**Calm Kit Ideas for Children**

**Items to Squeeze and Keep Hands Busy**

* Fidgets
* Rubik’s cube
* Play dough/Silly putty
* Pipe cleaners
* Stress ball
* Bubble wrap
* Fabric strips, Velcro, feathers, ribbon
* Kinetic sand
* Zipper bracelets

**Items to Support Breathing and Relaxation**

* Bubbles
* Pinwheel
* Hoberman sphere
* Glitter calm jar
* Books: *Puppy Mind* by Andrew Jordan Nance & *Breathe Like a Bear* by Kira Willey
* Calming Cards – teacherspayteachers.com

**Items for Sense of Smell**

* Lavender essential oil
* Lavender body lotion
* Scratch n sniff stickers

**Items to Provide a Sense of Body**

* Weighted/compression products
* Sensory sox (Sanho)
* Sweatshirt Hoodie

**Items for Auditory Support**

* Headphones
* Audio books

**Items for Oral Motor Sensory Support**

* Chew toy or chew necklace
* Lollipops/ring pops

**Items that Give Kids a Brain Break**

* Puzzle
* Coloring books
* Activity books
* Etch-a-sketch
* I Spy Game
* Books: *Wilma Jean the Worry Machine* by Julia Cook, *A Little Spot of Anxiety* by Diane Alber, *Anh’s Anger* by Gail Silver

**Items to Visually Calm**

* Plastic snow globe
* Eye mask
* Kaleidoscope
* Bubble timer

**Items to Get Kids Moving**

* Jump rope
* Pacing on masking tape trail
* Yoga poses cards
* Rocking chair
* Swinging
* Dancing

 Kay Glidden 8-2020