



Calming Kittens (SD10629)

Ruth Lue-Quee, Educational Consultant and founder of My Mummy Teacher, gives us her thoughts and feedback on the Calming Kittens.



“ **The strategies are easy to follow and quick to implement...perfect for busy school staff!** ”

Just sending my feedback on the calming kittens. Thank you so much for sending them to me, they are just adorable! I love the size of them and think they're perfect for EYFS and KS1. Much more accessible / inviting / huggable and cosy is how I would describe them, for a young child, as opposed to the bigger Calming Cat.

I think the way they've been designed in that there is 5 in each pack is great for it being a product that can be used by a variety of children (at the same time if required) and within a mainstream or specialist setting. As not only will this encourage young children to access and use them (as we know they like to do what their peers are) but also provides them with choice and individuality, selecting the kitten that appeals to them most. I think it's key when introducing the basket that the teacher really sets the scene as them being very special and that we must look after them and they will help look after us if we're feeling a little dysregulated etc. That's so they're not seen as a soft toy as such but more of a valuable resource / 'member of the class'!

The strategies in the cards are really handy and even good to use at home with my 4-year-old. Not going to lie, I have told my husband to read through the introduction as it's written in a really great way that makes the science behind the resource simple to understand. I think this will be particularly beneficial for staff who are new to their role or haven't had recent CPD around supporting children with SEMH or sensory needs. The strategies are easy to follow and quick to implement which is perfect for busy school staff!

I like how the cards are organised too as if a member of staff has perhaps tried a strategy from the chanting section, they have somewhere else to go if this one hasn't worked as hoped and could then try a breathing strategy, etc. It gives them lots of ideas in one easy to access place.

Basically - I think they're great and can really see how these can be used for maximum impact in EYFS, KS1 and also at home! The addition of 5 kittens means that the cards and kittens could also be trialled as a link between home and school to support particularly vulnerable individuals.

With thanks to Ruth Lue-Quee for writing and sharing this testimonial with us.