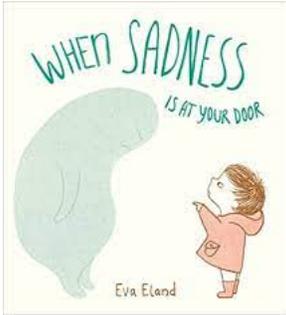
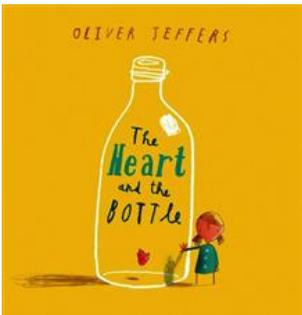
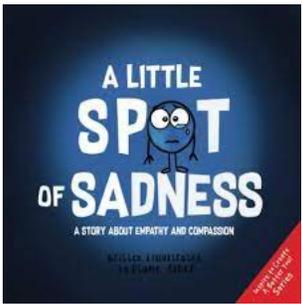


### Helping Preschool-Aged Children Process Loss or Trauma

- At this developmental age, adults can best support children by maintaining predictable and consistent routines, especially around the start and end of the day.
- Be patient, children this age may repeat questions and require frequent reassurance of their safety.
- Provide choices when possible, as it helps children regain a sense of control following traumatic events. “Would you rather have cereal or eggs?”
- Young children can process through symbolic play, drawing, stories. Encourage the child to express their feelings through talking and physical activities
  - Create a feelings flower:
    - Help your child write an emotion on each petal and draw what it looks like.
    - Ask questions such as, “What did you draw?”; “Can you tell me a story about that feeling?”; “How do you feel when you look at each petal?”
    - Glue petals together to make a flower. Remind the child that all feelings, including sadness, come and go.
  - Additional activities are available at: [Sesame Street Activities](#)

Note. Adapted from: The Dougy Center

### Media Resources for Coping with Sadness:

<p style="text-align: center;"><b>Read Aloud</b> <i>When Sadness is at Your Door</i> By: Eva Eland</p>  <p>Book about feeling sad and processing sad feelings.</p> <p><a href="#">YouTube Link</a>: Length 2:01</p>	<p style="text-align: center;"><b>Read Aloud</b> <i>The Heart and the Bottle</i> By: Oliver Jeffers</p>  <p>Book about not bottling up your emotions when you feel sad.</p> <p><a href="#">YouTube Link</a>: Length 3:30</p>	<p style="text-align: center;"><b>Read Aloud</b> <i>A Little Spot of Sadness</i> By: Diane Alber</p>  <p>Book about Recognizing Sadness and how to help ourselves and others process sadness.</p> <p><a href="#">YouTube Link</a>: Length 4:52</p>
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### Additional Resources:

[Sesame Street Activities](#)– Activities for younger children managing grief

[Dougy Center](#)– Resources for younger children managing grief

[National Association of School Psychologists](#) – Brief Facts and Tips for Addressing Grief

[Valerie’s House](#) – Book list to help students who are grieving