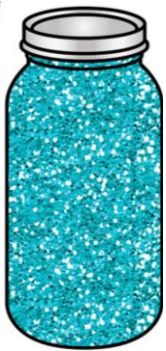


Calm Down Box ideas

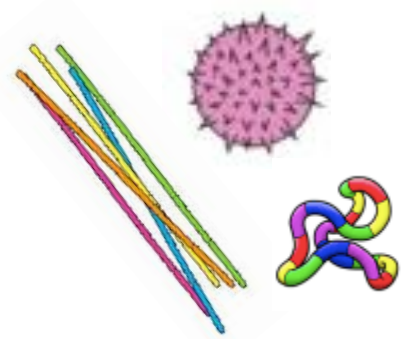
Sensory Bottle



Colouring in



Fidgets



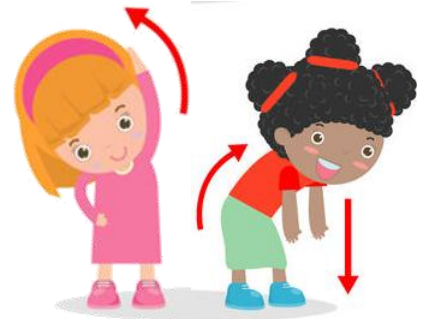
Feelings
Chart



Breathing/cal
m Ideas



Sensory
Input ideas



Music/Meditat
ion



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

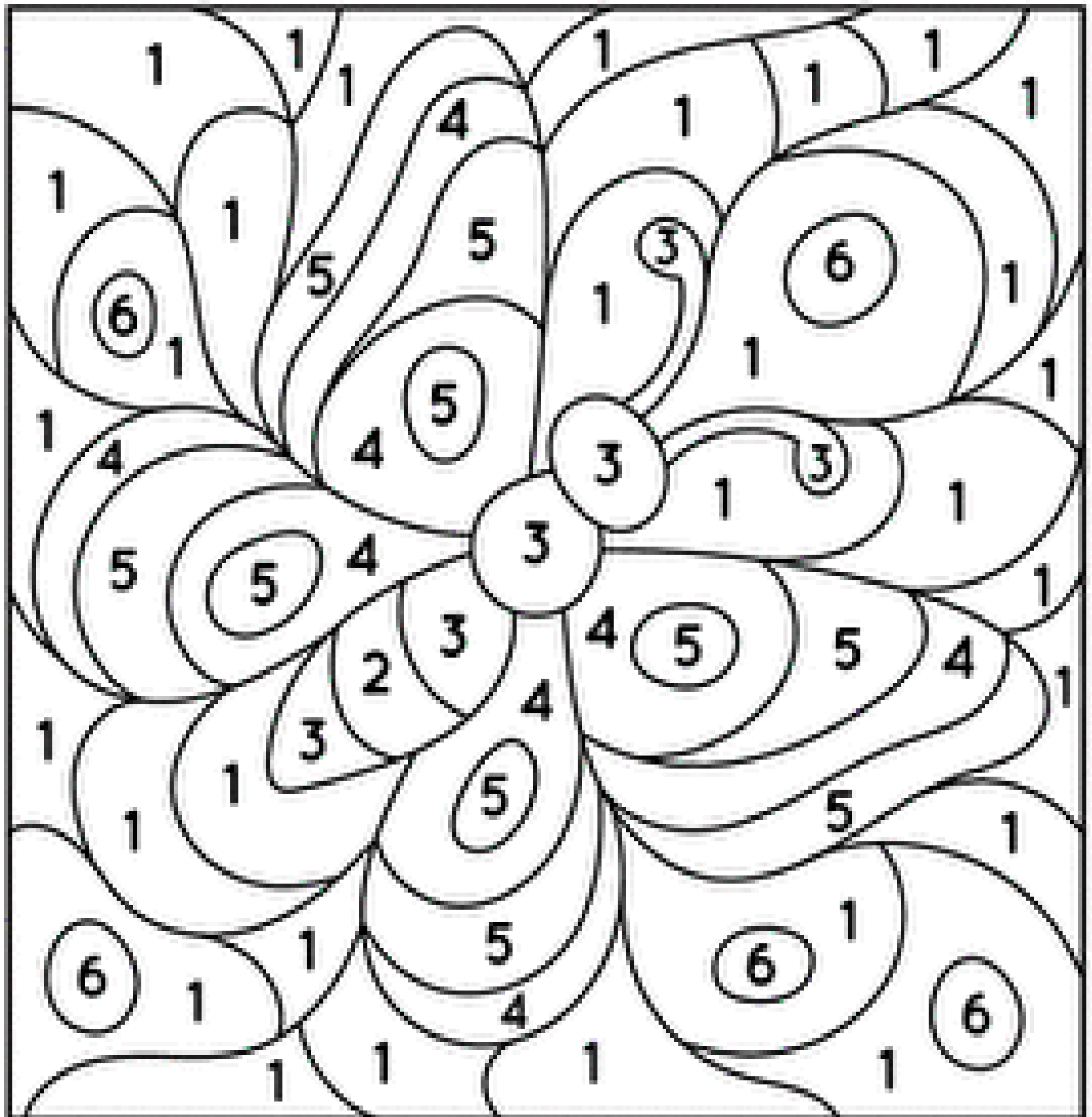
2 - Orange

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



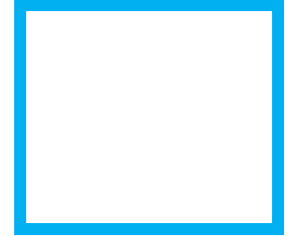
Fidget Cubes



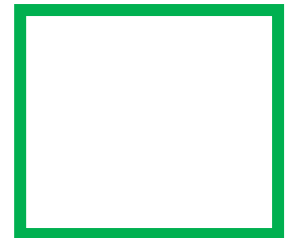
Feelings Chart



OK



Happy



Bored



Worried/Scared

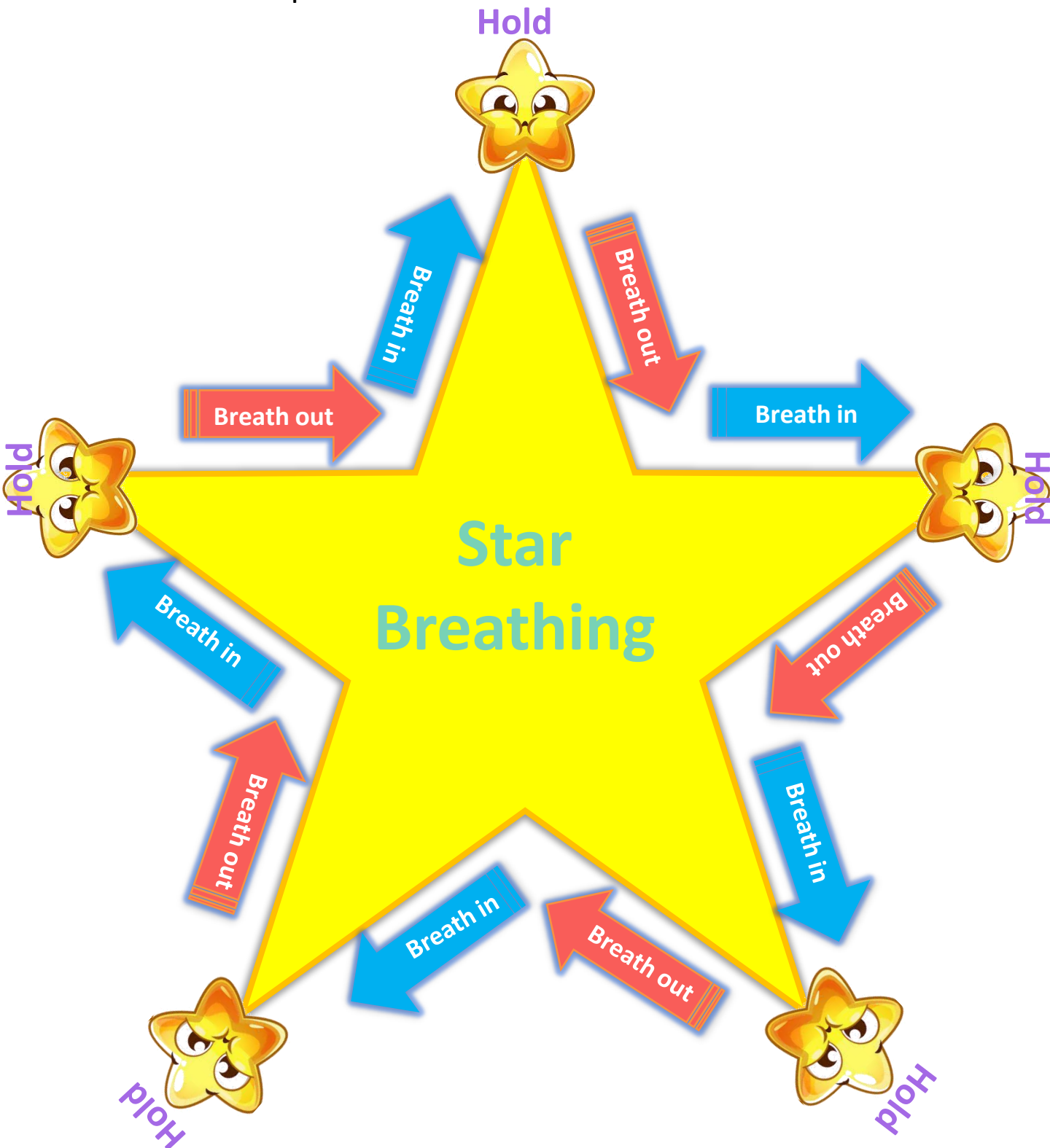


Annoyed/Angry



Breathing

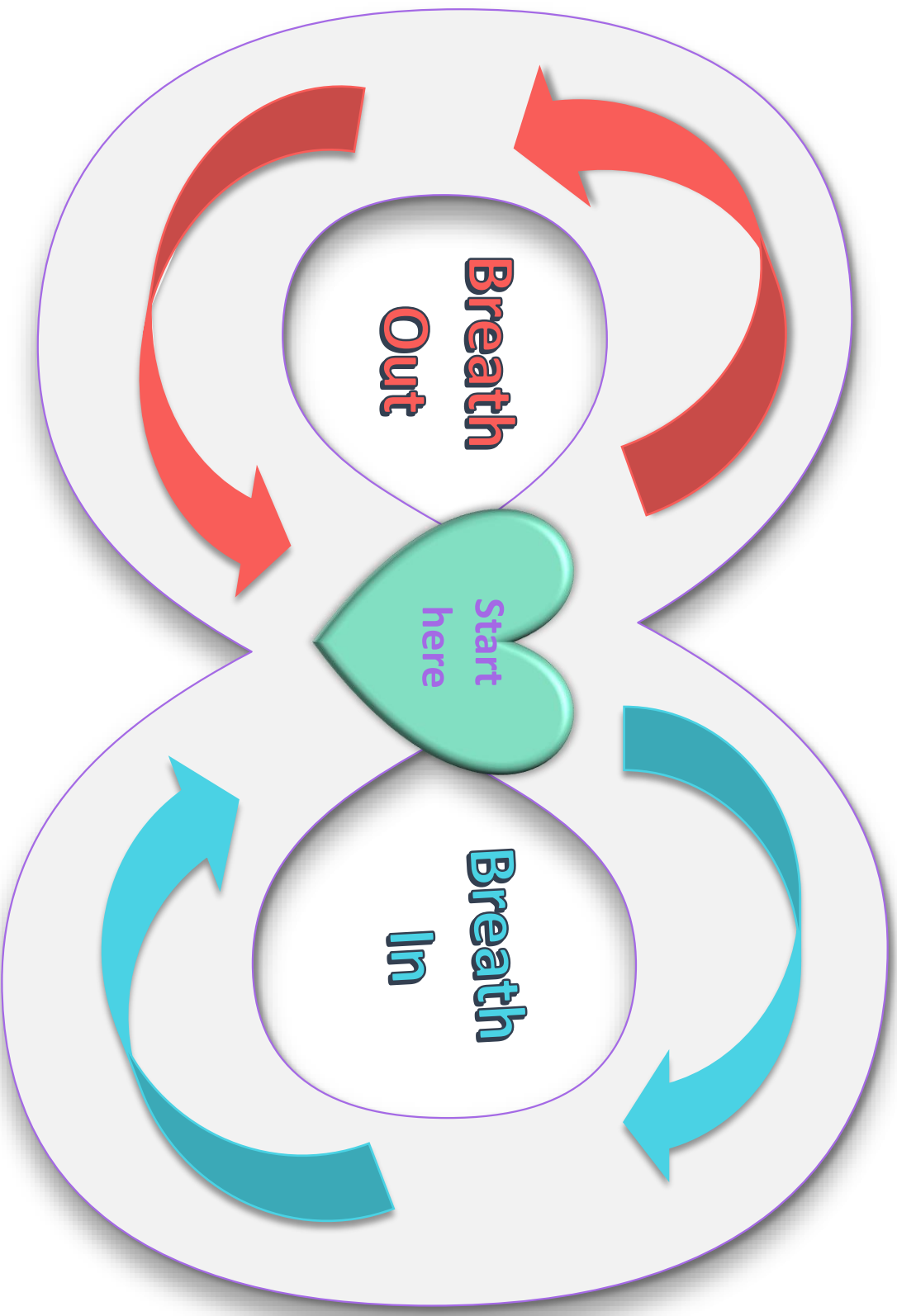
Move your finger around the star, breath in with blue arrow, hold at the point and breath out with the red arrow.



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 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

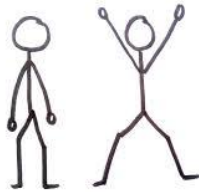
Squeeze hands together



Crab Walks



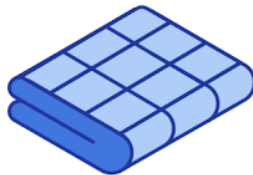
**10
Jumping
Jacks**



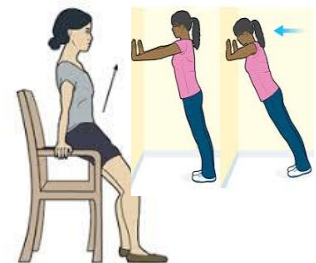
**Suck yoghurt
Through
a straw**



**Weighted
Blanket**



**10 Chair
or wall
Push ups**



Bounce



**Get some
Squeezes**



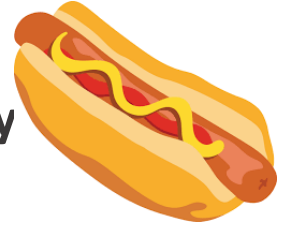
Sensory Idea Cards

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

