

THE CALM DOWN KIT

The child can pick items to put in their kit which will help them work on their coping skills while providing them the sensory support they need to help calm them down.

Items that provide proprioceptive support

Small blanket
Stretchy resistant bands

Items for auditory sensory support

Music
Headphones

Items to squeeze and keep hands busy

Play dough
Stress ball
Fidget spinner
Bubble wrap
Bag of tissue paper to rip
Rubix cube

Items for oral motor sensory support

Snacks with a variety of textures, chewy or crunchy
Chewing gum or lollipop
Whistle, party blower
Rescue remedy spray

Items to support breathing and relaxation

Bottle of bubbles
Pinwheels
Harmonica

Items that give the kids brain a break

Books to read
Puzzles
Blank note books and pens
Colouring books and pencils
Small chalk board
Activity books
Photo album

Items for olfactory sensory support

Scratch and sniff stickers
Calming essential oils
Smelling bottles

Items to visually calm

Visual calm down cards
Sensory bottle/glitter jar
Snow globe
Light up toys
Flashlight
Kaleidoscope
Eye mask

Items to get kids moving

Skipping rope
Bouncy ball