

Using Bee CALM Backpacks with Children During Emergencies

Emergencies and disasters can come in many forms, at any time or place, often with little or no warning. They may be traumatic for many children and adults who experience them. Supportive resources and tools like the Bee CALM Backpack can decrease the impact of a disaster, particularly on a child's social and emotional well-being.

The Bee CALM Backpack is a collection of mindful materials for teachers and staff from Head Start and other early childhood programs to use during an emergency. CALM stands for Calming and Learning Materials.



Why should you use a Bee CALM Backpack?

Besides a Go Bag with essential emergency supplies, this backpack can help children feel calmer and more secure. It also supports the adults in charge to know what to do and focus on during an emergency. Having one Bee CALM Backpack per classroom or family child care home can help the adults in charge:

- Reduce stress and anxiety for themselves and children
- Remain calm
- Regulate their own emotions
- Respond assertively and proactively
- Support young children to know what to expect

Children may still have strong feelings, which is normal. The Bee CALM Backpack supports efforts to help children manage those strong feelings. Regularly practicing with the materials in the backpack can help everyone feel comfortable and know how to use them.

Children who have lived through disasters or experienced other traumas might have strong reactions to reminders of trauma. It can be helpful to reassure them that adults have a plan to keep them safe.



National Center on
Health, Behavioral Health, and Safety

