

Create a calming box

Create a calming box for your classroom or individual students. Ask students to recommend objects to reduce agitation or self-soothe.

Calming box ideas

- Word search
- Rubik's Cube
- Mini massager
- Beads to string
- Fidgets
- Small puzzle
- Playdough
- Stress balls
- Eye mask
- Weaving activity
- Snow globe or kaleidoscope
- Weighted blanket
- Noise cancelling headphones
- Colouring or drawing activity and pens
- Collection of heavy stones or decorative eggs to hold
- Visual calm down strategy cards.

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