



Self-Soothing Kit

Get a box or bag to collect your self-soothing sensory items and keep them together. You can decorate the box with positive and inspiring message and images. Keep your kit where you can easily get it and use the sensory items to soothe yourself throughout the day or to calm yourself in times of distress. Experiment with the ideas on this list to see what is most soothing for you. The ideas in the left column can be easily placed in the kit or carried with you. The ideas on the right are "out of the box" ideas.

SOUND

- Create a soothing playlist on your phone
- Nature sounds app on your phone
- Bells, chimes, or mini gong
- Travel white noise or nature sound machine
- Sit outside and listen to birds
- Sit by a waterfall or stream
- Put a small fountain in your room
- Sit in a coffee shop or other busy area and listen to the noise

SMELL

- Scented lotion or spray
- Candle
- Aromatherapy oils
- Small jar of spices, cinnamon sticks, cloves, or dried lavender
- Incense sticks
- Bake cake/cookies or sit in a bakery
- Buy some flowers or enjoy some in a garden
- Enjoy fresh cut grass
- Take a walk after it rains

TASTE

- Chocolate
- Lollipops or other hard candies
- Sour candy or mints
- Gum
- Tea or hot chocolate
- Crunchy snack
- Cook a favorite meal
- Go out to eat
- Have ice cream or other favorite dessert
- Go to farmer's market for fresh produce

"We are our choices." J. P. Sartre

Self-Soothing Kit



VISION

- Photos of favorite people
- Postcards of happy memories of somewhere you want to go in the future
- Small print of favorite artwork
- Affirmation cards with images and quotes
- Art supplies and paper
- Glitter jar
- Funny pictures
- Scroll through pictures on your phone
- Go on a walk through nature
- Plant flowers or sit in a garden
- Visit an art museum
- Visit a virtual art museum online
- Bookmark funny memes online or visit a funny website
- Watch the flame on a candle or in a fireplace
- Decorate your home with soothing colors and inspiring art
- Lay on the ground and watch the clouds
- Blow bubbles
- Watch the wind blowing the leaves on the trees
- Create a positive or inspiring collage and hang in your room

TOUCH

- Clay, playdough, or putty
- Fidget toy
- Puff balls
- Worry stone or inspiration stone
- Small square of fuzzy, furry, or soft material
- Stress ball
- Lotion to give yourself a hand massage
- Tactile beads
- Feather or soft brush to rub along your arm
- Nail file and nail polish
- Rubber band to snap on wrist or stretch
- Magnet toys
- Take a bubble bath or hot shower
- Use a salt scrub
- Pet an animal
- Wear comfortable clothes
- Weighted blanket
- Get a massage
- Get a manicure or pedicure
- Make a sensory bin with sand, kinetic sand, or beans

"We are our choices." J. P. Sartre