PART 2

The First 5 Minutes

PART 2 OF 3 | CALL TO ACTION

Situational Awareness | Emotional Intelligence | Readiness | We've Got Your Back®



Confidence grows when preparation becomes practice.

Knowing what to do is important.

Practicing that decision helps turn knowledge into readiness. Remember, what we practice consistently becomes what we can rely on when it matters.

This week, take 5 minutes to mentally rehearse how you would respond to an emergency at your school, workplace, or another familiar place.

- ☑ **Practice Your Three Mindsets:**
  Awareness—What is happening? ***Assessment***—What are my safest available options? ***Action***—What should I do next?
- ☑ **Create a When/Then Brain Script:**
  For example, "*When I recognize an immediate threat and a safe exit is available, then I move away from danger.*"
- ☑ **Practice Emotional Self-Regulation:**
  When faced with everyday stress, notice your emotional response, take a controlled breath if possible, and practice responding thoughtfully instead of reacting impulsively.
- ☑ **Know Your Alternatives:**
  Identify how you could evacuate safely or secure a protective location if evacuation were unsafe.

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Your Challenge:

Discuss one emergency scenario with a coworker, family member, or colleague. Identify your options and explain how you would make an informed decision without waiting for complete information.

Remember, effective emergency response is not about being fearless. It is about recognizing fear while maintaining the ability to make purposeful decisions.

Share this article with someone who depends on you, or someone you depend on. Start a conversation about preparedness before an emergency makes that conversation necessary. *Next month, we'll examine how the brain learns, why practice matters, and how to build readiness that lasts.*



Don't just *know* your options. Practice making the decision.

The habits we rehearse today help shape the choices we make tomorrow.

The Human Side of Safety

The first 5 minutes of a violent intruder event may unfold with little warning and incomplete information. We cannot control every circumstance. So we must **strengthen** our ability to recognize danger, evaluate our options, manage our emotional responses, and act purposefully.

***Awareness* tells us something has changed.**
***Assessment* helps us understand our options.**
***Action* gives us the opportunity to protect ourselves and others.**

In our third and final installment of our Science of Survival series, Train the Brain Before the Crisis, we will explore how neuroscience, emotional intelligence, realistic practice, and effective leadership help build lasting readiness, and why the best time to prepare for the first 5 minutes is long before they begin.

This guide is designed as a concise companion to your newsletter, suitable for a two-page handout, staff safety briefing, or training resource.

WE'VE GOT YOUR BACK

Ask about our award-winning PK-12th grade school safety products, customized to meet your school's concerns and needs.

Together, making a difference!

831-224-3838 | info@mckimball.com
learning.mckimball.com | safety.wgybsafety.com

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