**Calm Kit Ideas for Teens**

**Items to Squeeze and Keep Hands Busy**

* Fidgets
* Rubik’s Cube
* Play Dough/Silly Putty
* Pipe cleaners
* Stress ball bubble wrap
* Fabric strips, feathers, Velcro
* Zipper bracelets

**Items to Support Breathing and Relaxation**

* Hot chocolate mix/tea bags
* Bubbles
* Hoberman sphere
* Book: *Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, Phobias*, Tabatha Chansard

**Items for Sense of Smell**

* Lavender, peppermint, lemon, vanilla, pine essential oils
* Lavender lotion
* Favorite fragrance

**Items to Provide a Sense of Body**

* Weighted/compression products
* Hoodie Sweatshirt
* Head massager

**Items for Auditory Support**

* Headphones
* Ear buds
* Audio books

**Items for Oral Motor Sensory Support**

* Lollipops/ring pops
* Hard candy
* Chewing gum

**Items that Give Kids a Brain Break**

* Puzzles
* Activity books – mazes, crossword, word search, sudoku
* Mandala coloring pages
* Mad Lib books
* Playing cards
* Lego kit
* Craft kits

**Items to Visually Calm**

* Eye mask
* Bubble timer
* Glitter calm jar
* Face mask
* Positive mantra bracelet
* Favorite photos
* Words of encouragement

**Items to Get Kids Moving**

* Jump rope
* Resistance bands
* Rocking chair
* Dancing
* Swinging
* Pacing
* Yoga poses cards

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