Guidance on Creating a Self-Soothe Box

Having a self-soothe box can help us to cope when we feel sad, angry, worried, or stressed.

You can make your own box using this guide. Or carers can support people to follow this guide.

Sight / Vision

These are the things I like to look at:

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________________________________________________________________
________________________________________________________________
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What I will put in my self-soothe box that will be nice to look at:

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________________________________________________________________
________________________________________________________________
________________________________________________________________

Some ideas are:

Favourite photos or pictures.
Magazines or books.
Sensory items such as snow globes/ glitter bottles / Liquid timer.
Colourful kaleidoscope.
Glow sticks.
**Hearing / listening**

These are the things I like to listen to:

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I can pick nice relaxing or interesting sounds.

What I will put in my self-soothe box that will be nice to listen to:

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**Some ideas are:**

Favourite CDs.

Relaxation CDs.

A list of my favourite ‘feel good’ songs to type in YouTube.

Rattles / rain makers.

Flashcard reminder to STOP and listen to all of the different sounds around me.
Smelling / sniffing

These are the things I like to smell:

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I can pick some relaxing smells or very strong smells.
What I will put in my self-soothe box that will be nice to smell:
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Some ideas are:

Coffee beans.
Nice smelling perfume/ aftershave.
Scented hand cream to use and smell hands.
Essential oils / bubble bath.
Scented pens/pencils/crayons.
These are the things I like to taste:

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I can pick some nice tastes that help me feel good.
Or pick strong tastes that might take my mind off difficult things.
What I will put in my self-soothe box that will be nice to taste:

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Some ideas are:
Chocolate
Strong mints
Strong sweets (maybe sour tasting)
Herbal tea bags
Touch / Feel

These are the things I like the feel of:

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I can pick things that feel nice to touch, hold, put on my body.
What I will put in my self-soothe box that will be nice to touch:

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Some ideas are:

Soft, fluffy items or fabrics
Stress / squishy balls to squeeze
Hand cream to massage hands and arms
Bubble wrap to pop
Fidget cubes or spinners
Stretchy items like resistance bands
Pots of slime / play dough
Weighted items e.g. lap pad or shoulder wrap
Other things to put in my box to help me calm

Some ideas are:

- Colouring books
- Puzzle books
- Reminder cards to: go for a walk, draw/write my feelings, phone a friend, have a bath, do deep & relaxed breathing, anything else!

Coping cards: with words like “This feeling will pass” or “you will get through this”

What other things I will put in my box:
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________________________________________________________________
________________________________________________________________
________________________________________________________________
Putting it all together

I can put all the things I have picked into a box to help me feel better when my feelings are getting too big.

I can go to my box to help me to feel calmer. This might help keep me safe.

I can call my box whatever I want (self-soothe box, calm box, sensory box).

I can think about where is the best place for the box to go, my bedroom or somewhere else?
Putting it all together

I pick a lovely box or can decorate a box, so it’s nice to look at

Guidance developed by the Oldham Learning Disability Psychology Team

PCFT Learning Disability Directorate