

Children's Stress Reactions Pre-School - Kindergarten

- Withdrawal
- Denial
- Thematic Play
- Anxious Attachment
- Fears
- Regression

Strategies for the Classroom: Pre-School and Kindergarten

- Routine is critical, as it conveys security
- Staff need to project calm
- Physical contact
- Nourishment
- Stories in which main character overcome adversity
- Large muscle movement
- Dramatization, puppets and art



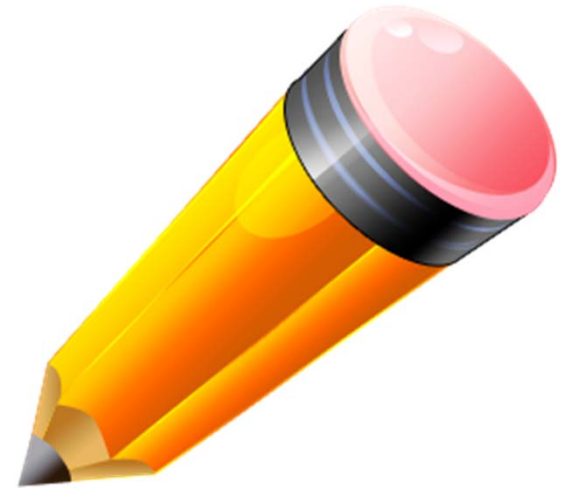
Children's Stress Reactions Elementary School Age

REPORT CARD				
GRADING PERIOD	1	2	3	4
READING	A			
WRITTEN COMMUNICATION	A			
MATHEMATICS	C			
SCIENCE/HEALTH	B			
SOCIAL STUDIES	B			
ART	A			
MUSIC	A			
PHYSICAL EDUCATION	C			
Grade Average	B			
Attendance:	40			
Present	0			
Absent	1			
Tardy				
A = Excellent • B = Good • C = Satisfactory • N = Needs Improvement U = Unsatisfactory • I = Insufficient / Incomplete				
Student: _____ Grade: _____ Year: _____				

- All of the previous plus
- Performance Decline
- Compensatory Behavior
- Discrepancy of Mood
- Behavior Changes/Problems
- Psychosomatic Complaints

Strategies For The Classroom: Elementary School

- Routine remains critical
- Consider relaxing performance demands temporarily
- Share experiences in a group setting
- Brainstorm family emergency plans
- Creative writing
- Review and discuss other times they have overcome adversity
- Tension breakers
- Art/drama exercises



Children's Stress Reactions Junior/Senior High School

- All of the above plus
- Acting Out Behaviors
- Low Self-Esteem and Self-Criticism
- “Too Old, Too Fast”
- Displaced Anger
- Pre-Occupation with Self



Strategies For The Classroom: Junior/Senior High School



- General classroom discussion of personal experiences
- Literature or reading about overcoming adversity
- Peer helpers
- Health class discussion of related to stress reactions and self care
- Social studies/gov't society response to aiding victims of disaster
- Historical perspectives on crisis
- Speech/drama use of skits to portray emotions

Strategies for Classroom Teachers

- ▣ Reinforce calm demeanor, safety & security
- ▣ Be aware of your own reactions
- ▣ Keep open lines of communication
- ▣ Maintain predictable class schedule
- ▣ Listen and tolerate constant retellings of event
- ▣ Expect angry outbursts
- ▣ Use classroom activities to reinforce that one person makes a difference
- ▣ Protect students from re-exposure
- ▣ Expect brief decline in student performance

Activities for the Classroom



- ▣ Write a eulogy—writings that honor the person who died
- ▣ Design a page or collect memorabilia commemorating the loss
- ▣ Write stories or memoirs
- ▣ Start a new club such as SADD, create a class banner, plant a tree, build a fitness course, make a memory board, create a song in memoriam
- ▣ Encourage students to keep a journal
- ▣ Create a collection box for notes to the family
- ▣ Direct energy/anger to creative, physical or verbal expression

Interventions for the Angry, Physical Student

- Run a lap around the classroom, gym or the building
- Swim laps
- Arm wrestle or compete with others in acceptable ways
- Pound a punching bag or pillow
- Dance
- Hit a ball, fantasizing a face on the ball

Interventions for the Angry, Sedentary Student

- Fingerpaint
- Knead sculpting material
- Build something
- Write letters that will never be sent
- Compose songs
- Write poetry

Interventions for the Angry, Verbal Student

- Talk to someone
- Create stories on a tape recorder or disc
- Scream in an acceptable venue (alone, in the shower, while driving)
- Talk out loud as if the person were present
- Write letters that are never sent and reread them aloud
- Sing with gusto

Interventions for Individuals, Staff and Adults

- Consider altering your work schedule to decrease demands
- Seek social support
- Exercise
- Relaxation/Meditation
- Balanced diet and sleep cycle
- Write about the experience
- Listen to music
- Hot bath

