



Quick Facts

Hero:

Sonja Shear

Teacher

Age:

Adult

Saved:

Student

**"If Ms. Shear hadn't like reacted as fast things could've gone much worse"
-Jake, Student**

EVERYDAY HERO STORIES:

A Lifesaving Lesson

Sonja Shears, an English teacher at Calusa Elementary School in Boca Raton, Florida is being celebrated as a hero.

During snack time in her classroom, one of her students began choking.

"His eyes were really big. He motioned to his throat. His face was red and his lips were starting to turn purple," said Sonja.



Sonja Shear reflecting on her experience.

Heroically. Sonja rushed to the rescue.

"I lifted him up and he was still hunched over so I just performed the Heimlich maneuver," said Sonja.

The food was jettisoned from her student's mouth, making regular breathing possible.

After the incident, Sonja reflects "It was scary. I had to step out of the classroom afterwards to kind of compose myself."

In her 21 years as an educator, Sonja has never had to use the Heimlich Maneuver. However, this experience has reminded her of the importance of all teachers being trained in life saving techniques.

Her students echo this sentiment.

"If Ms. Shear hadn't like reacted as fast things could've gone much worse," said one of Sonja's students, Jake Thornberri.