

# What is self-soothing?

It's when we use things to activate our 5 senses - this helps us feel calmer & soothed.

# Create your own Self Care Kit

You can use any container, a box, bag, tub - anything you want - it can be personal to you

Here are some ideas of things you could put in your kit

To help improve your mood when you are feeling sad, or thinking about your loved one

**Balloons filled with rice, flour or liquid**

**Bouncy ball**

**Pipe cleaners**

**Bubble wrap**

**Lead or stickle bricks**

**Bean bag**

**Stress ball**

**Sand pot**

**Slime**

**Playdough or thinking putty**

**Something to touch**

**Soft toy**

**Fidget toys**

**Mints**

**Sweets**

**Drinks**

**Hot chocolate sachets**

**Something to taste**

**Something to hear**

**Nature sounds**

**Positive mantra-affirmation**

**Music playlist**

**Rap or song lyrics**

**Headphones**

**Guided visualisation / meditation**

**Something to smell**

**Vanilla**

**Lavendar**

**Rosemary**

**Aromatherapy oils**

**Body lotion / sprays**

**Something to see**

**Small puzzle**

**Something to see**

**Happy photo of picture**

**Snow globe**

**Eye mask**

**Calm-down jar**

**Mirror**

**Comforting / familiar smell on toy or fabric**

**Activity books**

**Note book & pens**