



# Create a 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



## 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