

STRANGER HEIGHTENED AWARENESS RESPONSE PROGRAM™

Be **SHARP!** Be **AWARE!**

Twelve Ways To Sharpen Stranger Awareness

“Do’s” and “Don’ts” for Staying Safe!
A Martial Arts for Peace
Life Skills for Kids Program™



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based on the
Education for Peace Series books
by Dr. Terrence Webster-Doyle



LESSON 1: **DO** *Be Aware*
**Act on Your Feeling
That Something May Be Dangerous!**

1. **Ask students the following questions. Encourage them to give you quick, alert, but *brief* answers! You only have 15 minutes per lesson.**
 - What does it mean to be “aware”?
 - Does being aware mean you are observant? Focused on what’s going on around you? Living in the moment?
 - What’s one way you were aware today?
 - What does it feel like to be aware? Is it hard work? Does it take practice to stay “in the moment” rather than worrying about what happened yesterday or what might happen tomorrow?
 - Does being aware make you feel strong? If so, in what way?

2. **Tell students:**
 - ▲ Sometimes we get a sense that something near us may be dangerous.
 - ▲ That “awareness” usually appears for a good reason. Pay attention to it!
 - ▲ It’s good to be aware all the time, but when you’re in an unfamiliar area, or talking with suspicious strangers, it’s especially important.
 - ▲ The voice inside us that tells us to beware is usually right! Listen to it! Focus! Be aware!

Activity 1: Exercise *I Am Alive!*

✓ **Ask students:**

1. One way to practice being *aware* is to challenge your senses! Do you know what your five senses are? (Give students time to respond.) Are they sight, sound, smell, taste and touch?
2. When you walk down the street, are you *aware* of what's in your line of vision? Do you really *look* at what's on the street, *who* is on the street, and *what's* going on?
3. Do you listen to sounds — the birds in the trees, an airplane or helicopter in the sky, people talking, horns honking? Are you aware of any aromas or stench — garbage, or flowers, or gas?

✓ **Tell students:**

1. Let's sit, right where we are (if the weather is good, take students outside). Sit comfortably, close your eyes and just LISTEN. For two whole minutes, sit *as quietly as you can* and do nothing but LISTEN. (Whisper:) On your mark, get set, go.
2. (After two minutes:) Let's open our eyes now and just LOOK. Don't move from where you're sitting but, as quietly as you can, just LOOK around you. Say nothing, but NOTICE what you see.

✓ **Ask students:**

1. By sitting quietly with your eyes closed, did you notice any sound that you don't normally notice? What did you hear?
2. By sitting quietly and looking around, did you notice any sight that you don't normally notice? What did you observe?
3. How do you think you could practice being "aware" — when you're at home, at school, or out in the world? Does this activity help?
4. Do you think your family would be amazed if you suddenly "noticed" something good they do, and mentioned it to them? Would your brother or sister pass out in disbelief if you observed something they never knew that you noticed? Want to try it? It could be fun to show friends and family your new powers of observation!