

# Self-Care Box

Find a shoebox or plastic storage container for your child to decorate. The box can be decorated with markers, crayons, paper, glitter, stickers, paint etc.

Fill the box with items that help your child to calm down and feel more relaxed and in control of their body and mind. For example:

- 'fidgets' - items that your child can manipulate in their hands for self-soothing e.g. a flip book, a tactile object, an elastic or rubber band, a glitter filled wand;
- A worry stone;
- Special crystal or gem;
- Photo of a place that your child finds calming;
- Stress ball to squeeze,
- Stack of post-it notes and mini markers for drawing or writing how they are feeling;
- A journal or diary;
- Quotes or words of inspiration;
- Mindfulness colouring pages.

When your child is feeling upset, unsure, frazzled, worried, anxious or just having a tough time, bring out the box and provide some quiet time for them to use what they need to feel calmer.

