

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