

## Scripts for Talking to Children following a Critical Incident

“I’m so sorry to hear about what has happened.....”. “I’m guessing you are probably feeling very sad/shocked today.....”

“There will be a lot of people who feel sad but we all show it different ways. Some people might not look sad but they possibly are inside.”

“Recognising that you need some time to talk is a really good thing you have done.”

“Talking often helps us to make sense of what has happened and can make us feel a little bit better.”

“... who would you usually talk to if you had any worries?”

“Is there anything that you do that helps to make you feel a bit better when you feel sad/down..?”

“It is good to talk but it can also be good to try to carry on doing some of things you would usually do as this can help us to keep our minds off our sad thoughts and focus on good things for a while”. What kinds of things do you think would be good for you to still do today?”