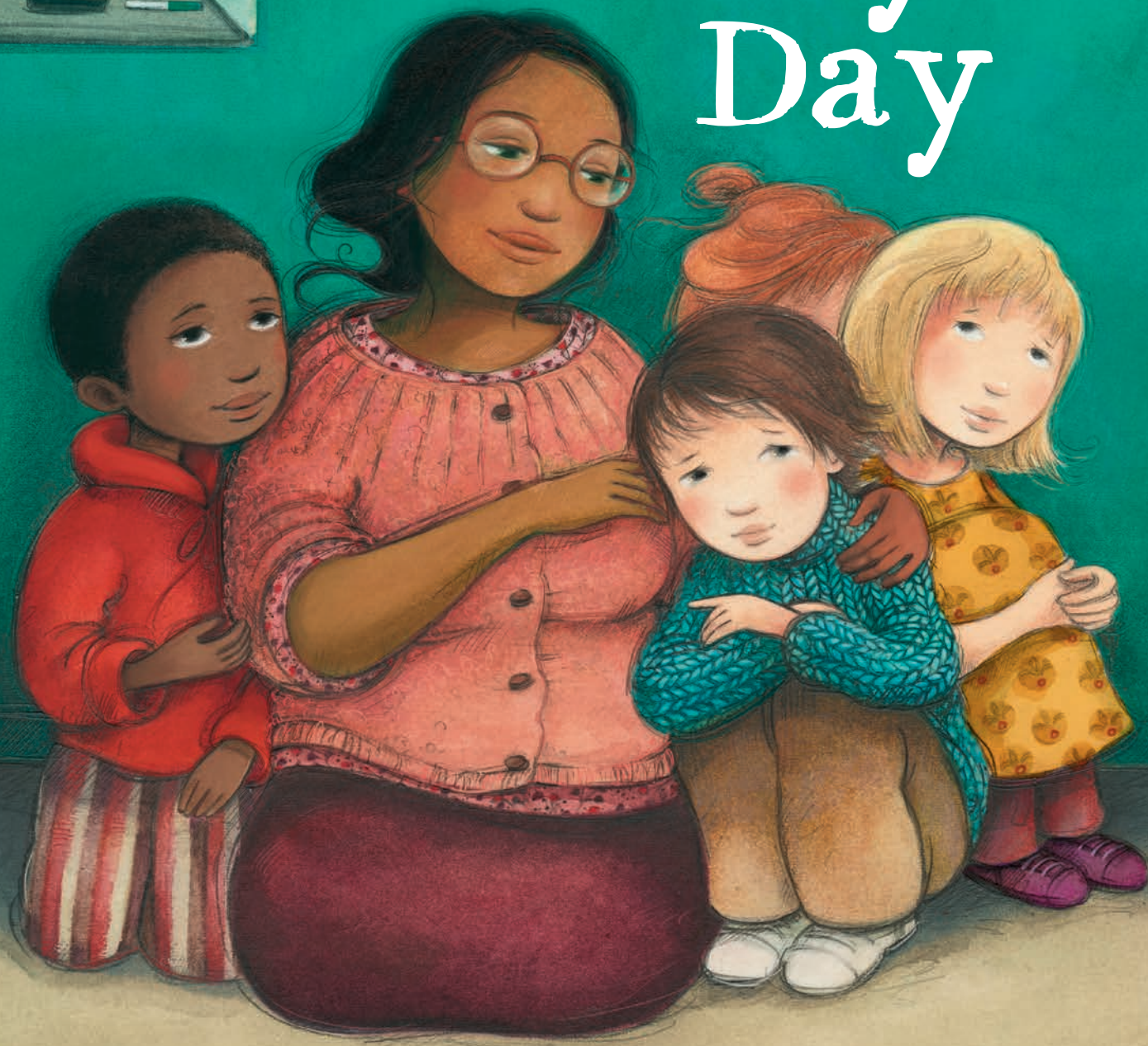


FINDING CALM DURING SCHOOL LOCKDOWN DRILLS

# Not Like Every Day



Written by Stephanie V. W. Lucianovic

Illustrated by Gabrielle Grimard

**EDUCATORS' GUIDE**

[RHCBTeachersLibrarians.com](http://RHCBTeachersLibrarians.com)







## Dear Reader,

As might be expected, writing *Not Like Every Day* was a very emotional process for me, and it's taken me years to get to the point where you can now hold and read this book in its finished form.

Anger is not the best place from which to draw inspiration when writing for children, but *Not Like Every Day* was, in fact, born from anger.

Ten years ago, my now-high school son was in first grade when he came home and told me they had a lockdown drill at school. I was completely shaken by this. Of course, Sandy Hook had happened while he was in preschool, so I guess I should have been prepared? But I wasn't. Not for this. Nor was I prepared to learn that during the drill, one of his friends had gotten a bloody nose and didn't signal the teacher for help. "Because we're supposed to stay quiet," my son explained.

And that's when I got angry. What are we putting kids through? So I started writing.

*Not Like Every Day* almost didn't make it out of my drafts folder because very few people in publishing and this country want to talk or think about how necessary a book like this is. I set the book idea aside for several years, but I never set aside my anger.


After the mass shooting at the Gilroy Garlic Festival near me in 2019, I picked up the idea and I started writing again. I knew there had to be a way to help. Most parents and teachers of my acquaintance are horrified by school lockdown drills, but none of us really knew how to help. And while it's true that there will be kids and parents who aren't anxious about the drills, I wanted to represent the children and parents who are. I wanted to offer them a hand and let them know that they are seen.

I still want this book to be a wakeup call to our country. It wouldn't be necessary if we had better gun laws, and that's just a fact. It's also a fact that I will continue to fight for change. I hope you will join me in that fight.



## Sincerely,

Stephanie V. W. Lucianovic



## ABOUT THE BOOK

For Henry, lockdown drills can be scary. Staying quiet and still is tough, but with the support of his teacher, he's able to stay calm. This reassuring story explores the complex emotions surrounding school lockdown drills and includes helpful resources from a school psychologist and safety expert.

*I wish today was like every other day.*

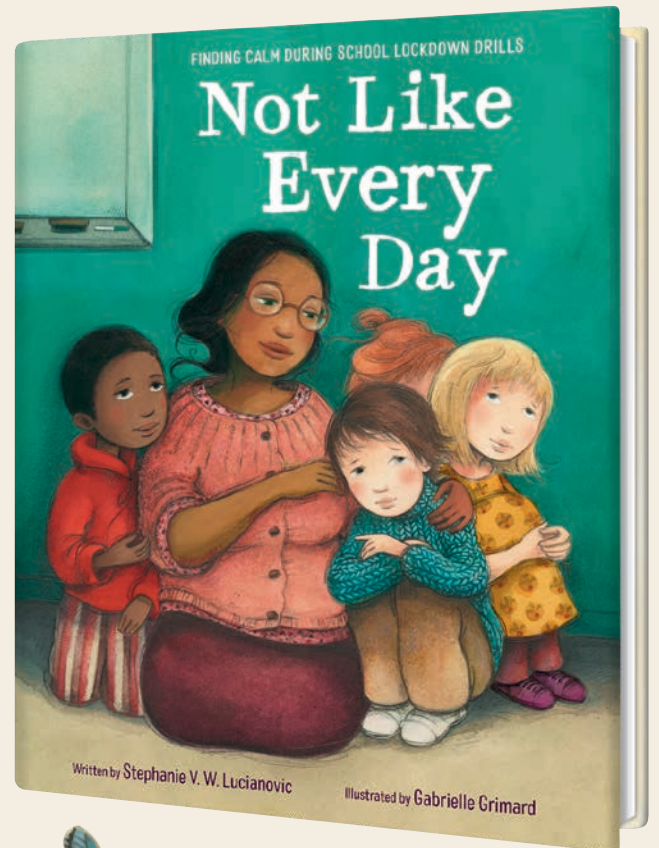
*But it isn't.*

*Today my stomach is twisted in the middle  
like a bunch of tissue paper butterflies.*

During his school's lockdown drill, Henry tries to make himself as small, and still, and quiet as possible, but even though he knows it's *just a drill* and it's *not real*, he doesn't like it. And even when the drill is over, it doesn't feel over for him.

Luckily, Henry's teacher is there to offer guidance and reassurance. Together, they practice breathing exercises and focus on what Henry can smell *right now* to help anchor him in the present. And, most importantly, they talk about his feelings until he feels safe—until the tissue paper butterflies in his stomach untwist and fly away.

With poetic prose and gentle artwork, this accessible picture book serves as an ideal starting point for discussions about lockdown drills and includes helpful resources for parents and teachers, such as discussion questions, a mindfulness exercise guide, and best practices for reducing the potential for trauma when conducting lockdown drills.



## ABOUT THE AUTHOR

**Stephanie V. W. Lucianovic** writes books in the San Francisco Bay Area surrounded by a couple of cats, a couple of kids, and a husband. She has written multiple picture books, including *Zombie and Brain Are Friends*, *Touch the Sky*, and *The End of Something Wonderful*. She is also the author of the middle-grade novels *The League of Picky Eaters* and *Hummingbird Season*. Stephanie grew up in Minneapolis, where tornado drills were common but always scary for her.

## ABOUT THE ILLUSTRATOR

**Gabrielle Grimard** has been drawing since she was a very young child. Born in Montreal, she studied fine arts at Concordia University. She began her career as a muralist, painting numerous walls in commercial buildings in the Montreal area. She is the critically acclaimed illustrator of *Stolen Words*, which was one of *Kirkus Reviews'* Best Picture Books to Give Readers Strength. Her debut picture book as an author-illustrator, *Lila and the Crow*, was called "an artful take on resilience" by *Kirkus*, and was named a Best Book for Kids & Teens by Canadian Children's Book Centre, and a Toronto Public Library's First and Best List book.



## PRAISE FOR THE BOOK

**"A compassionate resource for those seeking to support children through school safety preparations." —Kirkus Reviews**



# DISCUSSION QUESTIONS

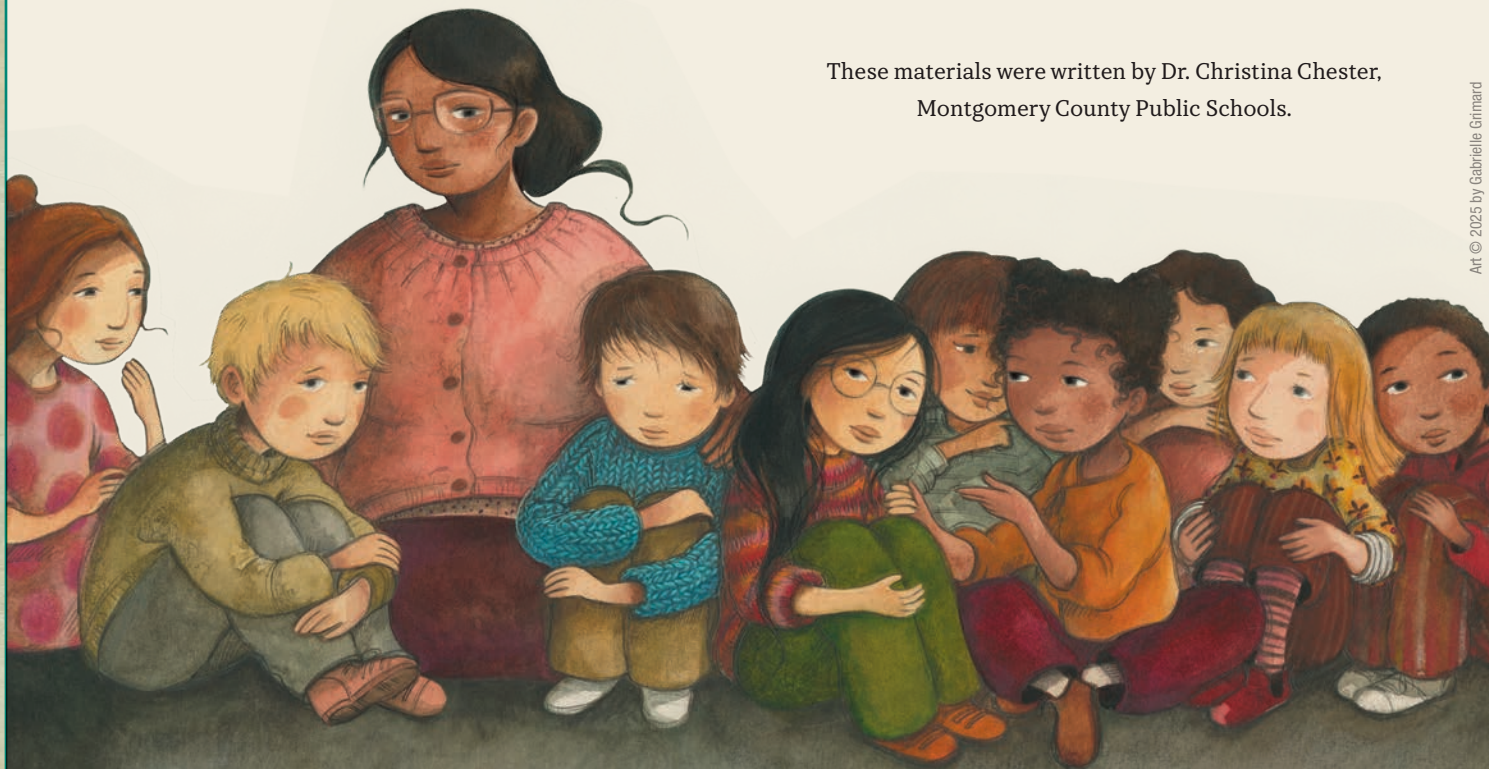
- ◆ What is a drill? What kinds of drills do you have at school?
- ◆ Do certain drills make you feel differently than others?
- ◆ In your own words, what is anxiety? How can it make you feel?
- ◆ Have you ever felt anxious about an event at school? Did your stomach feel twisted in the middle like tissue paper butterflies too?
- ◆ What happens during a lockdown drill in your school? Is it similar to what Henry experiences?
- ◆ Henry is feeling anxious after the lockdown drill. What are some things he can do to feel less anxious? How can his friends help Henry? How can his teacher help him?

## ADDITIONAL RESOURCES

For best practices for **conducting lockdown drills**, visit [nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/systems-level-prevention/mitigating-psychological-effects-of-lockdowns](https://nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/systems-level-prevention/mitigating-psychological-effects-of-lockdowns).

For **practicing mindfulness** with children, including doing breathing exercises, visit [mindful.org/mindfulness-for-kids](https://mindful.org/mindfulness-for-kids).

These materials were written by Dr. Christina Chester,  
Montgomery County Public Schools.



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