

Whole Class Crisis Intervention

SET UP

Make sure you have tissue. Put chairs in a circle and join the kids in the circle. Ask the teacher to join you too. Introduce yourself and explain why you are here.

Essentially the model is cognitive—emotional---cognitive.

I) COGNITIVE

- 1) Assess what they know about what happened and clarify information.
- 2) For younger grades, ask if they know what “died” means. If there was a hospital stay involved, make sure they know that MOST people who go to the hospital come out safe.
- 3) Ask them to tell you about the person who died, using prompting questions if necessary. (Was he quiet or loud? Who did she hang out with? What were his talents?)
- 4) If you are dealing with the death of a family member of a student, ask what the student is like who lost someone.

II) EMOTIONAL

- 1) Ask the kids how they are feeling. You will get lots of personal stories here.
- 2) Use this time to teach them some basic things about grief.
 - a) It's normal to feel nothing.
 - b) It's normal to feel sad, scared, worried....
 - c) One sad event often makes us think about other sad events.
 - d) Make sure you drink enough water, get enough sleep etc.

III) COGNITIVE

- 1) Ask them if they have any questions.
- 2) Make a plan for what they can do. (Make cards for the student or family etc.)
- 3) If it is the loss of a family member of a student, spend time discussing that student and the best way to respond to him/her when they return to school.
- 4) Finish with going around the circle and asking everyone to tell them AN ADULT they can talk with if they are upset or if they have any questions. Don't let anyone pass. This is a good chance to see if there are kids who may need extra help---if they don't have a support system.