

#12239 SEPTEMBER 12: LIFE AFTER TRAGEDY

AQUARIUS HEALTH CARE VIDEOS, 2003

Grade Level: 6–12

35 Minutes



2004 Memorial of the September 11 Attacks



Oklahoma City National Memorial

CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#9810 WHEN YOU HAVE LOST \(PART 1\)](#)

[#11063 HOW I COPE WHEN MOMMY DIED](#)

[#11502 9/11 BACKLASH: BEING MUSLIM IN AMERICA](#)



Helping Children Cope: Teacher Resources for Talking About Tragedy

Teachers play a critical role in how children handle events related to September 11, 2001. Education World has compiled a list of Web sites to help teachers discuss the tragedy with students.

Jan Jewell is a teacher at Cheyenne Middle School in Oklahoma City. She and her students have had experience dealing with acts of terror. The bombing of the federal building in Oklahoma City is a memory her students live with every day.

As news broke about the terrorist attacks on New York City and Washington, D.C., Jewell's students first wanted to know why some kids were being picked up by their parents and why those parents felt afraid, Jewell said. With students who were left behind, "We talked about fearing things over which we had no control," said Jewell. "Then we talked about not giving into fear because then they [the terrorists] win. We talked about channeling our feelings into thinking about what we could do to help. We talked about how everyone responded to us when our federal building was bombed."

Eventually, the students turned their energies to talking about ideas, Jewell continued. "We could make cards," the students suggested. "We could write letters ..."

In the weeks to come, classroom teachers no doubt will face many students who are full of questions and anxiety about their safety. The resources below will help teachers discuss the tragedies, ease students' fears, and assist teachers in identifying children who may need additional help in coping with the events. The resources include ideas for talking with students of all ages and getting students to direct their energies into discussing and writing about their feelings.

If you are looking for background information about the crisis or lessons and activities to support classroom discussions about it, do not miss the Education World article [September 11: Lessons and Resources for Classroom Teachers](#).

HELPING STUDENTS COPE AND UNDERSTAND

[The September 11th Anniversary: An Opportunity for Social and Emotional Learning](#)

The Center for Social and Emotional Education has put together resources for both professionals and parents. Focusing on empathy and social skills, these resources walk through discussion points with children to encourage social and emotional growth.

[About Our Kids](#)

This Web site includes resources such as a school manual with practical steps for recognizing the anniversary of September 11 and

[Remembering September 11](#)

This resources from the National Association of School Psychologists includes "One Year Later: Remembering September 11 Tip Sheets" for parents, adolescents, and teachers. Also: A list of do's and don'ts for memorial activities at school.

[Tips for Talking About Disasters](#)

This Web page from the Center for Mental Health Services includes resources such as How to Help Children After a Disaster, After a Disaster: What Teens Can Do, and After a Disaster: A Guide for Parents and Teachers.

[Helping Our Children in Difficult Times](#)

PBS offers this tip sheet for parents and teachers. The printable sheet (Adobe Acrobat required) features Arthur, the popular children's book character.

[National Association of School Psychologists -- Available Free Resources](#)

The NASP provides resources that teachers, administrators, and school psychologists can use to help students deal with crisis. The site includes [Crisis and Loss: Information for Educators](#), a 20-page booklet on crisis management and intervention.

[Crisis Intervention Manual](#)

How do children of different ages process death? This resource from The School Psychologists' Home Page offers a guide to children's reactions. This resource also includes a poem, "The Elephant in the Room," about the difficulty of talking about death; tips for being a supportive adult; and a tip sheet that can be sent home to parents to help them talk with their children about death.

[Helping Children Cope: A Guide To Helping Children Cope with the Stress of the Oklahoma City Explosion](#)

The American Psychological Association Online offers guidelines to help parents and teachers recognize and deal with trauma in children.

[Helping Children and Adolescents Cope with Violence and Disasters](#)

Tips for helping children and adolescents respond to trauma and crisis from the National Institute of Mental Health.

[Talking About Conflict and War](#)

Alvin Poussaint, M.D., and Susan Linn, Ed.D., put together this resource for The Learning Network.

[Disaster: Helping Children Cope](#)

This is a handout for parents from the National Association of School Psychologists.

[Helping Students Deal With Violence](#)

This up-to-date list of resources comes from MidLink Magazine.

[How to Help Children After a Disaster: A Teacher's Guidebook](#)

This is a resource from the Federal Emergency Management Agency (FEMA).

[Helping Children Cope With Tragedy](#)

This comprehensive resource from the National PTA includes information for parents and teachers. The site includes tips for using the events to teach about the dangers of prejudice. It also includes guidelines for organizing community discussion forums.

[Advice to Educators](#)

This resource from the Arab-American Anti-Discrimination League includes ideas for helping create an atmosphere that will alleviate any anxiety Arab-American and Muslim students might be feeling

[Children of September 11](#)

This children's page of the Families of September 11 Web site includes links to resources for teachers.

[Death: A Personal Understanding](#)

This ten-program series on death and dying includes two programs that can be of immediate use to teachers and administrators: "Sudden Death" and "A Child's View of Death." "Sudden Death" has a special focus on unexpected disaster through terrorism and uses the Oklahoma City bombing to show how we can helpfully respond to traumatic grief. "A Child's View of Death" focuses on how children handle the deaths of those close to them, their own sense of mortality, and how adults can support children.

[September 11th: One Day and Forever](#)

Tips for helping kids handle their feelings about 9/11 from the PBS show *It's My Life*.

MORE RESOURCES

[All Kids Grieve](#)

Among the online resources included here are sections on children's literature related to grief, using poetry to promote healing and personal growth, and a **Kids Art & Poetry Exhibit**.

[When Tragedy Strikes: What Schools Should Do](#)

Tragedies happen. Children and parents die. Teens commit suicide. Teachers must face their students after the unthinkable happens. Education World talks to educators and psychologists who have helped students and teachers deal with death, suicide, and murder. Included: Tips for teachers and administrators for handling the death of a student.

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