

10 Tips for Supporting Foster Kids During Spring Break

Quiz Questions

Multiple Choice Questions

- 1. As a caregiver or supporter of foster, adoptive or kinship kids, what is one thing you can do to help make their spring break enjoyable and meaningful?**
 - a. Learn something new
 - b. Leave them alone and out of family activities so they don't get overwhelmed
 - c. Connect with family
 - d. Both A and C
- 2. Why can spring break be a difficult time for foster, adoptive and kinship kids?**
 - a. They may not have the same support systems or resources as their peers and may feel disconnected from school and community during this break
 - b. They have experienced so much trauma that it's almost impossible for them to enjoy spring break
 - c. They love school so much that they don't want a break

True or False Questions

- 3. Even though Spring Break is a break from school, it is still important for foster, adoptive and kinship children to have structure and routines in their lives.**
 - a. True
 - b. False
- 4. It's important to never let foster, adoptive and kinship children have any downtime so that they don't have time to think about anything sad.**
 - a. True
 - b. False
- 5. Planning enjoyable activities for foster, adoptive and kinship children can help keep them engaged and entertained during spring break.**
 - a. True
 - b. False
- 6. Foster, adoptive and kinship children may have a lot of pent-up creativity that they haven't had a chance to express.**
 - a. True
 - b. False

Fill in the Blank Questions

- 7. Foster, adoptive and kinship children may feel _____ from their peers or community during this time.**
- a. Rejected
 - b. Alienated
 - c. Disconnected
- 8. Spring break is a great time to teach children about the importance of _____.**
- a. Giving back to the community
 - b. Routines and responsibilities
 - c. Getting along with their peers
- 9. It's important to _____ with kids regularly during break.**
- a. Read books
 - b. Check-in
 - c. Cook meals
- 10. With the right _____ and _____, spring break can be a time of growth and connection for foster, adoptive and kinship children.**
- a. Love and support
 - b. Support and resources
 - c. Encouragement and activities

Answer Key

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- 1. As a caregiver or supporter of foster, adoptive or kinship kids, what is one thing you can do to help make their spring break enjoyable and meaningful?**
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