

Create a calming box

Create a calm box for your classroom.

Ask students to recommend objects to reduce agitation or self-soothe.

Include brain break activities.

Adapt to match age group.

Calming box ideas			
Word search	Rubik's Cube	Mini massager	Beads to string
Fidgets	Small puzzle	Playdough	Stress balls
Eye mask	Weaving activity	Snow globe or kaleidoscope	Weighted blanket
Noise cancelling headphones	Colouring or drawing activity and pens	Collection of heavy stones or decorative eggs to hold	Visual calm down strategy cards
MP3 player with audio books, music guided meditations, or breathing exercises			

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