

**All Souls**   
CHURCH OF ENGLAND PRIMARY SCHOOL

Foley Street, London W1W 7JJ

02076414707

[office@allsoulsprimary.co.uk](mailto:office@allsoulsprimary.co.uk)

**Supporting children worried about terrorism**

* **Listen to their fears and worries, ask open questions about what they have heard or seen:**

*Our natural response is to want to protect and shield children from the reality of terrorism, with today’s social media that is not always easy to do. We need to focus on arming them with balanced information, compassion, hope and a chance to develop their resilience.*

*Asking how and what questions such as how are you feeling about what you saw/ heard? Or what have your friends said about what happened? Can help you gain an insight in what a child is trying to establish and understand.*

*DON’T ASK LEADING QUESTIONS*

* **Reassure children it is normal to feel upset:**

*It is important to remind children that being sad, worried or angry when awful things happen in the world around them is okay.*

* **Point out the heroes:**

*Showing children how people are actively trying to help really helps children to feel safe. Remind children real heroes don’t wear capes and have superpowers. The real heroes are our police officers, the paramedics, the people who offer victims a place to stay or a cup of tea. People who show our Christian values of kindness and courage.*

* **Think about the language you use with children:**

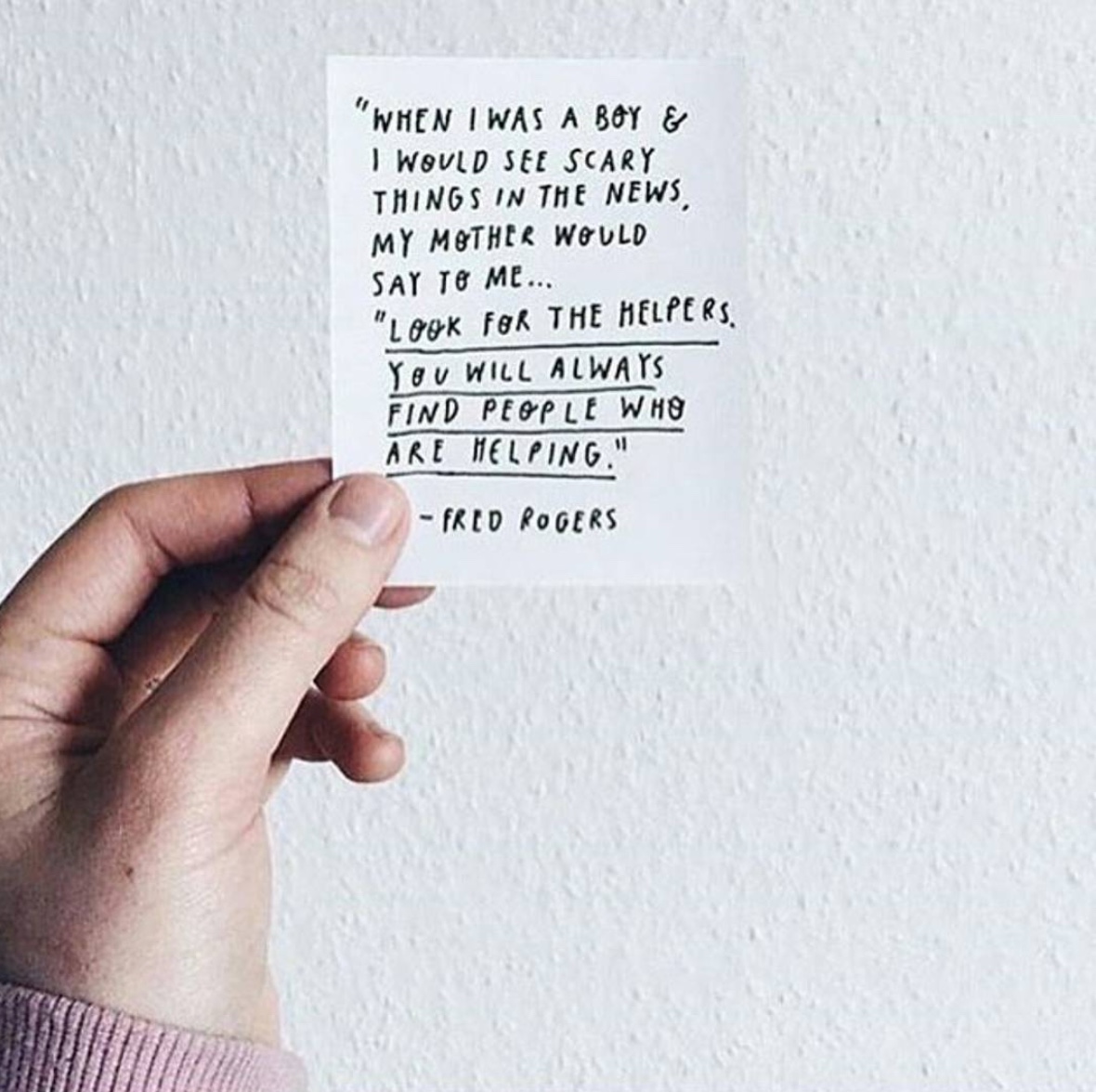
*Words around trauma such as awful, horrific, horrendous don’t translate much meaning for children and can be frightening. If children are talking to you about what they have heard or seen use language that holds more meaning for them and connect with the emotions they may be feeling or noticing in others, such as sad, worrying, frightening, kind and brave*

* **Reassure Children:**

*Children only feel safe if they are led to believe so by the adults around them. Reassure children that they are cared for and that they are lots people of people making sure they are safe.*

* **Encourage children to do things that make them happy:**

*Talk to children about things that make them happy, encourage them to watch their favourite film, play with their favourite toy, read their favourite book. If children are having sad thoughts encourage them to have positive thoughts too especially before going to bed.*

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