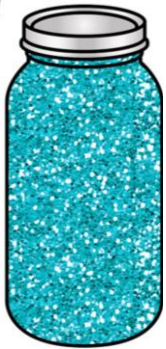


# Calm Down Box Ideas

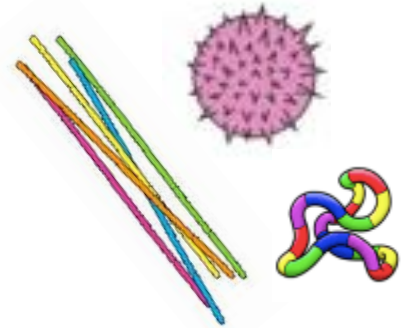
Sensory Bottle



Colouring in



Fidgets



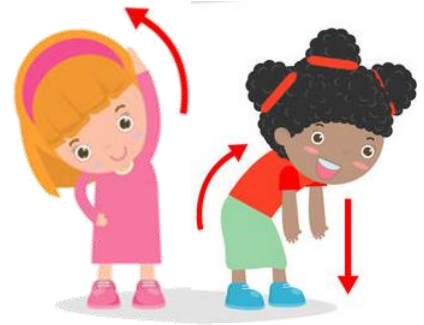
Feelings Chart



Breathing Activities



Sensory Exercises



Worry Monster



Bubbles



Paper to tear



# Make a sensory Bottle

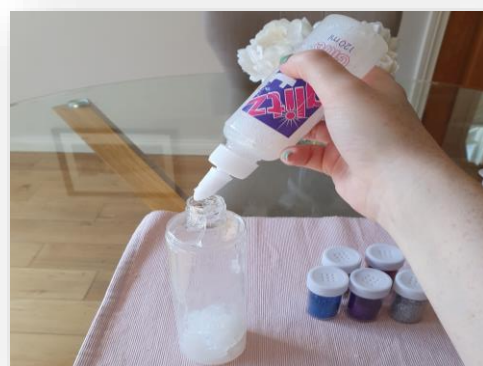
## Step 1

**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.**

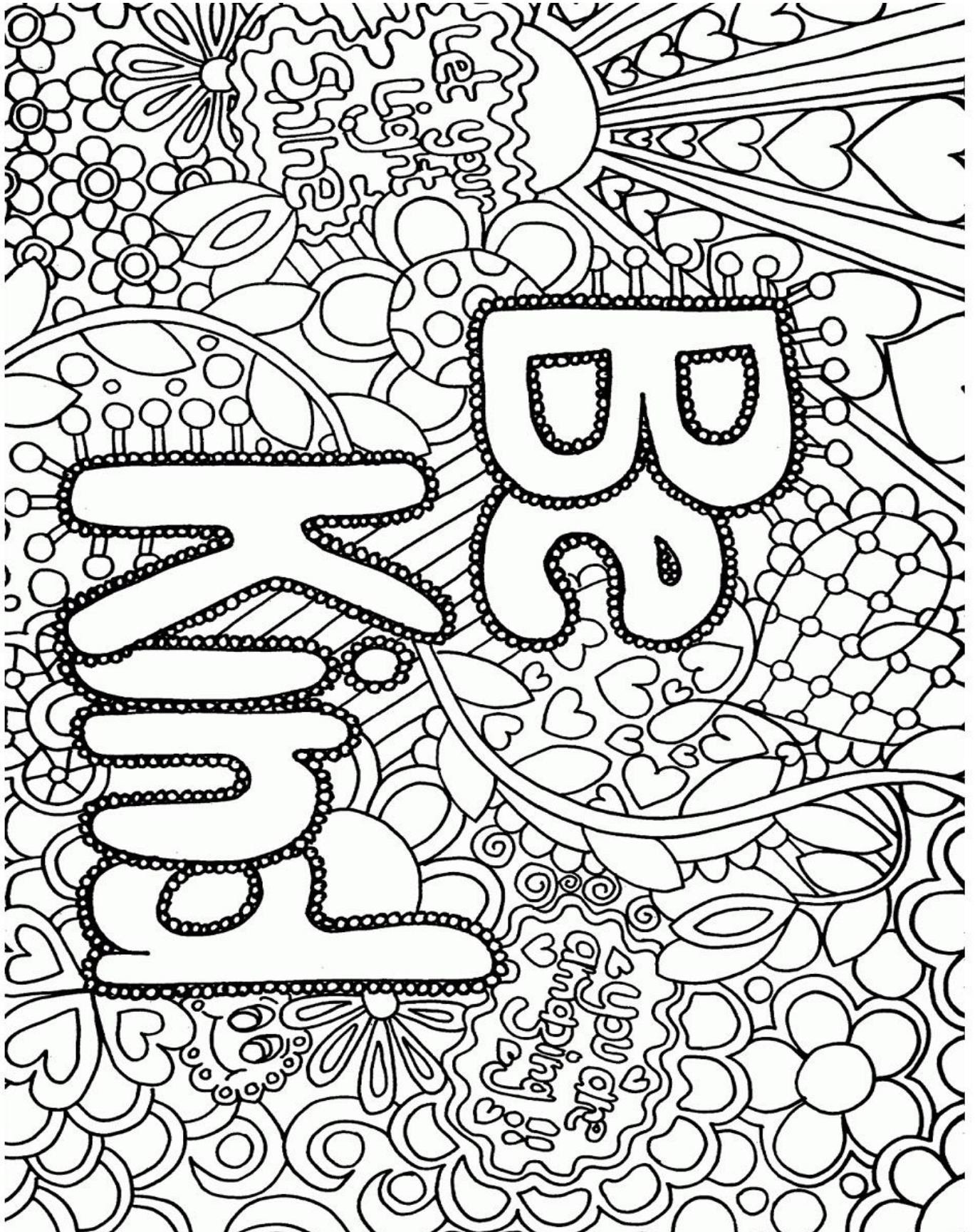


## Step 4

**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.**



# Mindfulness Colouring



# 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**



# Zones of Regulation

## Blue Zone



**I am feeling:**

Sick	<input type="checkbox"/>	Shy	<input type="checkbox"/>
Tired	<input type="checkbox"/>	Upset	<input type="checkbox"/>
Sad	<input type="checkbox"/>	Bored	<input type="checkbox"/>

\_\_\_\_\_

How to feel better:

Talk to Mum


Play with my toys

Draw or colour in

Take a break

\_\_\_\_\_

## Green Zone



**I am feeling:**

Calm	<input type="checkbox"/>	Relaxed	<input type="checkbox"/>
Proud	<input type="checkbox"/>	Focused	<input type="checkbox"/>
Happy	<input type="checkbox"/>		

\_\_\_\_\_

Being in the green zone is the best.

I am ready to work


I am ready to help others

I am ready for fun

I am ready to play

\_\_\_\_\_

## Yellow Zone



**I am feeling:**

Worried	<input type="checkbox"/>	Confused	<input type="checkbox"/>
Frustrated	<input type="checkbox"/>	Scared	<input type="checkbox"/>
Nervous	<input type="checkbox"/>		
Embarrassed	<input type="checkbox"/>		

\_\_\_\_\_

How to feel better:

Take a break

Take a deep breath


Talk to mum

Use my sensory toys

Jump up and down

\_\_\_\_\_

## Red Zone



**I am feeling:**

Angry	<input type="checkbox"/>
Mad	<input type="checkbox"/>

Like I am going to explode

Like I want to hit out

\_\_\_\_\_

How to feel better:

Take a break

Take 5 deep breaths

Count to 10

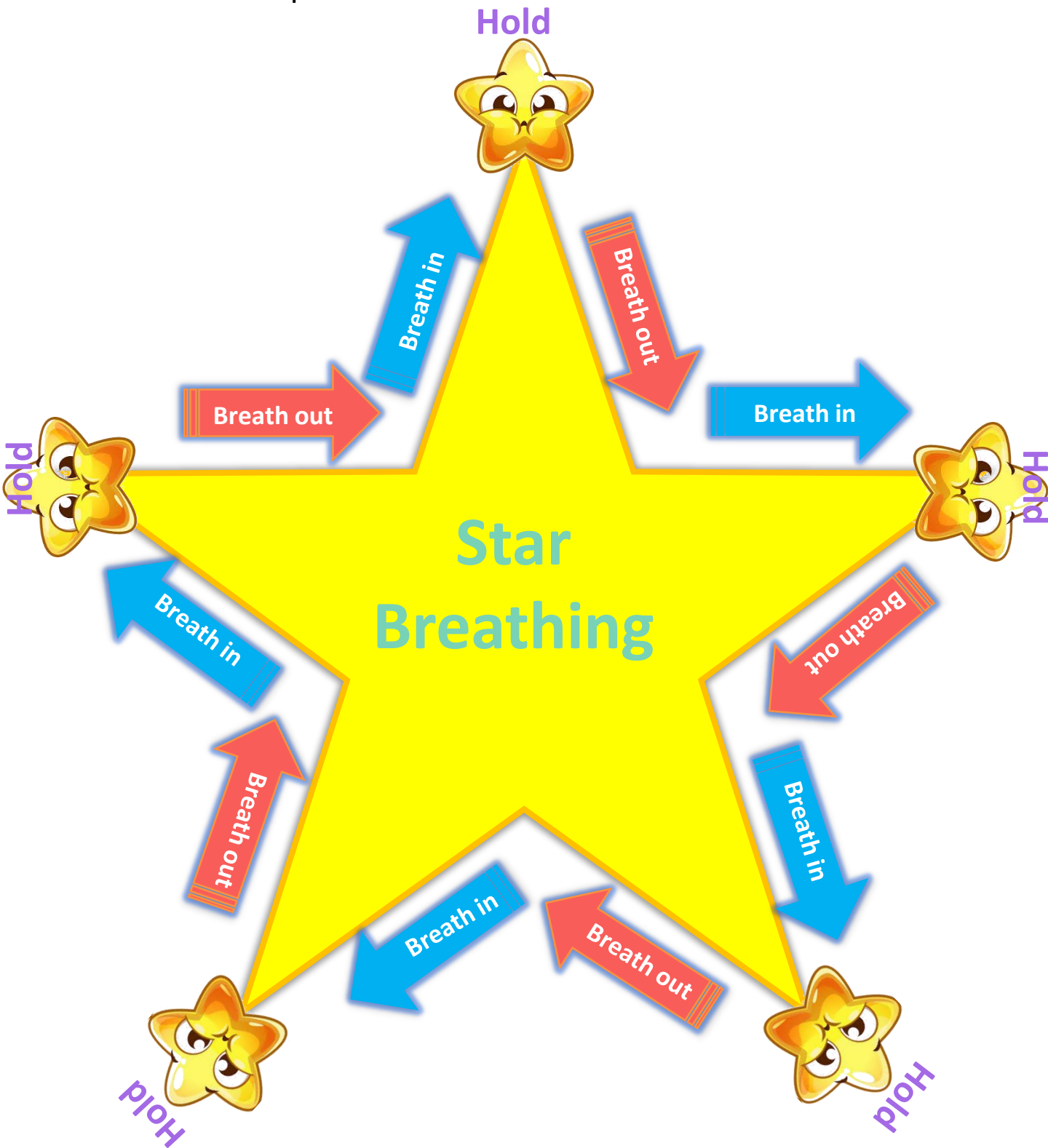
Talk to mum

Do 5 volcano breaths

\_\_\_\_\_

# Breathing

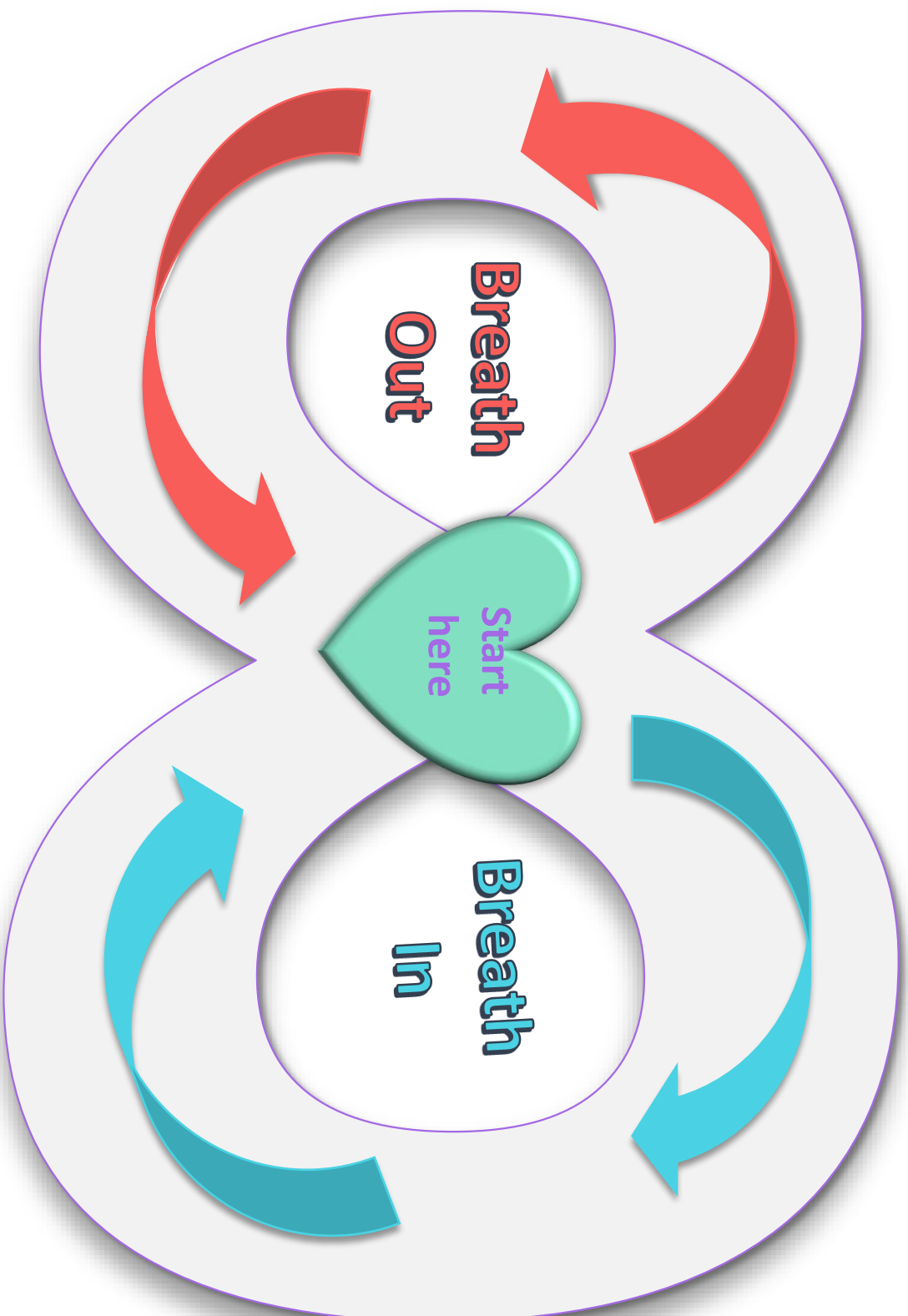
Move your finger around the star, breath in with blue arrow, hold at the point and breath out with the red arrow.



# Breathing

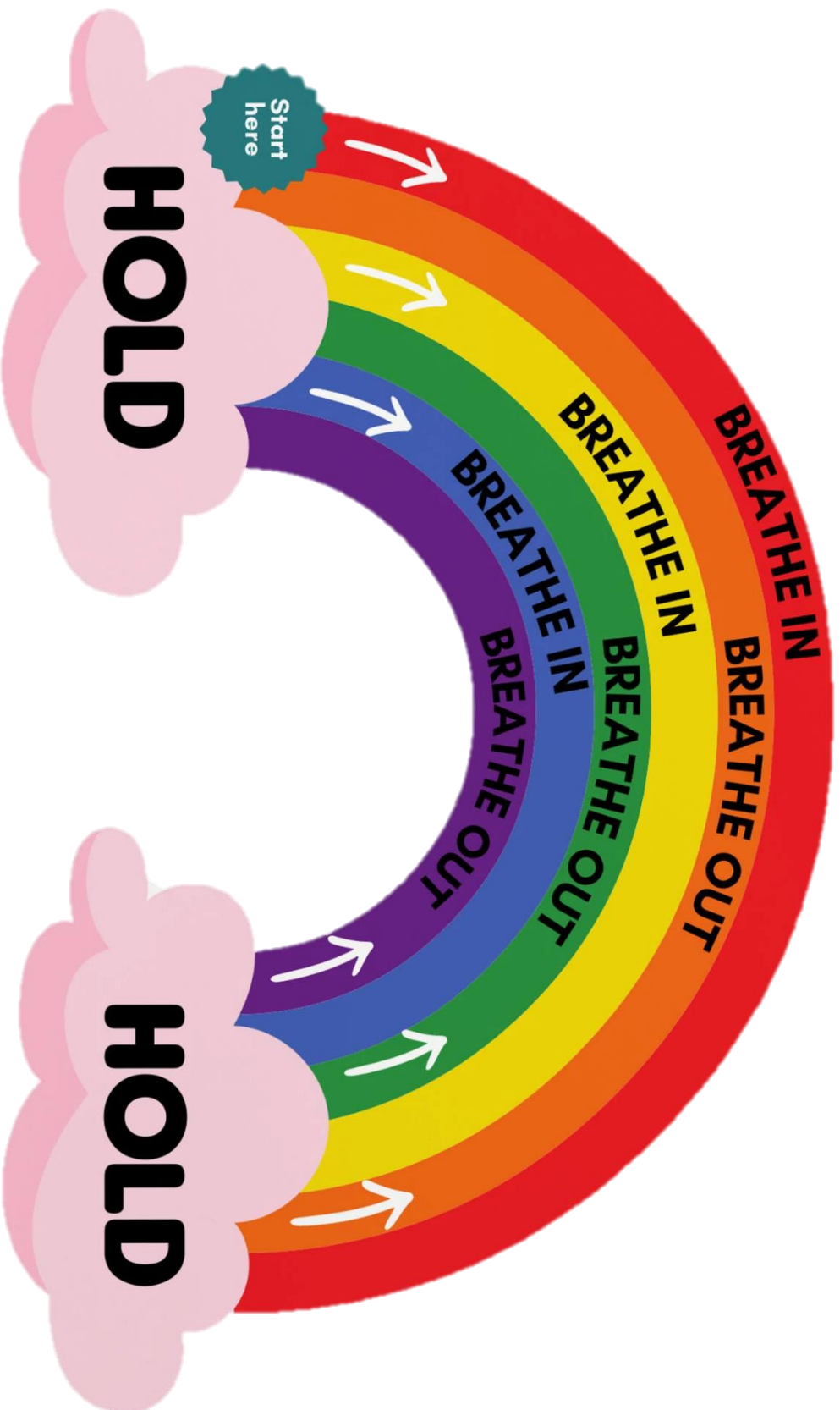
## Lazy 8 Breathing

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



# Breathing

# RAINBOW BREATHING





# 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.

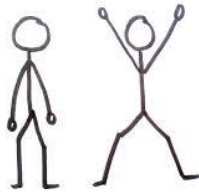
Squeeze hands together



Crab Walks



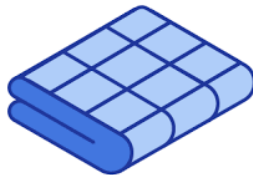
10  
Jumping  
Jacks



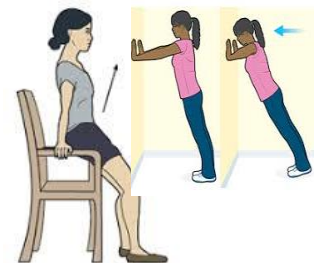
Suck yoghurt  
Through  
a straw



Weighted  
Blanket



10 Chair  
or wall  
Push ups



Bounce



Get some  
Squeezes



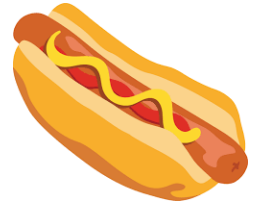
# Sensory Idea Cards

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

