

# Make a self soothe/calming box

A self soothe box comes in handy if you are feeling anxious or worried. It can help you feel more calm and relaxed.

1. First find yourself a box or container to collect your items in. You could even decorate it yourself!
2. Touch - Include something in your box which you like to touch. E.g Playdough, fidget spinner, feathers or a soft toy.
3. Sight - Find something that makes you smile. E.g. a photo, a painting or favourite book.
4. Smell - Add something that smells nice. E.g. Lavender, mint or soap.
5. Activity - Add some activities that you find calming. E.g. colouring, bubbles or wordsearch.
6. Sound - Make a note of a your favourite song, noises (e.g. animals or the sea) or instrument that you could listen to.
7. Put all your items in your box and find a safe place to keep it for when you may need it.

