

How To Build A Calm Down Kit

A calm down kit is made by gathering various sensory materials into a box. The materials gathered are tailored to self-regulate your child's emotions to help bring their mind and body into a calm state. Create the kit together using this checklist and go through it with your child so they can be prepared for the next time they need to release some tension. For specific strategies and individual plans regarding your child's needs, please contact us.

Calm Down Kit

Visual Checklist



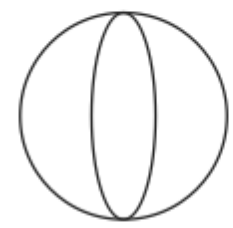
Noise-cancelling earphones



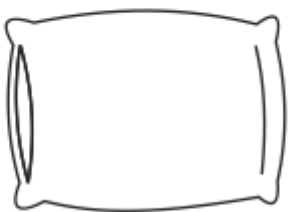
Calming music



Weighted blanket



Stress ball



Pillows



Yoga ball & yoga cards



Puzzles



Play dough



Bottle of bubbles



Visual calm down cards



Chew toy



Photo album