

Calm Down Box

Think about what activities help to make you feel calm. Try making your own calm down box to help you when you think you may need it! Look at our example of a calm down box in the picture. What would you put in your calm down box? Have a read through the list below and tick anything you would like to include. Don't forget to make it afterwards!

- ☐ Stress ball
- ☐ Teddy
- ☐ Colouring book
- ☐ Pencils/Pens
- ☐ Game
- ☐ Photos of somewhere calm
- ☐ Skipping rope
- ☐ A ball
- ☐ Fidget spinner
- ☐ Puzzles



Can you think of any other ideas that may help you feel calm?













