



During Times of Tragedy

6 – 10

Questions to Ask

Parents and caregivers: your presence, your listening ear, and your ongoing support are what will help children navigate their fear and begin to heal.

Elementary School-Age Children (6–10 years old)

(Gentle, reassuring, encouraging expression through words, art, or play)

- + "What have you heard about what happened at the school?"
- + "How did you feel when you heard about it?"
- + "Do you have any questions about what happened?"
- + "What helps you feel safe when you're worried?"
- + "Would you like to draw, write, or talk about your feelings?"
- + "Who are the people you trust at school or home when you feel scared?"

Key Reminder: With all ages, the goal isn't to "fix" their feelings right away. It's to listen patiently, validate their emotions, and remind them they are not alone.

Responses to Give

Responses and statement that parents, caregivers, and youth workers can use in conversation with children.

Elementary School-Age Children (6–10 years old)

(Provide honest but gentle reassurance; validate feelings; encourage expression.)

- + "I know hearing about this is scary. You can always talk to me about how you feel."
- + "The adults at your school are working very hard to keep you safe."
- + "It's normal to feel upset when something like this happens. You're not alone."
- + "It's okay if you don't want to talk right now. I'm here when you're ready."
- + "If you feel worried at school, you can tell a teacher or a trusted adult right away."

Key Reminder: The goal is not to remove fear immediately. It's to help children feel heard, cared for, and reminded they are not alone. The tone should be calm, patient, and consistent.