

# My Calm Down Kit



A calm down kit will vary in size based on what you wish to keep in it. Some are just in pencil cases, others will be small boxes or containers. Think of the things that may help you and make a list using some of the suggestions here that should go into your calm down kit.

<b>Suggestions:</b>	<b>What helps me:</b>
<p><i>Ear phones</i></p> <p><i>Eye mask</i></p> <p><i>Music</i></p> <p><i>Books</i></p> <p><i>Crayons</i></p> <p><i>Fidget Items</i></p> <p><i>Small blanket</i></p> <p><i>Stress ball</i></p> <p><i>Notepads</i></p> <p><i>Pillow</i></p> <p><i>Electronic device</i></p> <p><i>Puzzle</i></p> <p><i>Dry erase markers/board</i></p> <p><i>Putty/plasticine</i></p> <p><i>Gum</i></p> <p><i>Lego or building items</i></p> <p><i>Mazes, word searches</i></p> <p><i>Sniffy stickers</i></p> <p><i>Stuffed animal</i></p> <p><i>Timer</i></p> <p><i>Other....</i></p>	