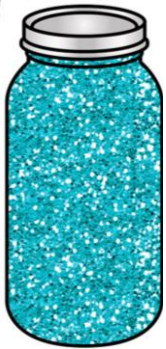


Calm Down Box ideas

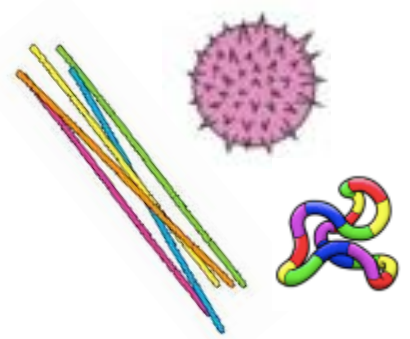
Sensory Bottle



Colouring in



Fidgets



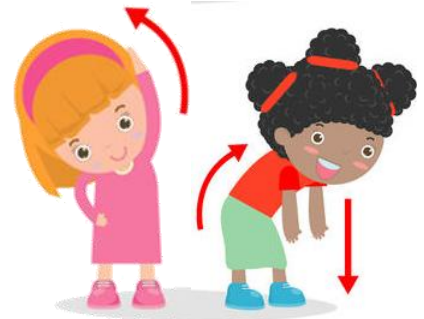
Feelings Chart



Breathing/calm Ideas



Sensory Input ideas



Music/
Meditation



Bubbles



Paper to tear



Make a sensory Bottle

Step 1

Gather up everything you will need; glitter glue or clear PVA glue, glitter, warm water and a clear plastic bottle with a screw lid



Step 2

Add the PVA or Glitter glue to your bottle, it can be trial and error, start with a fifth of your bottle, you can always add more later if needed



Step 3

Fill the rest of your bottle with warm water and give it a good shake to mix the glue and water



Step 4

Add your choice of glitter. Play around with extras if you have them e.g. water beads, confetti or food colouring

Tip-remember to glue the lid onto the bottle to prevent any spills



Colouring In

Color by Number Butterfly

Directions: Use the color key below to reveal the beautiful butterfly.

1 • **Green**

2 • **Orange**

3 • **Brown**

4 • **Blue**

5 • **Purple**

6 • **Yellow**



Fidgets

Fidgets can be useful stress relivers. Some ideas that can be put into a calm down box are

Tangle Toys



Theraputty/ Blu Tack



Koosh/stress balls



Pipe Cleaners



Paper Clips



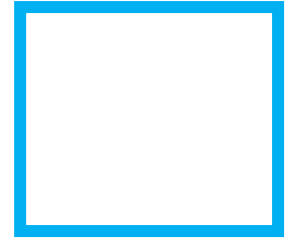
Fidget Cubes



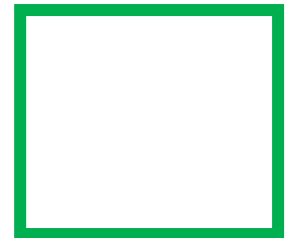
Feelings Chart



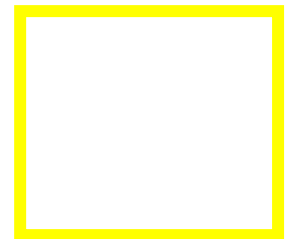
OK



Happy



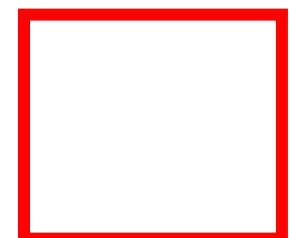
Bored



Worried/Scared

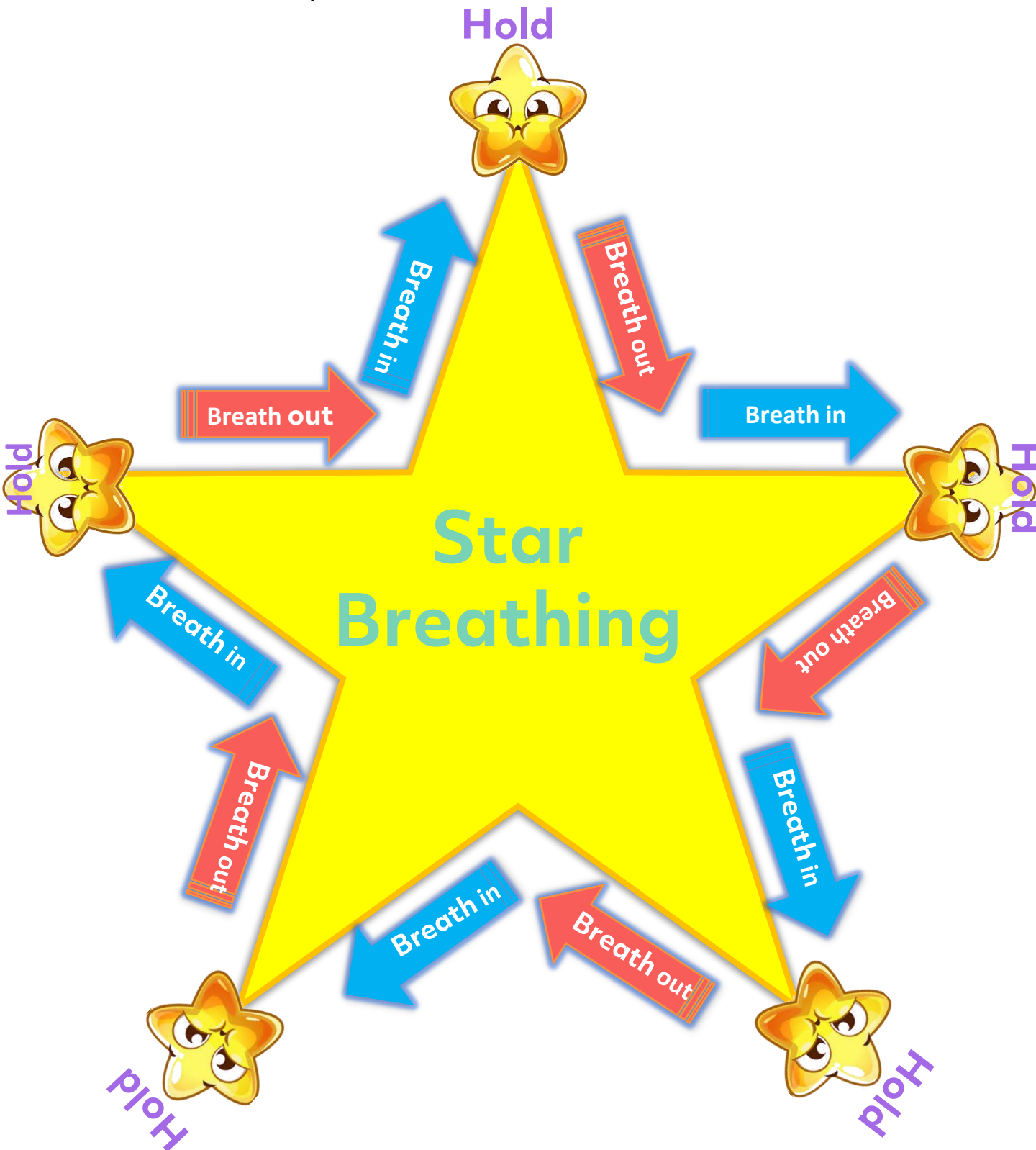


Annoyed/Angry



Breathing

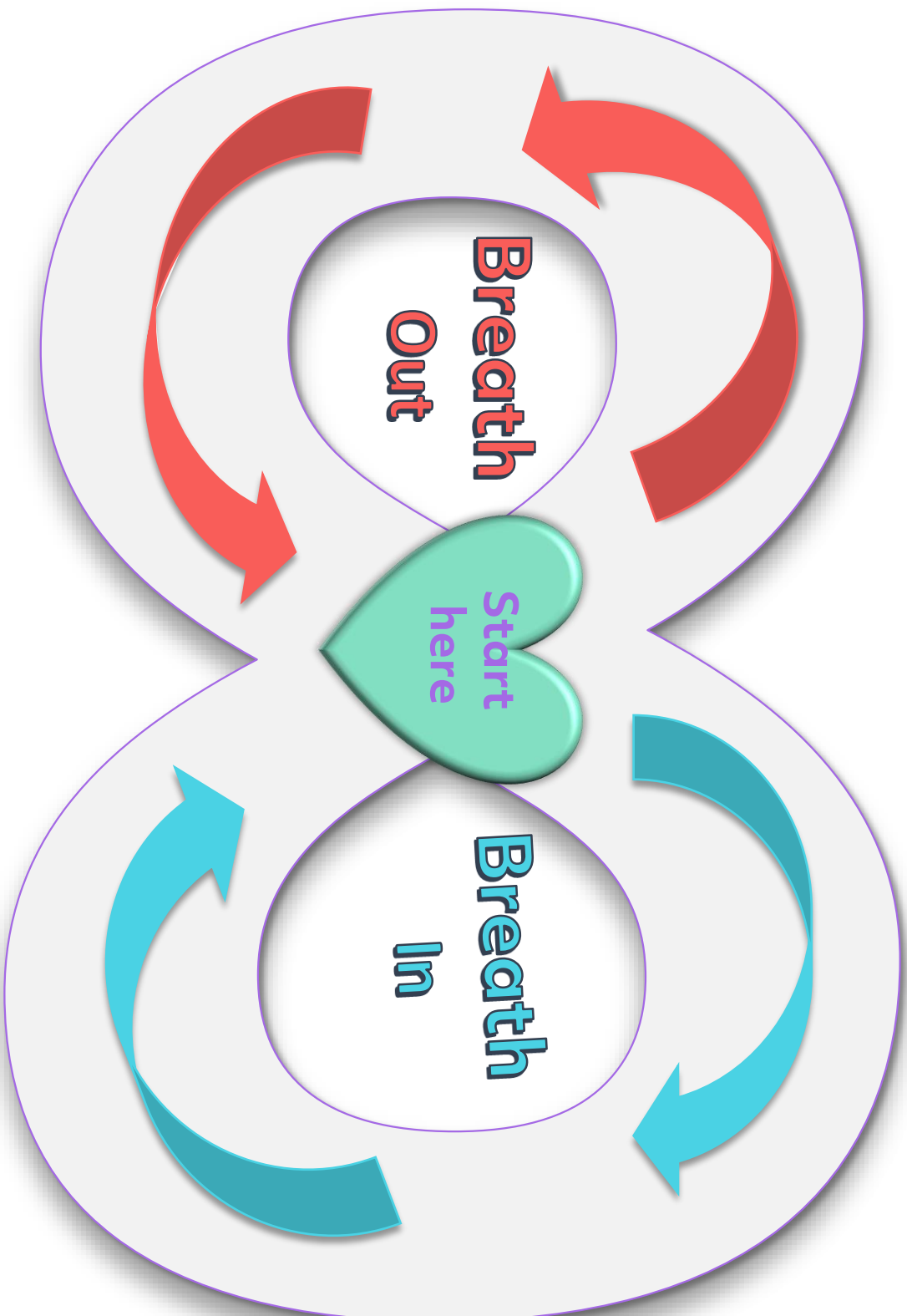
Move your finger around the star, breath in with blue arrow, hold at the point and breath out with the red arrow.



Breathing

Lazy 8 Breathing

Put your finger on the heart to start, follow the blue arrows and take a slow breath in, when you reach the heart stop the red arrows slowly breath out, repeat until you feel calmer



Sensory Idea Cards

Cut out the cards, fold them over and place in a box, the child can then pull them out and complete their sensory activity

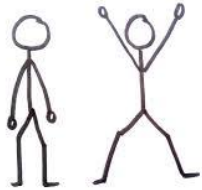
Squeeze hands together



Crab Walks



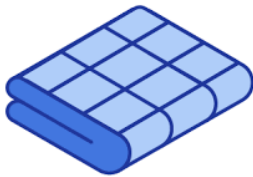
10 Jumping Jacks



Suck yoghurt through a straw



Weighted Blanket



10 Chair or wall Push ups



Bounce



Get some Squeezes



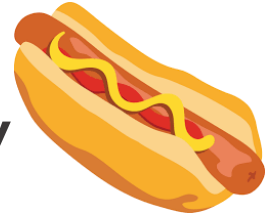
Sensory Idea Cards

Cut out the cards, fold them over and place in a box, the child can then pull them out and complete their sensory activity

Use ear
defenders



Hotdog
Roll sensory
activity



Fidgets



Hang
Upside
down on a
chair



Punch
A
pillow



Bear
Crawl



Walk around
garden
wearing
heavy bag



Give
Yourself a
Big hug

