safe.



CLASS 152



Another drill my school has is a Lockdown Drill. Drills help to keep me safe. Everyone has jobs to do during a drill. I have jobs too! If I can do my jobs during a drill, then I will keep myself, my friends, and my teacher safe.



A Lockdown Drill is a drill that is used to practice how to keep myself, my friends, and my teacher safe if someone who is not allowed to come into our school comes inside. A Lockdown can also be used for other reasons, such as when adults believe it is best that we stay safe indoors. Just like a fire drill, we won't know if a Lockdown is a practice drill, or really happening, until after it is over. I will always do my jobs just in case it is a real Lockdown and not a drill.

EXIT



To keep myself, my friends and my teacher safe, I have some very important jobs. They are not easy. I will have to work very hard. Can I do it?



These are my jobs during a Lockdown. When I do these jobs, I will help to keep myself, my friends, and my teacher safe!

My jobs are:



1. I will listen to my teacher, or the adult in charge, and follow all of their directions.

2. I will stay very, very quiet.



3. I will stay very, very still in my hiding spot until my teacher, or the adult in charge, tells me it is ok to move.