

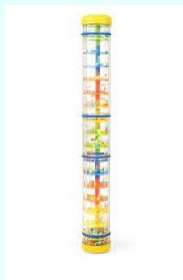
When we feel upset, anxious or angry we can use our soothe box to help us feel better.



Find a box or a bag that you want to use



Find an item that you can see...
like a magazine, photos, sensory tubes or a DVD.



Find an item you can hear...
Like a rainmaker, CD or a list of music



Add something to taste...
Like your favourite tea or coffee.



Add something we can touch...
Like a weighted blanket, sensory fidgets or fluffy socks



Add something you can smell...
like essential oils, bubble bath or hand lotion



You can any other things that you think might help you and that you enjoy doing.

Soothe Box



Tick when you have used your soothe box skill



How did you feel before doing the skill?



How did you feel after the skill?

