Calm Box ideas

This box can be created from an old decorated shoe box or basket containing physical objects. If it has a lid it can be more intriguing.

In the box put a small range of objects that are:

***Tactile:*** squidgy ball (stress ball), soft toy, smooth pebble, short piece of ribbon or silky fabric or a physical puzzle like a Rubix Cube, play dough

***Visual:*** a photo of a pet or favourite animal, funny pictures or pictures of scenes, coloured water bottle or one containing glitter, favourite picture book

***Scented:*** a lavender bag, aroma dough

***Colouring:*** some pencils and paper

***Activity Cards:*** visualisation (close your eyes and go to a special place that makes you feel happy and safe), get a drink of water and drink it slowly, sorting activity, stretch like a cat

***Sound:*** CD of favourite songs, small rain maker