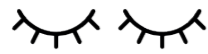


What to put in a calm down box

A calm down box contains items that can help children ground themselves, regain a normal heart rate, and self-regulate. It is important that educator's model how to use the calm down box and support children to co-regulate before it is used independently. *Ensure all items are age and stage appropriate.*

Items to visually calm



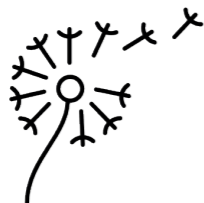
- ▶ Liquid motion timers
- ▶ Sand timers
- ▶ Calm down glitter bottles
- ▶ Sensory tubes
- ▶ Eye mask
- ▶ Torch
- ▶ Night light
- ▶ Kaleidoscope
- ▶ Light up toys
- ▶ Infinity flow ring
- ▶ Slinky

Items to keep hands busy



- ▶ Playdough
- ▶ Stress balls
- ▶ Fidgets
- ▶ Magnetic tiles
- ▶ Lego
- ▶ Squishies
- ▶ Expandaball
- ▶ Textured sensory balls
- ▶ Fidget spinner
- ▶ Spinning top
- ▶ Magic sand
- ▶ Pop Its

Items to support breathing and relaxation



- ▶ Noise cancelling headphones
- ▶ MP3 player with calming music
- ▶ Calming essential oil spray
- ▶ Bottle of bubbles
- ▶ Pinwheel
- ▶ Straws and pom poms
- ▶ Thinking putty
- ▶ Sensory brushes
- ▶ Scarves
- ▶ Yoga pose cards
- ▶ Calm down cards

Items to provide proprioceptive support



- ▶ Shoulder wrap
- ▶ Body sock
- ▶ Sensory tunnel
- ▶ Mini massager
- ▶ Rocker board
- ▶ Movin'Sit/ disc 'O' sit cushion
- ▶ Stretch noodles
- ▶ Theraband/ theratubing
- ▶ Eye Spy bags

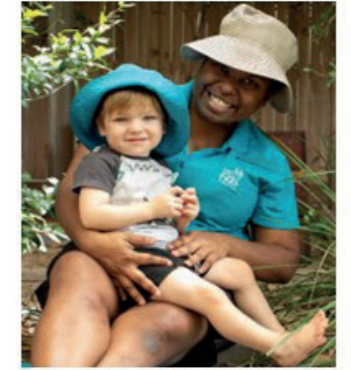
calm down cards



Headphones



Beanbags



Cuddle



Swing



Fidget



Playdough



Eyespy bag



Bubble wrap



Draw

★ Items with a star are available to loan from our Specialist Equipment Library

How to use a calm down box

"Our children access the calm down box whenever they need to. Sometimes they even bring it outside."



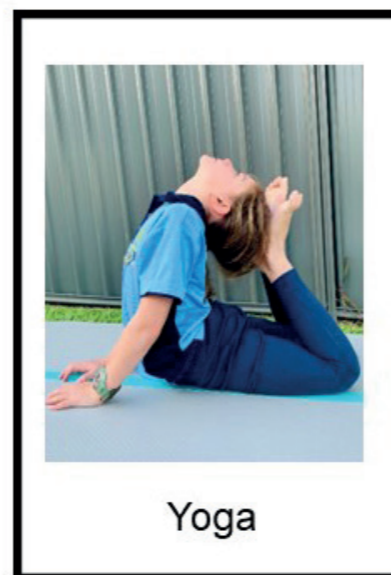
"The eyespy bags are the children's favourite. The children sit and play independently with these items throughout the day, to help calm their senses whenever they feel overstimulated."



"We made our own eyespy bags and calm down glitter bottles to add to our Family Day Care educators calm down boxes."



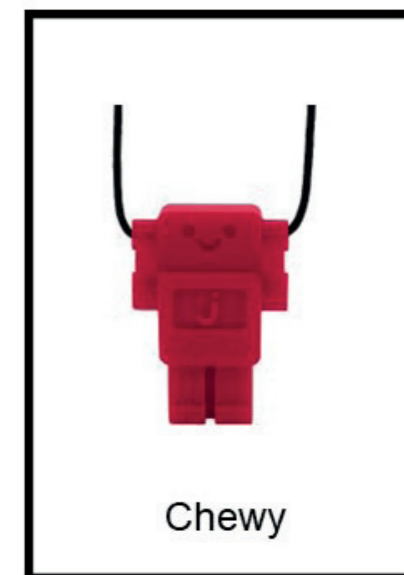
calm down cards



Yoga



Rocker board



Chewy



Bubbles



Timer



Squishy



Body sock



Wobble seat



Read

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