

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.



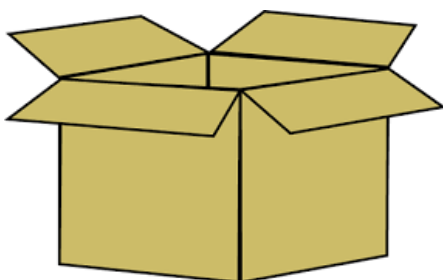
Sight / Vision

These are the things I like to look at:



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





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

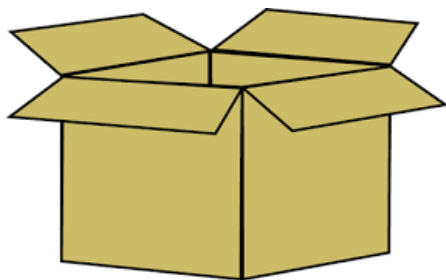
These are the things I like to listen to:



I can pick nice relaxing or interesting sounds.

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





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

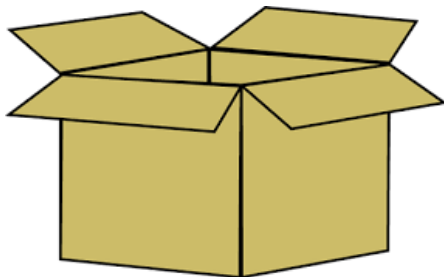
These are the things I like to smell:



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:





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.



Taste

These are the things I like to taste:

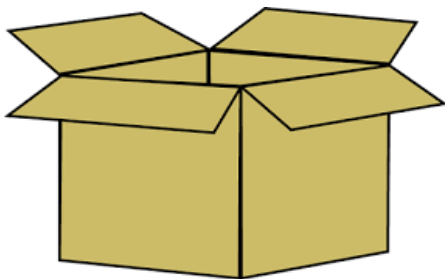


I can pick some nice tastes that help me feel good.

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:





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 :



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:



Some ideas are:

Soft, fluffy items or fabrics

Stress / squashy balls to squeeze

Hand cream to massage hands and arms

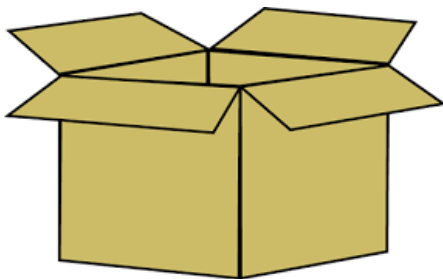
Bubble wrap to pop

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



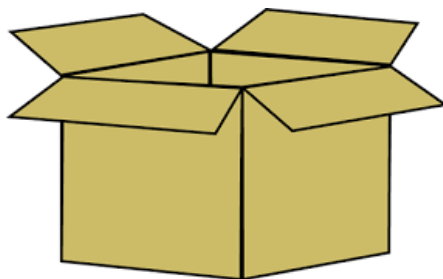
Some ideas are:

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:



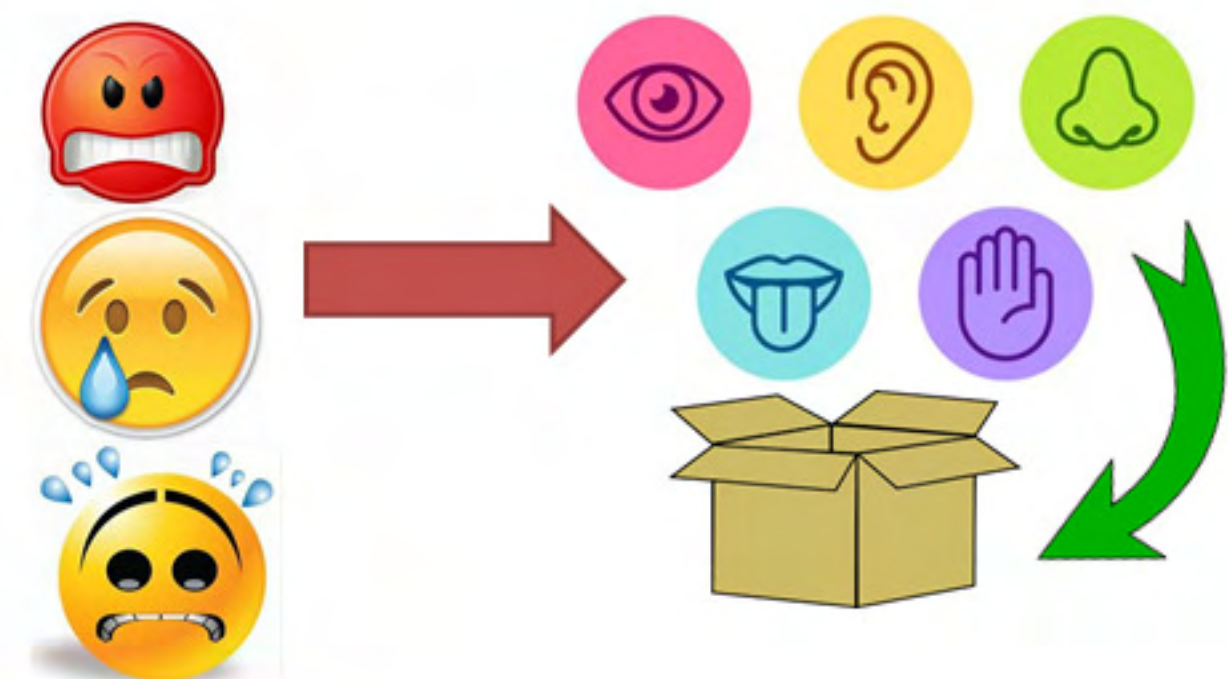
Putting it all together

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

Maximising potential