



**Cognus**

Thinking about ... Education

Coffee morning for  
foster carers:

Calming strategies to  
support mental health

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# Individual experience

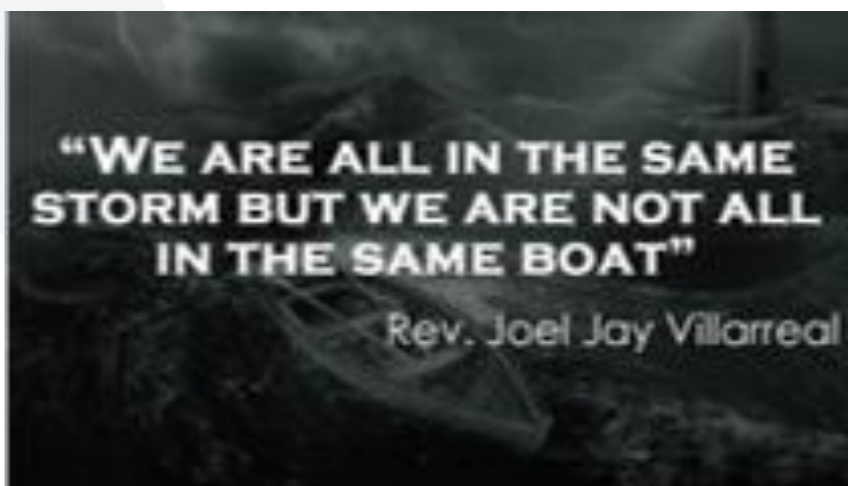
What is your child's experience during lockdown?

Sought comfort from their families?

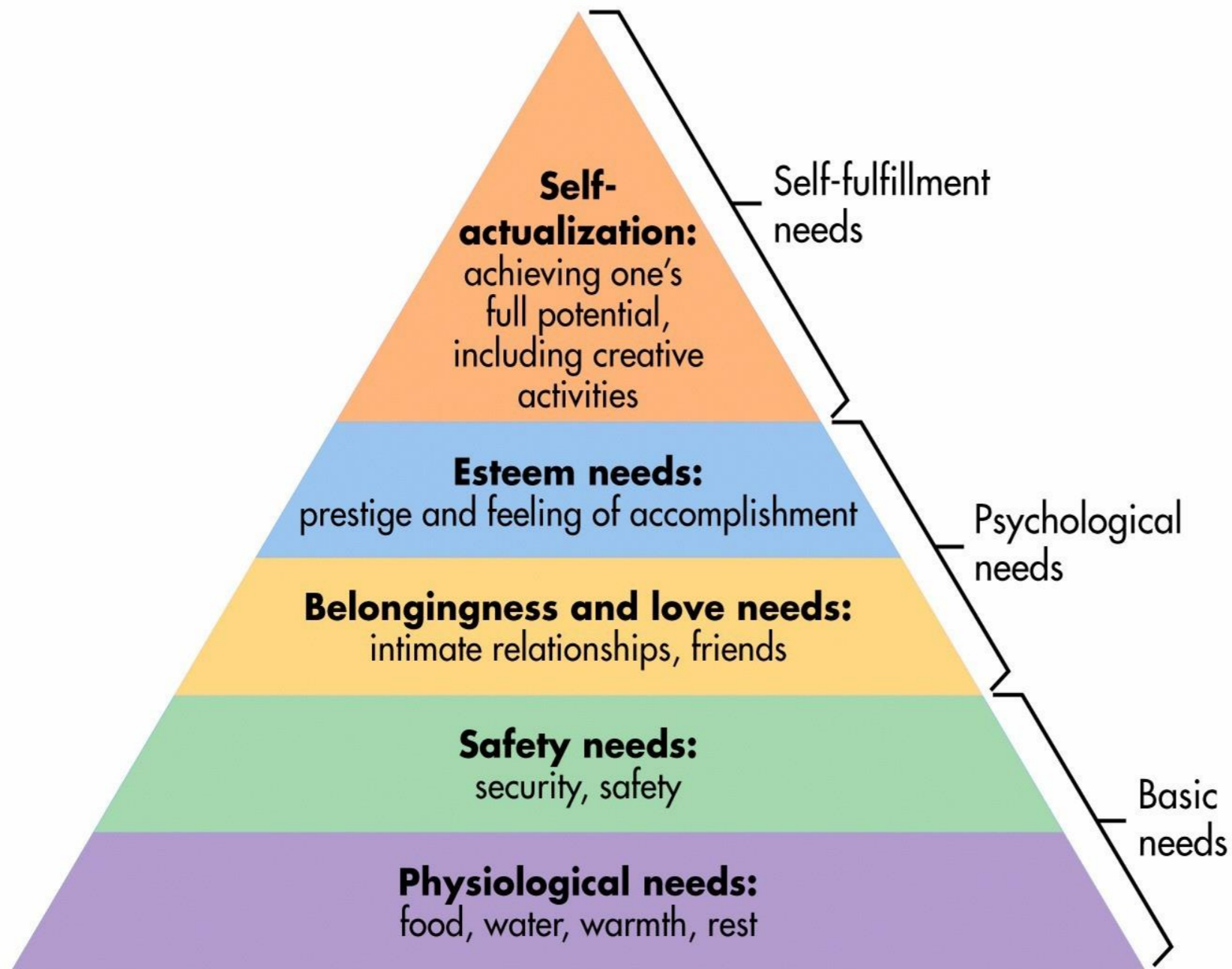
Has it been a frightening or challenging time?

Have they seen their birth families?

Has it been a positive experience?



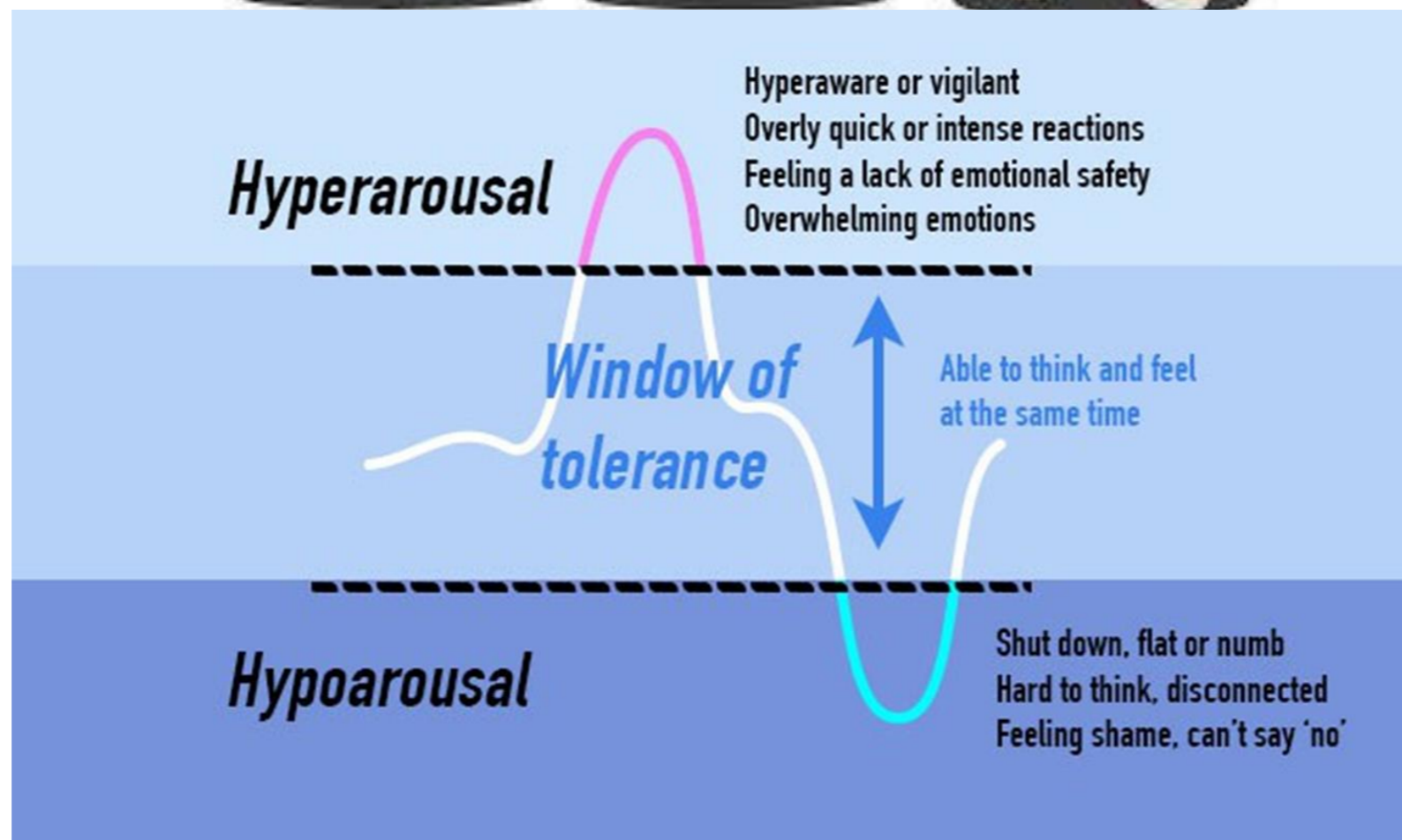
# Maslow's hierarchy of needs



# What is their challenging behaviour communicating to you?



# What might their behaviours be communicating to us?



# Calming strategies



Mind Full, or Mindful?

# Gratitude

## Scavenger Hunt for Kids

1. Find something outside you enjoy looking at
2. Find something that is useful for you
3. Find something that is your favorite color
4. Find something you know someone else will enjoy
5. Find something that makes you happy
6. Find something that tastes good
7. Find something that smells amazing
8. Discover something new
9. Find something that makes you feel safe
10. Find something that makes a beautiful sound
11. Find someone you are grateful for
12. Find something that is unique to you
13. Find something that makes you laugh
14. Find something in the night that you enjoy
15. Find something in the morning that you enjoy
16. Find a friend/pet that you love spending time with
17. Find your favorite place to spend alone time
18. Find something that reminds you of the people you love
19. Find something that you enjoy doing outside with friends
20. Find a place that you love

# Take away messages

All of us will be **experiencing the pandemic differently** and it will have a differing impact on our wellbeing.

**Maslow's hierarchy of needs** – children need to have their physiological and psychological needs met before they can learn.

We want our children to be within the **'window of tolerance'**. When they are aroused, they may experience a **fight, flight, or freeze response**.

We can support our children to move back into their **'window of tolerance'** through consistently using one of the below **strategies**:

- Mindfulness
- Emotion check ins
- Gratitude activities





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Thank you!

*Educational Psychology  
Service*