



## Support process for classroom de-brief:

It is important to make sense of Friday's events- especially what happened in each classroom (lockdown, distressed parents, and exposure to TV/radio)

- Acknowledge the event on lockdown
  - this was an unusual distressing event as a precaution to keep everyone safe
  - All schools in Christchurch were in lockdown – to keep you safe
- Normalising the range of emotions
  - you might have been feeling stressed, angry, confused, worried
  - you might be feeling this now....this is normal
  - this might have reminded you of other stressful events- this is also very normal
- How we support each other?
  - we will re-focus on our school values- everyone is valued and loved
  - be patient and kind with one another
- Activities that are relevant for a classroom de-brief:
  - Some activities are enhancing a calm environment that affirms a range of emotional responses  
Eg weather report (sparklers), tummy breathing (sparklers)
- Pointing out heroes and talking about things to look forward to
  - Heroes in classroom and community
  - Emergency services
  - Teachers
- Opportunity to do good- make a difference  
Eg.
  - Letter to emergency services
  - Fundraising
- Back to routines 😊
  - Normalising routines