

## Calm-Down Kit Checklist

Use this checklist to assemble a Calm-Down Kit for your classroom or child care setting. These kits can be customized based on the age and needs of the children.

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### 1. Sensory Items

- Stress Balls** – Soft, squeezable items to help release tension.
  - Fidget Toys** – Items like spinners, pop-its, or textured bands for tactile stimulation.
  - Pinwheels** – Encourage controlled, deep breathing by blowing on them.
  - Glitter Jars (Calm-Down Bottles)** – Clear bottles with glitter in water or oil for visual focus.
  - Weighted Lap Pads or Stuffed Animals** – Provide comforting pressure for children who need grounding.
  - Noise-Canceling Headphones** – To reduce overwhelming auditory input.
  - Sensory Play Items** – Items like playdough, kinetic sand, or stress putty for hands-on engagement.
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### 2. Visual and Emotional Regulation Tools

- Emotion Cards** – Visual prompts with faces and labels for different emotions (happy, sad, angry, calm).
  - Emotion Thermometer or Mood Meter** – Help children identify the intensity of their feelings.
  - Breathing Exercise Cue Cards** – Visual guides for deep breathing techniques.
  - Positive Affirmation Cards** – Encouraging statements like "I am safe" or "I can handle this."
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### 3. Self-Soothing Supplies

- Soft Items** – Blankets, pillows, or plush toys for comfort.
  - Books** – Short, calming stories or picture books about emotions (e.g., "The Color Monster" by Anna Llenas).
  - Quiet Activities** – Small puzzles, coloring books, or simple sensory games.
  - Mirrors** – Small, shatterproof mirrors for children to observe and process their emotions.
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#### 4. Self-Expression Tools

- Drawing Supplies** – Crayons, markers, or colored pencils and paper for creative expression.
  - Journals or Notebooks** – For older children to write or draw their feelings.
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#### 5. Calming Elements

- Soothing Music Player** – Device or preloaded player with calming music or nature sounds.
  - Aromatherapy** – Child-safe essential oils like lavender (use cautiously).
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