

NEW

# Calming Cat



## Mental health & wellbeing skill development

This engaging, huggable, tactile cat, helps to facilitate conversations with children about their feelings, thoughts and behaviours, as well as offering coping strategies.

Developed by an Educational Psychologist, Calming Cat and its content are designed for any child or young person, who needs to learn about their bodies reaction to feelings and how to manage them. As well as one to one sessions the content could be used as a whole class resource.

The appealing design has soft, soothing fur and a weighted body making it calming to hold. There is a tummy pocket for a personal comforting object, as well as openings at the side for hands to cuddle the cat or for the coaching cards. The multi-sensory materials will help keep children stimulated and calm. Contains over 140 coaching cards, giving insight, advice and activities to develop knowledge, skills and understanding. An example of them can be downloaded from our website.



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### Why use Calming Cat?

A child's emotional health and wellbeing can impact on their learning, physical and social health as well as their mental wellbeing (Public Health England 2018).

Teaching about mental health and emotional wellbeing as part of a comprehensive PSHE educational curriculum is vital. It promotes pupils' wellbeing through an understanding of their own and others' emotions and development of healthy coping strategies. It also contributes to safeguarding, providing pupils with knowledge, understanding and strategies to keep themselves healthy and safe, as well as equipping them to support others who are facing challenges.

(Exert from Teacher Guide: PSHE Assoc guidance funded by DfE).

### Carry Out Calming Cat Conversations

The Calming Cat facilitates conversations to develop understanding and coping strategies for anxiety and stress.

OVER 140 CARDS

**Green – Knowledge:** Build knowledge about our bodies and our response to upset.



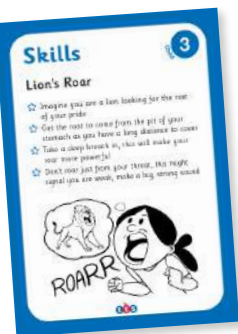
**Lilac – Fun:** Anxious children and adults become withdrawn and can avoid usual activities. Family routines can be disrupted and fun drained away. These cards highlight the benefits of fun activities.



**Yellow – Understanding:** Encourage a child to understand themselves, their thoughts, feelings and bodily reactions as well as behaviours.



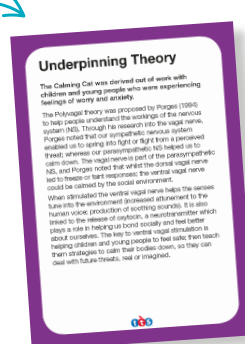
**Blue – Skills:** Identify skills children can learn through coaching or on their own. Practice with the child, letting them focus on what helps most, to create a bank of personal effective strategies.



**Red – Warnings:** Guidance cards to help both the Coach and child notice when worries start to appear.



**Purple – Underpinning Theory:** Extensive notes to steer the Coach when working with children, giving detailed background and insight to empower confident Calming Cat Coaching.



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### Created by Educational Psychologist Paula Williams

(MSc., PGCE., BA Hons)

Director and Consultant Educational Psychologist with Psychology4Learning

An experienced Educational Psychologist and HCPC Registered Practitioner Psychologist, Paula is keen to make psychology accessible to a wide audience. The Calming Cat has been designed to encourage adults and children to carry out practical activities which reduce negative energies and replace them with positive, fun ones.

Paula is confident that lives can be improved through the application of evidenced based practices and early intervention. This vision has led to the development of Calming Cat; helping children and families lead happier, healthier lives.

[www.psychology4learning.com](http://www.psychology4learning.com)

