

# Supporting Children, Families and Staff During a Community Trauma

## Session 7 Responding to Moderate to High Level Needs

Watch the Session 7 video with colleagues if possible.

### 1. Meeting Level 2 and Level 3 Needs

- *Based on your own practice and experience so far, as educational practitioners, senior leaders/managers, how will you best ensure that Level 2 and 3 needs are met?*
- *What do you predict will be the major obstacles to meeting these needs?*
- *What strategies can you put in place with your teams to overcome these obstacles?*

### 2. Self-Care: Create your own Calm Box

Also called a Regulating Box, Sensory Box or similar.

This is a great self-care exercise and while it is designed to help children and young people navigate their feelings with the aid of a supportive adult, it can also be really helpful for adults too. In addition to self-soothing and helping us to manage and take care of ourselves in high-stress or triggering situations, creating and using the Calm Box also gives us an insight into how the activity helps children self-soothe and regulate.

In preparation, I'd like you start thinking about your box and its contents. It can be as small or large as you like, but think practically – is it large enough for all the items you want, is it small enough to be easily transportable? It doesn't have to be a standard 'box'; it can be a sturdy bag, large pencil case, small basket or other container, but it should be durable. Collect pictures, photos materials etc. of things that make you feel calm, safe, happy, e.g. your family, your favourite food, your hobbies and interests, a sunset, flowers ... and decorate the box with these. Then decorate with your name, e.g. 'Jenny's Calm Down Kit'.

Consider all your senses to decide what soothing and comforting things to place in your kit. Next time, I'll be providing a list of suggestions, but begin your collection today if you have time, or at least begin to think about the items you'd like to include.

Add items to the box that aid you in becoming more aware of your surroundings, calm you down, or help you to express your feelings. You can

include pens and crayons, and pieces of paper or Post It notes to write out what's going through your mind, as well as items that make you feel better.

This may be enough for you for today. Please DO NOT over-extend. Now, more than ever before it is so important that we listen to our own bodies and emotions, so if you haven't yet done 'self-care' today, particularly by taking a walk in the sunshine, and by water if you can, this might be the right time. If you would like to do a little more, then carry on to the next activity.

### **3. Your medium- to long-term plan**

- *Do you need to develop a Vulnerability Scale for staff? For families?*
- *If yes, how might you respond?*
- *What are the key points you need to consider in the development of a strategic plan to deliver the recovery curriculum in the short, medium and long term?*
- *What will be the role of other agencies in operationalising and fulfilling your strategic plan?*
- *What opportunities/challenges does responding to the critical incident present for your setting?*
- *What are your hopes for the future of your settings and its children?*

Your self-care today is partially managed through reflection and preparation for starting work on your Calm Box tomorrow, but still try to walk outside, in a green space with water if possible.

Have a good day, keep safe and healthy and ring or email me to chat if that would help. **Jenny x**