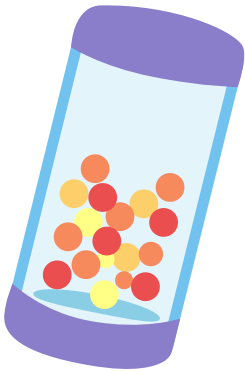


Calm Down Box Ideas

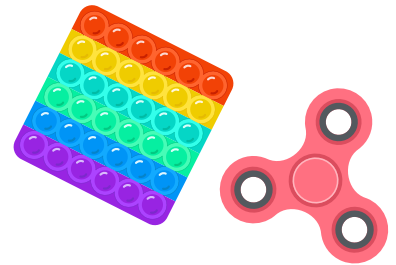
Sensory Bottle



Colouring in



Fidgets



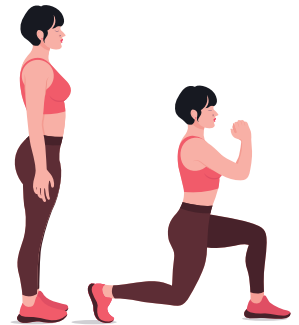
Feelings Chart



Breathing Activities



Sensory Exercises



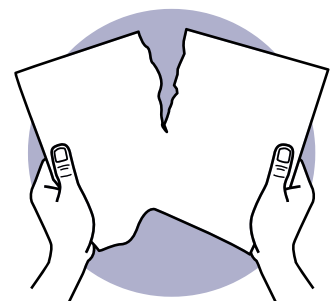
Worry Monster



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



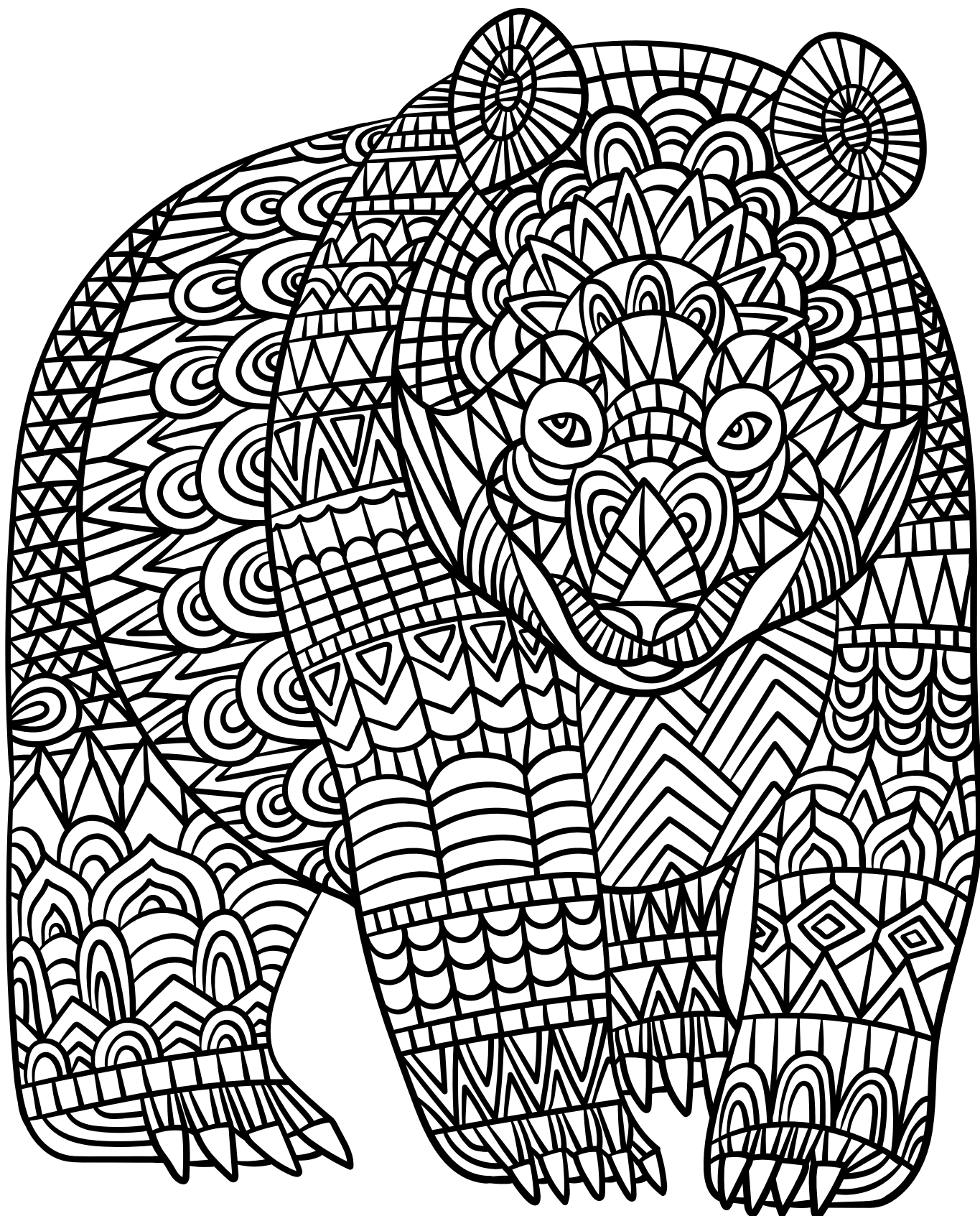
Step 3 Fill the rest of your bottle with warm water and give it a good shake to mix the glue and water



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



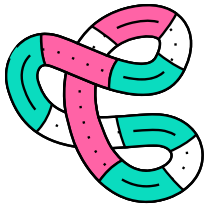
Mindfulness Colouring



Fidgets

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

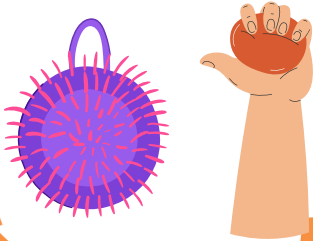
Tangle Toys



**Theraputty/
Blu Tack**



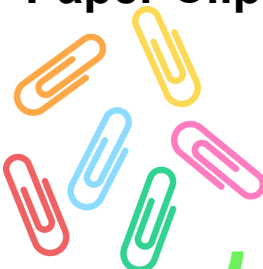
Koosh/stress balls



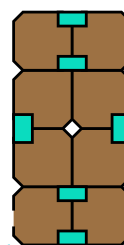
Pipe Cleaners



Paper Clips



Fidget Cubes



Zones of Regulation



Blue Zone

I am feeling:

Sick	☐	Shy	☐
Tired	☐	Upset	☐
Sad	☐	Bored	☐
_____		_____	

How to feel better:

Talk to Mum	☐
Play with my toys	☐
Draw or colour in	☐
Take a break	☐



Green Zone

I am feeling:

Calm	☐	Relaxed	☐
Proud	☐	Focused	☐
Happy	☐		☐
_____		_____	

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	☐	Confused	☐
Frustrated	☐	Scared	☐
Nervous	☐		☐
Embarrassed	☐	_____	

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	☐
Mad	☐

Like I am going to explode ☐

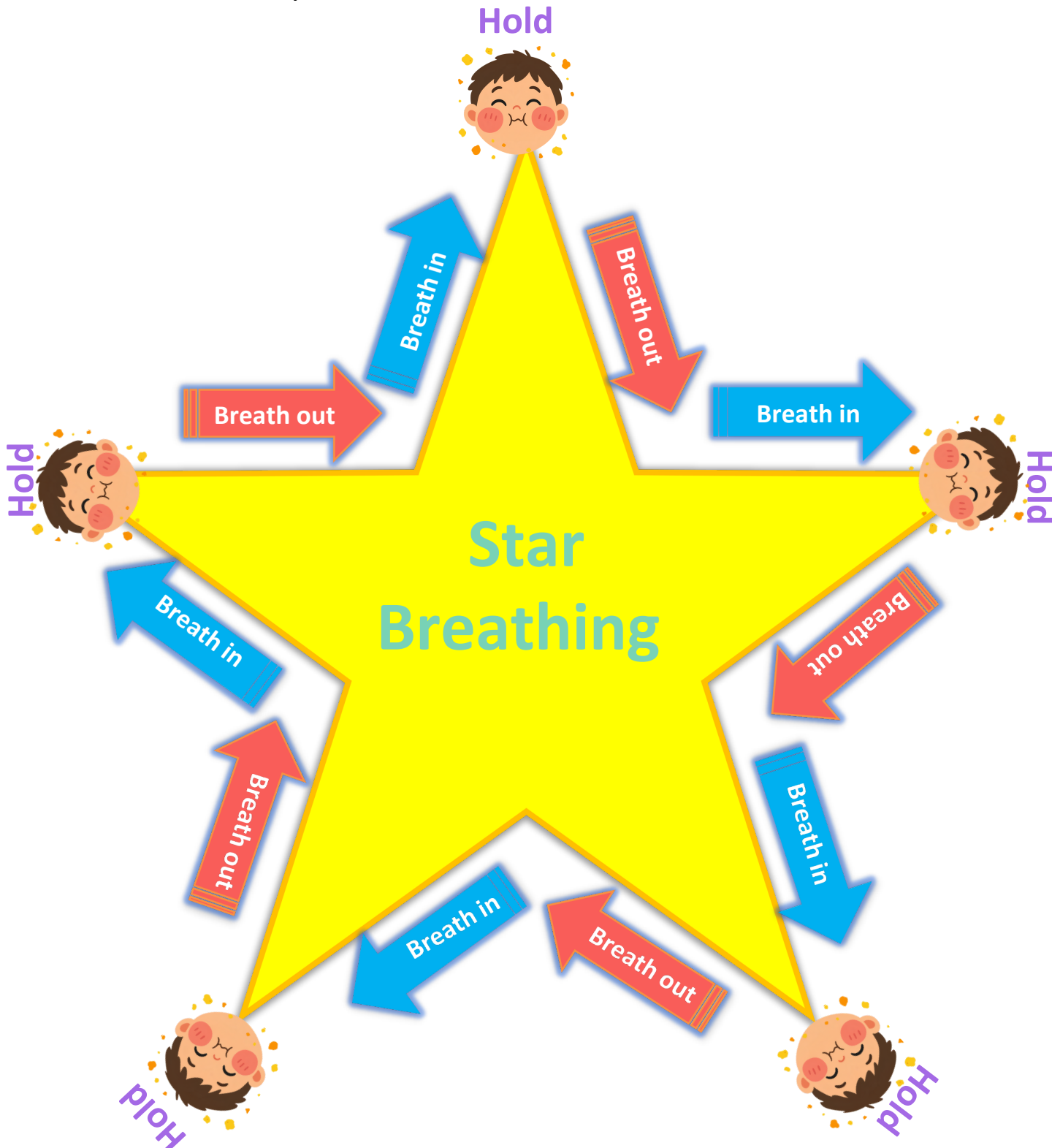
Like I want to hit out ☐

How to feel better:

Take a break	☐
Take 5 deep breaths	☐
Count to 10	☐
Talk to mum	☐
Do 5 volcano breaths	☐

Breathing

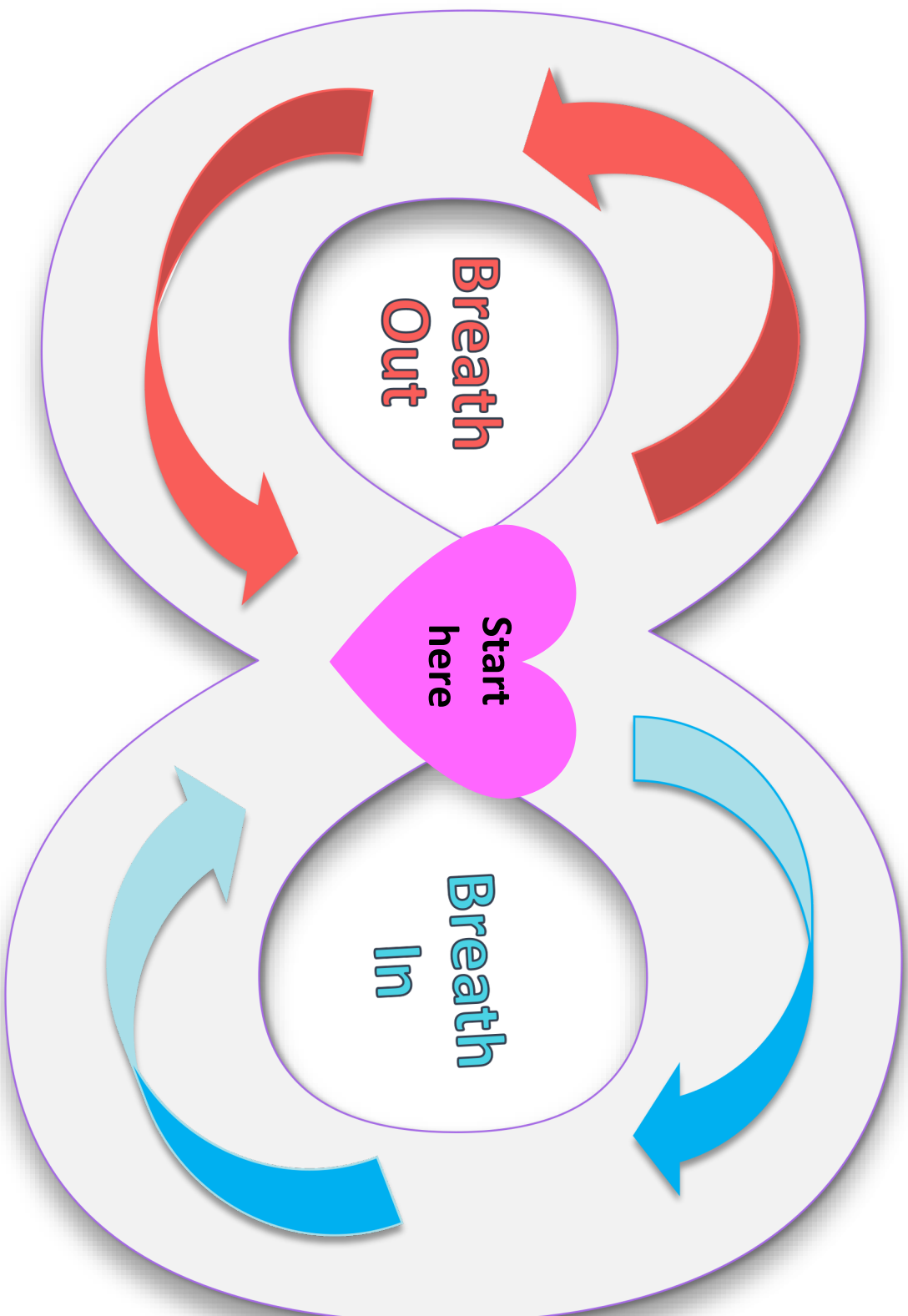
Move your finger around the star, breath in with blue arrow, hold at the point and breath out with the red arrow.



Breathing

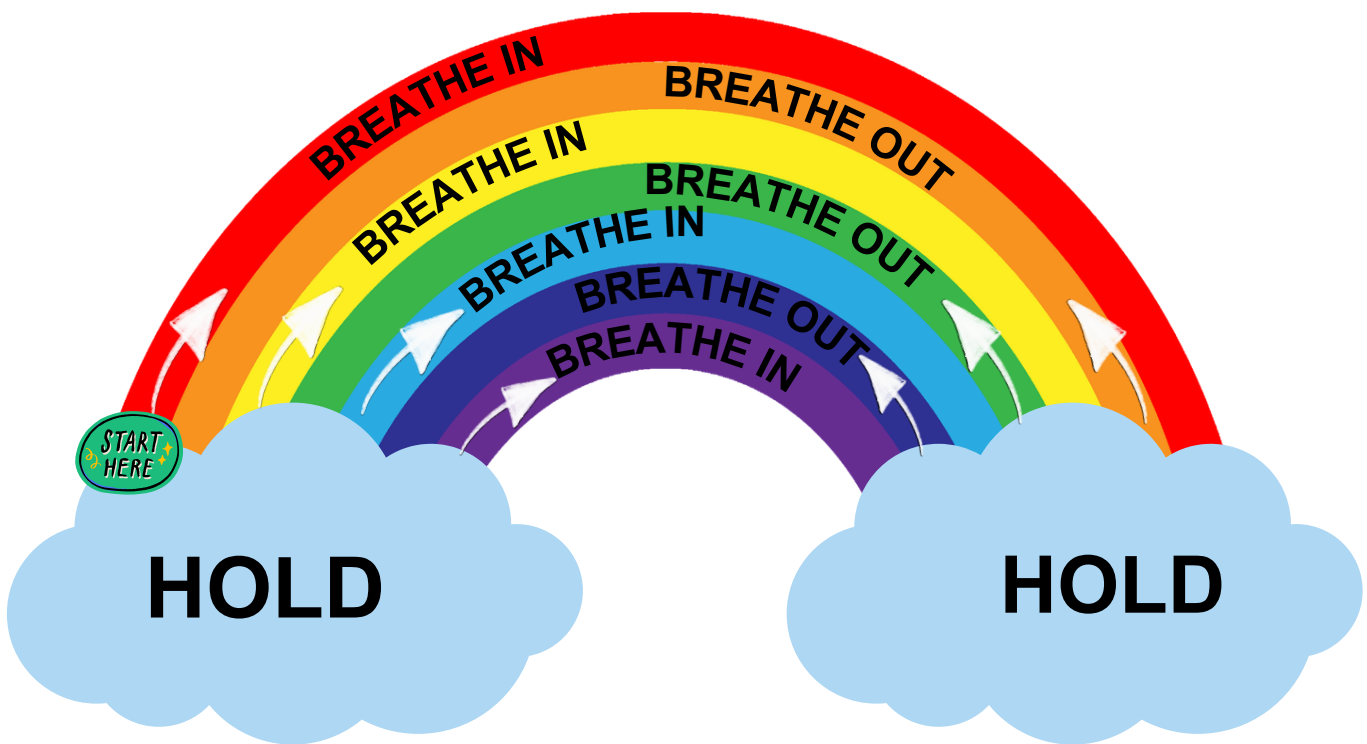
Lazy 8 Breathing

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



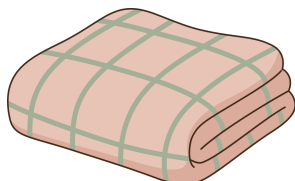
10
Jumping
Jacks



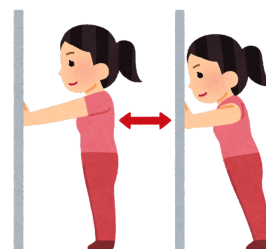
Suck yoghurt
Through
a straw



Weighted
Blanket



10 Chair
or wall
Push ups



Bounce



Get some
Squeezes



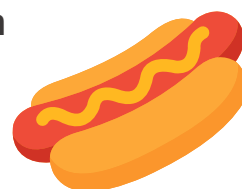
Sensory Idea Cards

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



Hot dog bun 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

