

Supporting Kids in Care Through Winter Break

Quiz Questions

1. Why can winter break be particularly challenging for kids in care?
 - A. They have too many activities
 - B. The change in routine can increase anxiety
 - C. They prefer staying at school

2. True or False: Keeping a predictable routine during winter break can help children feel safer and more regulated.

3. Which of the following is a helpful strategy for supporting emotional regulation during break?
 - A. Ignoring big feelings
 - B. Increasing punishments
 - C. Using grounding techniques like breathing or sensory breaks

4. List one common emotional trigger for youth during winter break.

5. What is one benefit of using a visual schedule?

6. True or False: Kids need a fully packed activity schedule during winter break to stay regulated.

7. What does “connection time” help build?
 - A. Stronger attachment and a sense of belonging
 - B. More opportunities for discipline
 - C. A busier schedule

8. Which statement best reflects a trauma-informed way to support a child struggling with emotions?
 - A. “Calm down or you’ll lose privileges.”
 - B. “I can see you’re having a hard time. I’m right here with you.”

9. Name one sign that a caregiver may be feeling increased stress.

10. What is one suggested strategy for helping kids transition back to school after break?

Answer Key

1. Why can winter break be particularly challenging for kids in care?

A. They have too many activities

B. The change in routine can increase anxiety

C. They prefer staying at school

2. Keeping a predictable routine during winter break can help children feel safer and more regulated.

T/F

3. Which of the following is a helpful strategy for supporting emotional regulation during break?

A. Ignoring big feelings

B. Increasing punishments

C. Using grounding techniques like breathing or sensory breaks

4. List one common emotional trigger for youth during winter break.

Loss of routine, increased downtime, memories surfacing, sensory overload, family visit anxiety, etc.

5. What is one benefit of using a visual schedule?

It increases predictability and helps kids understand what to expect.

6. Kids need a fully packed activity schedule during winter break to stay regulated.

T/F

7. What does “connection time” help build?

A. Stronger attachment and a sense of belonging

- B. More opportunities for discipline
- C. A busier schedule

8. Which statement best reflects a trauma-informed way to support a child struggling with emotions?

A. "Calm down or you'll lose privileges."

B. "I can see you're having a hard time. I'm right here with you."

9. Name one sign that a caregiver may be feeling increased stress.

Frustration, overstimulation, difficulty sleeping, overwhelm, etc.

10. What is one suggested strategy for helping kids transition back to school after break?

Reinstate routines, practice sleep schedules, review school plans, practice morning routines etc.