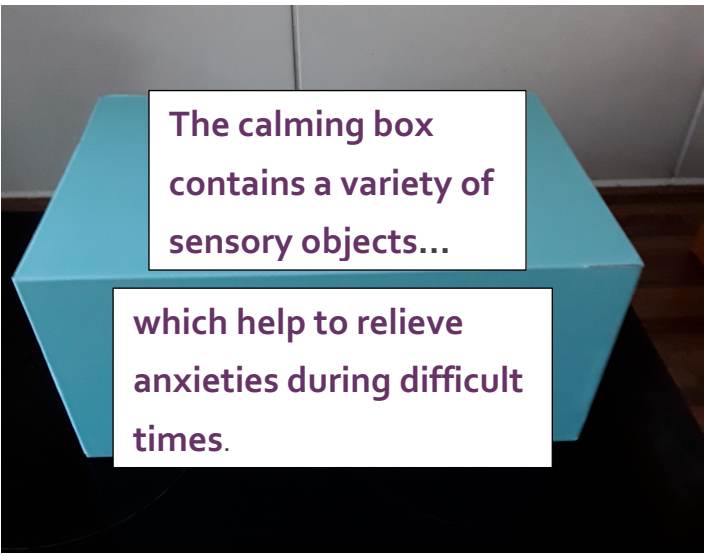


How to make a calming box



What is a calming box?



The calming box contains a variety of sensory objects...

which help to relieve anxieties during difficult times.



Have fun decorating your box.

Some ideas for your calming box...

The invitation is to fill your box with items that help you to feel relaxed. The items will relieve at times when you feel anxious, fearful, nervous or worried. Always choose as many items as possible to connect you to all of your five senses: sight, hearing, smell, touch and taste. The sensory items will help to bring calmness you when you are in a stressful situation .

IDEAS FOR CHILDREN

Calming boxes can be left in a place where your child can access it if they are feeling worried, anxious or unsettled.

Bubbles are great as children can focus on their breath as they blow bubbles. Lotions work particularly as they focus on the two senses smell and touch (massage). Lavender, Eucalyptus, Peppermint and or Geranium oils scents that will help to soothe, calm and relax. Play dough, plasticine and soft balls are great stress reliever when a child feel frustrated or angry.



IDEAS FOR ADULTS

Calming boxes are also great for teenagers and adults. The sensory items can help them to self soothe in times of anger, frustration and emotional distress. The items in your calming box can be used to help emotionally regulate. Drawings and reflective writings can be very therapeutic.

