

Self soothe box

A self soothe box is a box that contains items that can distract and ground you when you're feeling worried or stressed. Find a box, and fill it with things that make you feel calm and safe. When you feel worried or upset, you can turn to your box for ideas to help.

Activities—a colouring book with a selection of coloured pencils, your favourite book to read, printable yoga activity cards, your favourite songs to listen to on a music player or CD, a bottle of bubbles.

Memories—a photo that makes you smile (e.g. with your best friend or from a family holiday), or another item that brings back good memories (e.g. a pebble or seashells from your favourite beach holiday).

Relax—things that make you feel relaxed and calm, e.g. cards demonstrating deep breathing exercises, calming music, a CD with animal or nature sounds.



Smell—a calming essential oil spray (e.g. lavender), or an clothing item sprayed with your favourite perfume (e.g. the perfume of someone who makes you feel safe).

Positivity cards—create cards or posters with your favourite uplifting quotes and phrases that make you feel good and are reassuring, e.g. “I am enough” and “everything will be okay.”

Touch—this could be a stress ball or fidget spinner to distract you. Other items could be a teddy to cuddle, a soft blanket to wrap yourself in or lotion to rub into your skin.