

Evaluation Report, April 2025



Colors of Life Family Day for Foster Children

in collaboration with
Plejefamiliernes Landsforening
National Association of Foster Families in Denmark

Highlighted Feedback from Participating Foster Parents and Foster Care Consultants

"My foster daughter and I had a wonderful day filled with reflection, sensory experiences, and learning in a safe space. In a busy everyday life, it's rare to have the opportunity to truly connect and reflect together."

Manager from a Foster Care Team:

"A truly great and inspiring day. For once, we had the rare opportunity to actually see and experience our core mission in action."

"A truly lovely day spent with our foster children. We talked about things and emotions that we rarely discuss otherwise."

"The atmosphere throughout the day was characterized by positivity and a sense of inclusiveness."

"Exciting and it makes a lot of sense. Truly thought-provoking. It offers children visual tools to help them navigate all their emotions."

"Focus on thoughts and emotions related to colors. Great material. Fun elements around a difficult topic."

"It was truly inspiring to see how the children became increasingly engaged throughout the day."

"My foster daughter has many thoughts about 'Who am I?', so there will definitely be something here she can relate to and benefit from."

"It's great that we attended the Colors of Life Family Day together (foster mother/child). It was both educational and fun, with useful activities and ideas to use at home."

"It is really good that the families can bring the books home after the workshop, allowing them to continue to use the material as a helpful tool to support conversations about topics that may be hard to express."



Motivation behind Colors of Life Family Day

Children in crisis often spend a significant amount of their energy managing intense emotional reactions, which can hinder their development in other areas. During such periods, children—like adults—may temporarily regress to earlier developmental stages and exhibit more immature patterns of response.

These children and young people often struggle to identify and express their feelings. Instead, they experience emotions as strong reactions and vague bodily sensations of comfort or discomfort. Therefore, they need support from foster parents to navigate and regulate these emotional states.

To promote the emotional development of foster children, foster parents' co-regulation of emotions is a crucial element. Gaining new knowledge and working with emotional intelligence together can help support the child in developing healthy emotional responses and relationships.

Mission and Purpose of Colors of Life Family Day

To create a safe and meaningful space for children aged 9–13 and their foster parents, where they can jointly develop skills in Social Emotional Learning/emotional intelligence, self-regulation, and relational presence.

The workshop provides children with tools to understand and manage their feelings and thoughts, while emotionally supporting foster parents in their caregiving role, contributing to stronger relationships, mental health, and prevention of distress.

Through play, movement, creative activities, and reflective pauses, we work to enhance children's emotional awareness and mental presence. These elements promote the development of the emotional brain and help children understand and regulate their emotions.



WHY Social Emotional Learning?

Social Emotional Learning (SEL) and Emotional Intelligence (EQ) are processes focused on developing self-awareness, emotion regulation, social skills, empathy, and motivation. SEL and EQ help children and adults understand and regulate their emotions, build healthy relationships, and navigate life's challenges with self-insight and empathy.

- Self-awareness – The ability to recognize and understand one's own emotions and how they influence thoughts and behavior.
- Self-regulation – The ability to control or redirect disruptive impulses and moods, and to “pause and breathe” before acting.
- Motivation – The internal drive to pursue goals with energy and persistence, rather than relying on external rewards.
- Empathy – The ability to understand others' emotional states and perspectives, and to respond appropriately to their emotional cues.
- Social skills – The ability to manage relationships effectively, including inspiring, influencing, and developing others, as well as handling conflicts and building networks.

SEL and EQ can contribute to:

- Improving emotional resilience and mental health.
- Strengthening communication and relationship-building abilities.
- Reducing stress, anxiety, and behavioral challenges.
- Enhancing academic success and motivation.
- Preparing individuals for personal and professional success in life.
- Creating a more emotionally intelligent, empathetic, and socially connected world.



Description of Colors of Life Family Day for Fosterchildren and their Fosterparents

4-hour workshop for foster children and their foster parents on social-emotional learning to strengthen relationships, promote mental health, and prevent distress.

A contribution to innovation in the foster care field through a family workshop that fosters partnership between children and foster parents—offering a loving nudge toward emotional awareness and improved well-being. The content is based on evidence, including insights from the EU-supported ERASMUS+ project "Colors of Life Journal."

Danish actor, entertainer, and psychotherapist Finn Nørbygaard is the ambassador for Colors of Life Family Days. He was a foster child.



Content of the workshop:

Initiating a personal journal that foster children can continue working on at home, aimed at:

- Building emotional awareness; recognition, acceptance, and regulation to calm the nervous system.
- Enhancing foster parents' understanding of the child's emotions and personality.
- Strengthening the relationship between foster children and foster parents to support well-being and development within the family environment.

Promoting journaling as a valuable practice which can offer foster children:

- Greater self-understanding through written reflection on thoughts, feelings, and experiences.
- Emotional awareness through writing about feelings to foster recognition, acceptance, and self-regulation.
- A mental space for reflection, focus, and self-expression.
- A therapeutic effect by writing freely and exploring emotions and thoughts without fear of judgment.

Strengthening family relationships through physical and mental activities focused on:

- Self-reflection and personal growth by identifying patterns in thoughts and behavior.
- Mental exercises to support self-regulation and an introduction to "the emotional brain."
- Positive affirmations and guided meditation stories for calm, harmony, and emotional connection.
- Fun, joy, and physical movement.
- Community and togetherness.

The materials for "Colors of Life Family Day" consist of two books:



"COLORS OF LIFE JOURNAL": designed to support children, teens, and caregivers mentally and emotionally through activities focused on the body, nervous system, emotional awareness, thought patterns, movement, nature, and creativity.



"COLORS OF LIFE MEDITATIONSTORIES": Guided visualizations to support awareness and understanding of emotions. Read-aloud sessions create close connection between children and adults. Sensory experiences, breathing exercises, recipes, and creative activities.

Feedback from Foster Children, Foster Parents, and Family Care Consultants:

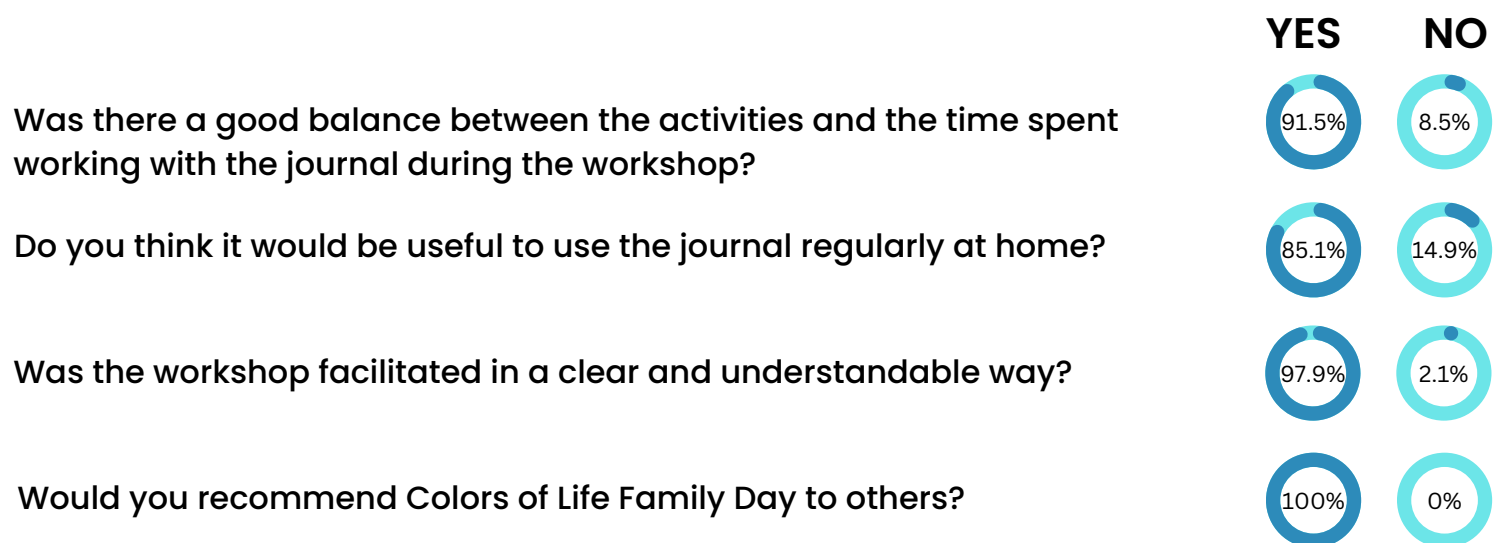
As of May 1, 2025, 6 Colors of Life FAmily Days have been held across Denmark.

Total number of participants:

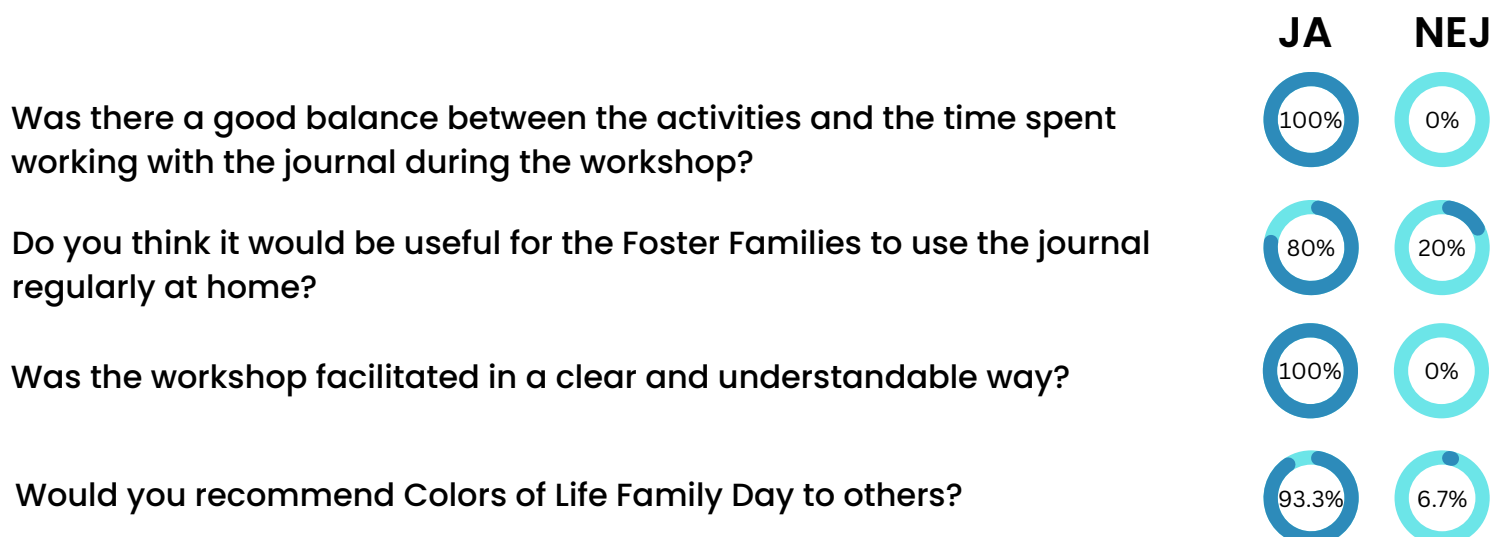
- 71 foster children
- 79 foster parents (evaluation forms completed by 49 families)
- 21 family care consultants (evaluation forms completed by 16 consultants)

Questions, responses, comments, and photos are included in the evaluation, with full respect for the anonymity of foster children and foster families.

Foster parents' percentage-based responses to the "yes/no" evaluation questions:



Family Care Consultants' percentage-based responses to the "yes/no" questions:



Comment from a Consultant:
"Social emotional learning—the content and themes of the material—are very important and essential learning for ALL children."

Conclusion

based on feedback from participants of six Colors of Life Family Days:

The day is experienced as inspiring and meaningful

Several participants – both foster parents and professionals – described the day as inspiring, moving, and professionally relevant. A leader of a foster care team referred to it as a rare opportunity to "see the core task in action."

Children participate and flourish throughout the day

Many observed how even the most reserved children gradually opened up, actively participated, and felt safe in the space. Engagement in activities and dancing was highlighted positively.

Co-regulation and a sense of community are strengthened

The shared experiences and the work with thoughts and emotions fostered a stronger bond and sense of connection between children and adults.

The tools are considered useful and accessible

Participants especially appreciated the use of the journal, breathing exercises, meditation stories, and color-based activities, all of which were seen as relevant and easy to continue using at home.

Activities and variety help engage participants

The day was described as well-balanced, with a good mix of theory and practice. Play, movement, and creativity made it easier for children to engage and understand difficult topics.

The journal is seen as a key element

Several noted that the journal provides an opportunity for continued reflection and meaningful conversation at home after the workshop.

The importance of breaks and breathing exercises is emphasized

"The meaningful pauses" with focus on calm and breath work had a noticeable effect – for both children and adults – and were highlighted as one of the day's most valued elements.

Desire for repetition and wider implementation

There is strong agreement that days like this should be repeated and made available to more foster families. Several participants said that something special happens when children and adults learn together.

Suggestions for improvement

A few suggested slightly shortening the theoretical parts and allowing more time for journal work. However, the overall feedback was overwhelmingly positive, highlighting a valuable and educational day.





Comments from Foster Children, Foster Parents, and Family Care Consultants

Foster child: "The best part was the activities – getting to experience it in my own body."

"Very useful information, and a new way to work together with the child."

"A lot of learning in the children's own language."

"The meaningful conversations and emotions – how thoughts and feelings go hand in hand. A lovely ending, passing the stone around and saying thank you."

"The journal is good, and the 'breaks,' where I was with the other children, were nice.
The food was good."
— From the child

"Would definitely recommend this theme day to others."

"A nice blend of learning, engaging activities, and physical exercise."

"It was a fun day – no time to get bored or tired!"

Foster parent:
"The day provides an opportunity for deep connection and focused time together."

Foster mother:
"Wonderful focus on the children – who it's really all about."

Foster father:
"We will use the journal as a starting point for small conversations."

"We will be using more colors around us to create a better mood."

"A fun day where we played a lot and moved around, but also had to listen."

"It was a great day. My friend was here. The sandwiches were tasty. Dancing was fun."

"Maintaining a balance between physical activity and focused tasks is crucial for the children's engagement, so this approach should definitely be continued."



Thank you to our Partners

We are deeply grateful for the support and trust we have received from foundations, municipalities, and professionals. Your commitment is essential in creating meaningful experiences and strengthening relationships within foster families.

We are working toward offering many more Livets Farver Family Days so we can reach all foster families across Denmark and other countries.



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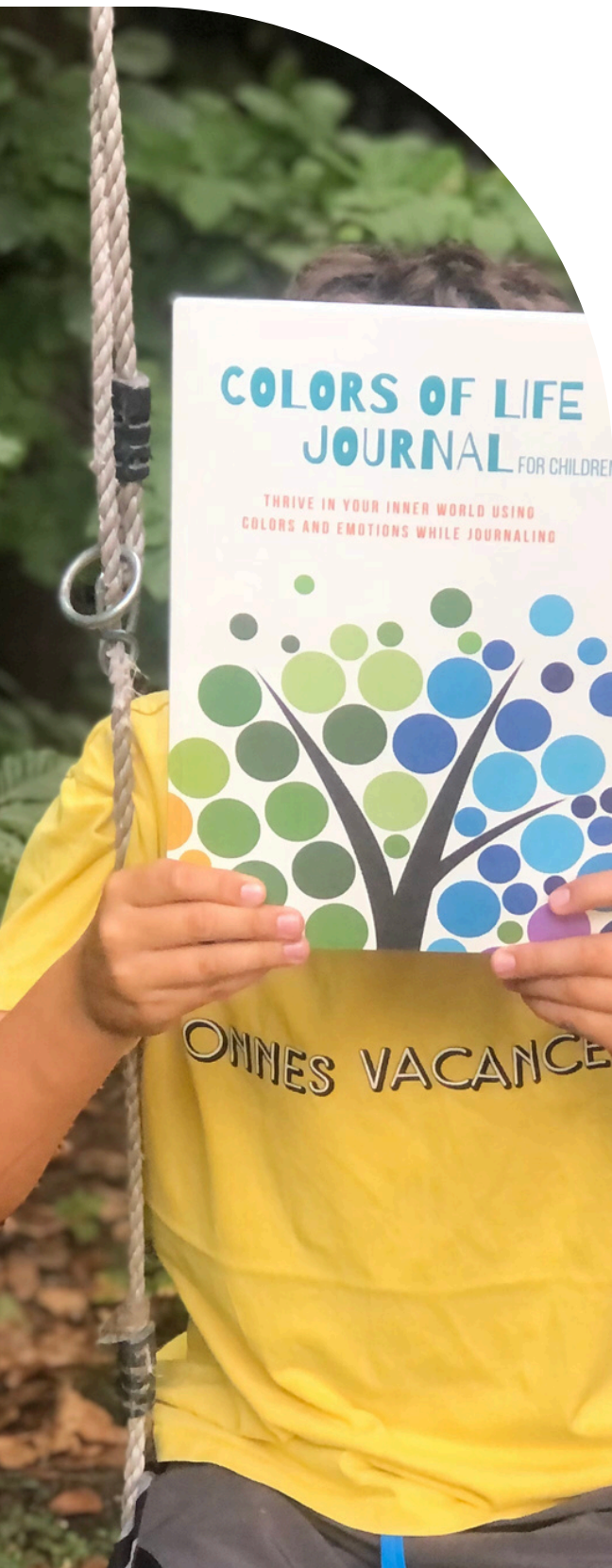
3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



10 REDUCED
INEQUALITIES



We invite you to explore emotions and thoughts through colors.

To understand and accept emotions through the language of color.

Emotions are information—they tell us how we feel and what we need.

They help us understand ourselves and our reactions.



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