



Bridgewater - Emery School District 30-3



Kim Aman, Elementary Principal
Christena Schultz, Secondary Principal

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Section 4: Recovery

Section 4.3 – How Teachers Can Assist Students

Children may have difficulty understanding that certain events cannot be controlled or predicted and the adults in their lives cannot always “fix” problems or keep them from happening. Listed below are some ways teachers and other school staff can help students deal with trauma and the distress or difficult emotions that may result.

1. Cope with your own feelings of helplessness, fear, and anger.
2. Learn to recognize signs and symptoms of distress in children.
3. Give children opportunities to talk – and listen to them.
4. Help children put the emergency or disaster in context. Provide a perspective.
5. Communicate a positive “I’m not helpless” attitude.
6. Help children to feel safe and secure.
7. Identify children who seem particularly distressed – those who don’t seem to be progressing emotionally after a few weeks. Refer them to school support staff for follow up.



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