

## What to Put in Your Calming Kit



1. Small bottle of bubbles
2. Chew toys or chew necklace
3. Small puzzle
4. Fidgets, e.g. Tangle Jr.
5. Stretchy resistance bands
6. Noise cancelling headphones
7. Chewing gum
8. Calming body lotion
9. Booklet of yoga poses or printed yoga cards
10. Notebook and writing utensil
11. Sensory bottle/jar (e.g. water & oil with glitter)
12. Visual toys such as a kaleidoscope or hourglass, light-up toys, flashlight
13. Storybooks
14. Activity books: dot-to-dot, mazes, word search, I Spy
15. Stress balls
16. Play doh, silly putty, plasticine
17. Photo album with pictures of family/friends
18. Bubble wrap
19. Pinwheel (to encourage deep breathing)
20. Rubik's cube
21. Magna-doodle, Etch-a-Sketch, Buddha board, etc.
22. Eye mask
23. Tissue paper to rip (use a Ziploc bag to hold the paper)
24. Plastic snow globe
25. Pipe cleaners to twist and bend
26. Colouring books
27. Scarves or fabric scraps
28. Spinning top
29. Mini massager
30. Scratch & sniff stickers
31. Straws and pompoms – to encourage deep breathing
32. Smelling containers – put a cotton ball into a small container with a few drops of essential oil like lavender.

