

What could you add to your Calm Down Kit?



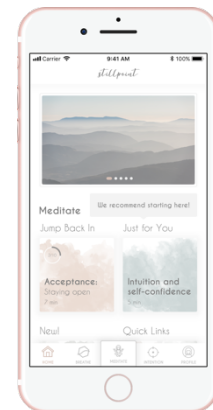
Sand timer
Glitter jar
Coloring books
Listening to music
Meditation
Smooth stone



Singing
Breathing exercises
Counting
Fidget toys



Using a phone timer
Reading inspirational quotes
Heating a wheat pack
Smelling a lavender rice bag
Squeezing stress balls
Looking at a relaxing picture
Mindfulness practices



(noticing what is around you, how you feel, or closing eyes to listen)

Mantras: "Love is a verb," "Connect before correct"

Logic books (crossword puzzles, word searches, sudoku, etc)

Affirmations: "I am loved," "I am learning everyday"

Washing hands in favourite scent of soap

Phrases: "This is hard; I can do hard things," "This too shall pass"

Essential oils (putting on or diffusing)

Chinese medicine balls (rotating in hand)

Using a mindfulness or breathing app

Having a snack if hungry

Drinking water if thirsty



What could you use from your kit "on the go" when you aren't at home?