

Common reactions to disasters (children)

In face of any crisis events, school-age child is able to understand permanent changes or losses. Fears and anxieties predominate in this age group. Imaginary fears that seem unrelated to the disaster may appear. Some children, however, become preoccupied with the details of the disaster and want to talk about it continuously. Parents who are concerned about their children can ask teacher or student support personnel for support.

Biologically	Cognitively
Body discomfort (Headaches, or other physical complaints)	Difficult to focus
Change of eating pattern (increase or decrease of appetite)	Repeatedly recall any stressful scene
Disturbed sleep	Night terrors, nightmares, fear of darkness
Tiredness	Sense of guilt and worry
Anxious acts (increased heartbeat, sweating, muscle tension increased)	Unclear about the concept of death (believe that someone passed away will return one day; not able to recognise all living organism will die)
Emotionally	Behaviourally
Feeling depressed (lack of speech)	Repeatedly talk about topic related to death
Feeling panic, lack of sense of security, or threatened (Having nightmares of monsters, afraid of strangers)	Whining
Feeling anger, disappointed, guilt, helplessness	Avoidance behaviours
Unstable emotion (irritability, tantrum, weeping)	Regressive behavior (Enuresis, thumb sucking...)
Numbness	Regressive academic performance
	School avoidance
Socially	
Clinging to parents	
Aggressive behavior at home or school or withdrawal from peers	
Loss of interest and poor concentration	