

Self soothe box

Find a box and fill it with things that ground you and make you feel calm. When worry comes along, look in your box for ideas to help.

Memories ~ a photo that makes you smile, a positive message from a friend

Activity ~ colouring sheets, favourite book to read, music playlist

Smell / taste ~ favourite perfume, dried lavender, a favourite snack

Positive talk cards ~ create cards with your favourite phrase e.g. "everything will be ok," "just breathe," "this will pass"

Relax ~ deep breathing exercises, calming music

Touch ~ stress ball or fidget spinner to get rid of stress. Hand lotion, bubble bath or a soft toy to soothe