

MY CALM KIT

Things that help me feel better!

www.SocialWorkersToolbox.com

When I have big feelings, I can use my calm kit.

HELP MY BODY CALM DOWN

-  A soft toy
-  A small blanket or jumper
-  Something to squeeze (stress ball or sock with rice)
-  A drink of water
-  A small fidget (hair bobble, keyring, elastic band)

HELP ME SLOW DOWN

-  A breathing card (smell the flower, blow the candle)
-  Bubbles or a pinwheel
-  A quiet space or cushion
-  Headphones or ear defenders

HELP MY MIND FEEL BETTER

-  Colouring paper and crayons
-  A small notebook
-  A simple puzzle or activity sheet
-  A favourite short book

HELP ME FEEL SAFE

-  A photo of someone I love
-  A card that says "I am safe"
-  A card that says "This feeling will pass"
-  A list or picture of safe adults
-  A help card: "I need help please"

HELP ME CHOOSE WHAT TO DO

-  Take a breath
-  Sit quietly
-  Use my words
-  Ask for help

I CAN CHOOSE WHAT HELPS ME



WHEN BIG FEELINGS COME, I CAN:



STOP



TAKE A SLOW BREATH



CHOOSE SOMETHING FROM MY CALM KIT



FEELINGS ARE OKAY. KIND CHOICES MATTER.



I am safe. I can get through this.

WHAT ELSE

can I put in my calm kit?

★ Draw or write below. ★

MY IDEAS MATTER!

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